



*A local not-for-profit focused on
supporting people in living their best lives*

See WORD, page 7

EVENTS & OPPORTUNITIES

Holiday Schedule Changes

Please see below for schedule changes because of New Year's Day.

- ~ The Hospitality Desk will close at 1:30 p.m. Sunday, Dec. 31. The desk will remain closed through Monday, Jan. 1, and will open at 8 a.m. Tuesday, Jan. 2.
- ~ Trash will be picked up by Howie's Trash Service on Tuesday, Jan. 2. Monday trash service will resume Monday, Jan. 8.
- ~ Seated Strength, Weights 101, Sit & Be Fit, and Pd Exercise are canceled for Monday, Jan. 1. Please see page 7 for the listing of televised exercise classes, which can be found on channel 1960.
- ~ Community Bingo is canceled for Jan. 1.
- ~ Steady Yourself, Chair Yoga, and Mat Yoga classes are canceled for Tuesday, Jan. 2.
- ~ Memory Activities Class will not meet Tuesday, Jan. 2.
- ~ Meadowlark Singers will take a break from practice until Thursday, Jan. 18.

Holiday Vinyl Night!

Friday, Dec. 29, at 6:45 p.m.

Send off the holiday season with your emcee and bartender, Domingo, who will host Holiday Vinyl Night at 6:45 p.m. Friday, Dec. 29, in the Event Center. Domingo will take requests, or you can bring a record to enjoy. The bar will be open for cocktails and mocktails as we take a trip down memory lane with some great holiday vinyl records.

Worship Service

Sunday, Dec. 31, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Dec. 31, in the Community Room/Chapel. This week's sermon is titled, "New Beginnings." All are welcome to attend.

Target & Great Clips Transportation

Tuesday, Jan. 2, at 9:45 a.m.

Transportation will be provided to Target and Great Clips on Tuesday, Jan. 2. 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

Tuesday, Jan. 2, 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, Jan. 2, in the Patriot Room.

The Jan. 2 session is titled, "My Inventory." At the start of a new year, it seems appropriate to tackle some questions key to our lives. These questions can be revisited again and again.

Prairie Star Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

Meadowlark Men's Social Supper

Wednesday, Jan. 3, at 5:30 p.m.

Prairie Star Restaurant invites Meadowlark's men to attend a Social Supper at 5:30 p.m. Wednesday, Jan. 3, 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.

Calling All Gardeners: Plan to Plant!

Thursday, Jan. 4, at 9 a.m.

Meadowlark residents and Passport members are invited to attend a meeting about the Community Garden at 9 a.m. Thursday, Jan. 4, in the Bison Room. Since 1980, the Community Garden has been one of Meadowlark's key resources, offering produce, flowers, greenspace, and horticultural therapy for all to enjoy. In 2022, Monarch construction prompted the garden to be moved to the east end of Meadowlark Valley. It successfully re-opened in 2023 for its first full season in the new location. The purpose of the meeting on Jan. 4 will be to meet one another, tell the Garden's story, share new ideas, and plan to plant in 2024. We intend to accommodate everyone who wants to get their hands in the soil. Come join other gardeners and get ready for the fun of spring planting. Contact Forrest Chumley at (785) 214-8930 for more information.

Pd Education Group

Thursday, Jan. 4, at 2 p.m.

You're invited to the monthly meeting of the Pd Education Group at 2 p.m. Thursday, Jan. 4, in the Community Room.

EVENTS & OPPORTUNITIES

This month’s program is titled, “Just Between Us: Excising Safety & Independence with Parkinson’s.” Functional independence is an essential component of quality of life. Attend the meeting and join a small group discussion focused on maintaining independence. Together we can learn from each other’s tips and tricks for activities of daily living, exercise, and communication in the journey with Parkinson’s.

No registration is required to attend. If you have questions, please call Michelle at (785) 323-3899.

Hot Topics in January

Monday, Jan. 8, at 6 p.m.

Join Rev. Melanie Nord in the KSU Classroom at 6 p.m. each Monday in January starting Jan. 8 as we thoughtfully discuss commonly “hot” or controversial religious topics. We may not solve any problems but, together, we’ll look at what scripture, reason, tradition, and experience tells us about these difficult subjects.

Topics include: separation of church and state, science and religion, world religions, and human sexuality. Those in attendance will be expected to share calmly and hold respect for our fellow attendees in their sharing.

Ladies Luncheon

Thursday, Jan. 11, at 11:30 a.m.

An upcoming Ladies Luncheon will honor Kansas on Thursday, Jan. 11, 2024, at 11:30 a.m. in the

Event Center. Kansas became a state on Jan. 29, 1861, and when every year rolls ’round, we try to celebrate. This year our state will be 163!

January hostess Polly Ferrell invites all ladies to join her at 11:30 a.m. on Thursday, Jan. 11, for a Kansas dinner of chicken pot pie and brownie ala mode. Please come and enjoy refreshing your knowledge of Kansas history and folklore.

Cost for this Ladies Luncheon is \$11. All ladies of the ML family are always invited to attend the Ladies Luncheon on the second Thursday of each month. If you would like to attend, please sign up in the Blue Book at the Hospitality Desk.

Page Turners Book Club

Wednesday, Jan. 17, at 11:30 a.m.

Page Turners has concluded for the year. In 2024, we will continue to read books that have become movies. The group has picked a number of enticing reads, including *My Sister’s Keeper* by Jodi Picoult, a true WWII story, *Unbroken* by Laura Hillenbrand, and a classic western, *True Grit* by Charle Portis.

The group will start 2024 reading *Fried Green Tomatoes* by Fannie Flagg. The first discussion will take place on Wednesday, Jan. 17, at 11:30 a.m. in the Patriot Room. Please contact Katie Sigman at ksigman@meadowlark.org or (785) 323-3899 if you have any questions or need a copy of the book.



January Birthdays



Skilled Nursing

- 1/1 Christine Hansen
- 1/2 David Mitchell
- 1/4 Joe Ann Moore
- 1/5 James Eickman
- 1/6 Edith Chaput
- 1/8 Shirley Harvey
- 1/8 Katherine Cook
- 1/9 Lois Jensen
- 1/10 Lorene Stuteville
- 1/13 Rae Stamey
- 1/14 Penny Coyle

- 1/20 Linda Warner
- 1/23 David Deppe
- 1/25 Lea Orsborn

Assisted Living & Riley House

- 1/2 Les Harms
- 1/12 Lilly Wyatt

Independent Living

- 1/1 Marilyn Galle
- 1/1 Norma Larson

- 1/7 Lynn Parsons
- 1/12 Charlotte Girard
- 1/13 Anna Walsh**
- 1/14 Robert Reeves
- 1/18 Janet Gillmore
- 1/19 Joan Lloyd
- 1/20 Pat Niernberger
- 1/21 Ed Skidmore
- 1/22 Virginia Beck
- 1/28 Mabel Hinkin
- 1/29 John Schlender
- 1/30 Velma Osborn

Bold denotes milestone birthdays of 70, 80, 90, or 100+ !

Work That Brain!

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21					22			
				23					24	25				
26	27	28	29		30				31					
32					33			34		35		36	37	38
39				40				41	42					
43						44	45				46			
			47		48		49				50			
51	52	53					54			55				
56					57	58					59	60	61	62
63					64					65				
66					67					68				
69					70					71				

ACROSS

- 1. Plank
- 6. Multicolored
- 10. Banquet
- 14. Portend
- 15. Unit of land
- 16. Mid-month days
- 17. Climb
- 18. Durable wood
- 19. Knights
- 20. Menaced
- 22. Bay
- 23. Bog
- 24. Is melodramatic
- 26. Its symbol is Pb
- 30. Stomach muscles, for short
- 31. Lair
- 32. Spindle
- 33. Thorny flower
- 35. Diving apparatus
- 39. Put on exhibit
- 41. Armory
- 43. Cache
- 44. Kind of palm
- 46. Scarce
- 47. Finish
- 49. Light Emitting Diode
- 50. Hollow cylinder
- 51. Catnap
- 54. Ticks off
- 56. Combines
- 57. Reseda
- 63. Fifty-three in Roman numerals
- 64. Skin disease
- 65. Agitated
- 66. Alone
- 67. Departs
- 68. Impales
- 69. Ends a prayer
- 70. Stops
- 71. Breathe noisily while asleep

DOWN

- 1. Strong fiber
- 2. Ow!
- 3. Food thickener
- 4. Regulation
- 5. Fantasize
- 6. Newsboys
- 7. Frigidity
- 8. Sea eagle
- 9. Conveyed ownership
- 10. Discomfit
- 11. Blockhead
- 12. Audacity
- 13. Twisty turns
- 21. Coronet
- 25. Clutter
- 26. Boys
- 27. Way out
- 28. As well as
- 29. Feelings of gloom
- 34. Avidness
- 36. Sloth
- 37. Stinging remark
- 38. Away from the wind
- 40. Advanced
- 42. Cowboy sport
- 45. Brought into agreement
- 48. Break
- 51. Chip dip
- 52. Dialect
- 53. Ancient Roman magistrate
- 55. Hitches
- 58. Computer symbol
- 59. Black, in poetry
- 60. Fat cut of tuna (Japanese)
- 61. Stratum
- 62. Apart from this

Art Engagement *from the* **Beach Museum of Art**

An artist may use repetition of an element to create a rhythm within a composition. There are five types of rhythm: regular, flowing, progressive, alternating, and random. The artist may have created a random rhythm in this print, using the repeating snowflake shape. This type of rhythm is without pattern, natural, alive, and can be chaotic. To counteract the lack of order the artist may choose to tone down the elements of art at play. As you look at this image, how do you observe the artist simplifying color, value, texture, line, shape, form, and space?



Thomas D. Edwards (United States, born 1948)

Happy New Year, 2004

Inkjet print on paper

KSU, Marianna Kistler Beach Museum of Art, gift of Annette Edwards Huff

CM302.2018

RESTAURANT **SPECIALS**

Sunday, Dec. 31	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$14 Dinner Homemade Chicken Tenders Herb-Roasted Potatoes Honey-Garlic Carrots
Monday, Jan. 1	\$11 Lunch Roasted Pork Sandwich Sweet Potato Fries	\$13 Dinner Carnitas Pork Tacos Cilantro Lime Rice Black Beans
Tuesday, Jan. 2	\$12 Lunch BBQ Meatballs Cheesy Potatoes Cucumber Salad	\$15 Dinner Beef & Noodles Caesar Side Salad
Wednesday, Jan. 3	\$11 Lunch Chicken Pot Pie Zucchini Fries	\$16 Dinner Steak Fajitas Mexican Corn Salad
Thursday, Jan. 4	\$11 Lunch Fried Chicken Sandwich French Fries	\$16 Dinner Fried Catfish Cornbread Pudding Coleslaw
Friday, Jan. 5	\$11 Lunch Taco Bar	\$16 Dinner Lemon Linguine <i>with Sautéed Shrimp</i> House Side Salad
Saturday, Jan. 6	\$11 Lunch Clam Chowder <i>served in a Bread Bowl</i> Strawberry Feta Side Salad	\$15 Dinner Chicken-Fried Steak Mashed Potatoes & Gravy Corn

Weekly Opportunities Calendar *Dec. 31 to Jan. 6*

Sunday • Dec. 31
10:30 a.m. ~ Worship Service, CR
10:30 a.m. ~ Transportation to FUMC, VE

Monday • Jan. 1 *Put your trash at the curb!*
9:30 a.m. ~ Seated Strength, **1960 only**
10:30 a.m. ~ Weights 101, **1960 only**
11:30 a.m. ~ Sit & Be Fit, **1960 only**

Tuesday • Jan. 2 *Trash & recycling pick-up*
9:45 a.m. ~ Target & Great Clips Trip, VE
10:30 a.m. ~ Steady Yourself, **1960 only**
11:15 a.m. ~ Chair Yoga, **1960 only**
12:00 p.m. ~ Kimball Luncheon, BR
2:00 p.m. ~ 10-Point Pitch, GR
2:00 p.m. ~ Prairie Star Writers, PR

Wednesday • Jan. 3
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-Along, FHR
3:00 p.m. ~ Rock Steady Boxing, CR
5:30 p.m. ~ Meadowlark Men's Supper, MR

WORD, from page 1

#4, Review & Refine. Review your list and narrow it down to your three favorites. Circle or highlight those three words.

Chances are you'll see a theme going on between the words you wrote down. Do any of the words jump out at you? Make you feel excited, nervous, scared or uncomfortable? Trust your gut and let the word pick you.

#5, Ask the Question. Are you committed to the word you chose, or are you merely interested?

Once you've chosen the word you want to commit to for 2024, jot it down where you will see it regularly. If you'd like to share your Word of the Year, send an e-mail to Sarah Duggan at sguge@meadowlark.org.

Thursday • Jan. 4
9:00 a.m. ~ Meadowlark Garden Committee, BR
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, KSU CL
1:00 p.m. ~ Parkinson's Exercise Class, CR
2:00 p.m. ~ Parkinson's Education Group, CR
5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Jan. 5
7:30 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 Mass, CR
7:00 p.m. ~

Saturday • Jan. 6
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	





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. 31

AN AMERICAN IN PARIS (1951) PG, 1 hr. 54 min. *Drama, Musical, Romance*

Cast: Gene Kelly, Leslie Caron, & Oscar Levant

Three friends struggle to find work in Paris. Things become more complicated when two of them fall in love with the same woman.

MONDAY: Jan. 1

LA LA LAND (2016) PG-13, 2 hr. 7 min. *Intimate, Romantic*

Cast: Ryan Gosling, Emma Stone, & John Legend

Career aspirations run up against bittersweet romance in modern-day Los Angeles, as two artists face a heartbreaking dilemma.

TUESDAY: Jan. 2

GRAN TURISMO (2023) PG-13, 2 hr. 14 min. *Exciting, Drama, Sports*

Cast: David Harbour, Orlando Bloom, & Archie Madekwe

Driven teenager Jann Mardenborough uses his video game skills to pursue a once-in-a-lifetime opportunity: becoming a pro racer. Based on a true story.

WEDNESDAY: Jan. 3

BLACK SWAN (2010) R *for sexual content, violent images, & language*, 1 hr. 33 min. *Ominous*

Cast: Natalie Portman, Mila Kunis, & Vincent Cassel

After landing her dream role in “Swan Lake,” a perfectionist ballerina fixates on a rival dancer as the line between her art and life begins to blur.

THURSDAY: Jan. 4

RESIDENT REQUEST

TAKEN (2008) PG-13, 1 hr. 30 min. *Violent, Suspenseful, Action & Adventure*

Cast: Liam Neeson, Maggie Grace, & Famke Janssen

When his daughter is kidnapped by a gang of human traffickers while vacationing in Paris, a former spy must pull out all the stops to save her.

FRIDAY: Jan. 5

LOVE & MONSTERS (2021) PG-13, 1 hr. 48 min. *Exciting, Family, Comedy*

Cast: Dylan O'Brien, Jessica Henwick, & Michael Rooker

Seven years after he survived the monster apocalypse, lovably hapless Joel leaves his cozy underground bunker behind on a quest to reunite with his ex.

SATURDAY: Jan. 6

INDIANA JONES: TEMPLE OF DOOM (1984) PG, 1 hr. 49 min.

Cast: Harrison Ford, Kate Capshaw, & Amrish Puri

Indiana Jones and his unlikely companions, singer Willie Scott and street-smart kid Short Round, must abandon ship right before their plan crashes spectacularly near a remote village that has been struck by misfortune—the theft of its sacred stone. Always jumping at adventure, Indy and his friends set out to recover the stone, and are met with a force more sinister than they ever imagined.