

Winter at Meadowlark



Photographer and Meadowlark driver, Steve Schreiner, captured several beautiful pictures of the recent frost across Meadowlark's campus prior to Mother Nature treating us to a heavy snowfall. Thank you for sharing your talents!

EVENTS & OPPORTUNITIES

Bridge, Bridge, anyone for Bridge?

All ladies and gentleman living at Meadowlark are invited to an afternoon of Bridge. No entry fees, no prizes, and no snacks. Just a friendly afternoon to meet Bridge players and to make new friends.

If you are interested in joining, sign up in the Blue Book with your name and phone number no later than Jan. 26.

We will meet to play at 1 p.m. Wednesday, Feb. 7, in the Game Room.

If you have questions, please contact Carole Fager at (785) 564-7190 or Jan Anders at (505) 228-8338.

Manhattan Arts Center Classes

Manhattan Arts Center (MAC) has painting and clay classes, as well as workshops in poetry writing, clay, glass fusion, metalworks, and printmaking. January and February classes includes Acrylic Painting, Watercolor Painting, Block Printmaking Workshop, Poetry Workshop, Fused Glass Workshop, and Valentine's Day Couples Clay Workshop.

You're invited to view the brand-new gallery exhibit, "Beyond the Fabric and the Thread," a quilting exhibit at the MAC. The exhibit will run through Friday, Feb. 9. MAC galleries are free and open to the public.

The MAC also has music and theater performances. Tickets are on sale now for *Jazz with Wayne Goins & Friends* at 7:30 p.m. Saturday, Jan. 20, for \$18 per person. The next theater production is *Next to Normal* running Feb. 2 through 4 and Feb. 9 through 11. Tickets are available for \$25 per person.

More information is available at www.manhattanarts.org or call (785) 537-4420 on weekday afternoons.

Lenten & Easter Spiritual Offerings

Pastor Melanie Nord will offer several spiritual opportunities during the 2024 Lenten season.

Watch future Messengers for more information

~ Ash Wednesday Worship at 7 p.m.

Wednesday, Feb. 14

~ Lenten Study, "Give Up Something Bad for Lent," at 6 p.m. each Monday starting Feb. 19 through March 19

~ Palm Sunday Worship at 10:30 a.m. Sunday, March 24

~ Maundy Thursday Communion Service at 7 p.m. Thursday, March 28

~ Good Friday Worship at 7 p.m. Friday, March 29

~ Easter Sunday Worship at 10:30 a.m. Sunday, March 31

IL Records Update

Our Administrator in Training, Makayla Brooks, is continuing her work to help update independent living resident contact information for our records. Residents should anticipate a call from her 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.

Magician Jack Reid

Friday, Jan. 19, at 7p.m.

Meadowlark is excited to welcome back the Manhattan Magician, Jack Reid, at 7 p.m. Friday, Jan. 19, in the Event Center! Mind reading, crafty card tricks, and potential friendly pickpocketing are all fun experiences you may have with Jack Reid. The 26-year-old local resident began doing magic professionally about seven years ago, deciding to pursue his passion for magic rather than take a college route.

Shopping at Hobby Lobby & Dollar Tree

Saturday, Jan. 20, at 10:30 a.m.

The next scheduled trip is Saturday, Jan. 20, with transportation going to Hobby Lobby and Dollar Tree East. 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 Target and Dollar Tree West on Saturday, Feb. 17. Please sign up in the Blue Book to participate.

EVENTS & OPPORTUNITIES

Worship Service

Sunday, Jan. 21, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Jan. 21, in the Community Room/Chapel. She will begin a four-week sermon series titled, "The Second Mountain." This week's sermon is titled, "The Two Mountains." All are welcome to attend.

Hot Topics in January

Monday, Jan. 22, at 6 p.m.

Join Rev. Melanie Nord in the KSU Classroom at 6 p.m. Monday, Jan. 22, 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. Hot Topics will also meet Monday, Jan. 29, and Feb. 5.

Target & Great Clips Transportation

Tuesday, Jan. 23, at 9:45 a.m.

Transportation will be provided to Target and Great Clips on Tuesday, Jan. 23. 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.

Why?: A Film about Early-Stage Dementia

Tuesday, Jan. 23, at 6 p.m.

Why? is a film about early-stage dementia by the KU Alzheimer's Disease Center. The film addresses some of the barriers in recognizing and addressing early cognitive changes as well as supporting a hopeful, empowered approach to moving forward.

People featured in the film include individuals diagnosed with dementia, family members, physicians, nurses, and researchers. A viewing will be offered at 6 p.m. Tuesday, Jan. 23, in the Community Room. Reservations are not required.

ARTful Making

Wednesday, Jan. 24, at 1:30 p.m.

Did you know that participating in creative activities increases your brain's level of dopamine and creates new neural pathways? If you would like to feel better and flex your brain power at the same time, check out ARTful Making!

Meadowlark Special Programs partners with K-State Marianna Kistler Beach Museum of Art for this

experience-filled informal class. The fourth Wednesday of every month, Kim Richards, Education Specialist for the Beach Museum, facilitates unique art making opportunities in Meadowlark's KSU Classroom from 1:30 to 2:30 p.m. Participants can explore the new art making techniques each month or work with the watercolor materials that are always available. All materials are provided for you, simply come and engage in art and conversation.

This month's ARTful Making is scheduled for Wednesday, Jan. 24 from 1:30 to 2:30 p.m. in the KSU Classroom. No registration required.

Diabetic Wellness Group

Wednesday, Jan. 24, at 1:30 p.m.

The Diabetic Wellness Group will meet at 1:30 p.m. Wednesday, Jan. 24, in the Flint Hills Room. All who are interested are invited to attend.

College Avenue UMC Luncheon

Thursday, Jan. 25, at 12 p.m.

College Avenue United Methodist Church friends will join in fellowship, lunch, and communion with Rev. John Collins at 12 p.m. Thursday, Jan. 25, in the Manhattan Room. All are welcome.

Knitting & Crocheting Group

Thursday, Jan. 25, 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, Jan. 25, for a fun, social, creative opportunity. All skill levels are welcome!

FUMC Gospel Bluegrass Music Group

Friday, Jan. 26, at 7 p.m.

Meadowlark welcomes back the First United Methodist Church Gospel Bluegrass Music Group at 7 p.m. Friday, Jan. 26, in the Event Center! If you enjoy a good mix of gospel and bluegrass, then this is the group for you! Performing some original and not so original

See EVENTS, page 5

Work That Brain!

1	2	3	4		5	6	7	8	9		10	11	12	13
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58						59					60			
61						62					63			

ACROSS

- 1. Lavish affection (on)
- 5. More than bad
- 10. Itemize
- 14. 1 1 1 1
- 15. Large Asian country
- 16. Ages
- 17. Displease
- 19. Went under
- 20. Obtained
- 21. Repeat a statement
- 22. Donkeys
- 23. Force into servitude
- 25. Digital compression device
- 27. Type of primate
- 28. Humankind
- 31. Explosion
- 34. Kind of beam
- 35. Sheep sound
- 36. Places for experiments
- 37. Group of witches
- 38. Friend in war
- 39. American Medical Association
- 40. Foreshadowed
- 41. Scallions
- 42. Odd-job men
- 44. Life story
- 45. Specified days of the month
- 46. Types of hat
- 50. Beach
- 52. Brusque
- 54. Rodent
- 55. Pig sound
- 56. Rotating spit oven
- 58. Bobbin
- 59. Fatuous
- 60. Lyra's brightest star
- 61. Countercurrent
- 62. Distributes

DOWN

- 1. Evade
- 2. An aromatic flavorful vegetable
- 3. Quizzes
- 4. S
- 5. Not idle
- 6. Black and _____
- 7. Closed hand
- 8. Fuzzy or unclear
- 9. Put down
- 10. Let up
- 11. Cantankerous
- 12. Rational
- 13. Sounds of disapproval
- 18. Adjust
- 22. Jewish month
- 24. Young woman
- 26. Portent
- 28. Safe place
- 29. Speak
- 30. Cheers
- 31. Dull
- 32. Holy man
- 33. Deserted
- 34. Natural magnet
- 37. Draw near
- 38. Long, long time
- 40. Memory unit
- 41. They connect points
- 43. In a sinister fashion
- 44. Supervisors
- 46. Saltwater
- 47. Made a mistake
- 48. Coniferous forest
- 49. Water vapor
- 50. Achy
- 51. Hurried
- 53. French for "State"
- 56. Lip
- 57. Night before

Art Engagement *from the* Beach Museum of Art

What is going on?

Take a long moment to look closely at this image, then ask yourself, what is going on in this picture?

Any thoughts you have about this image are worth mentioning.

What do you see that gives you these ideas?

See page 9 for artist information.



EVENTS, from page 3

songs, either way, you will be entertained. All are welcome!

Kitchenware Drive

Tuesday, Jan. 30, at 10:30 a.m.

Ready, set, donate! After successful holiday sales, the kitchen shelves and countertops at Meadowlark Market are looking as bare as grocery store shelves before a winter storm! In addition, a local outreach program called Kitchen ReStore provides starter kitchen kits to families and individuals in need.

Because proceeds from Meadowlark Market support our Good Samaritan Fund, the Meadowlark Ambassadors invite residents and Passport members to support the Fund as well as Kitchen Restore by donating gently used or new items used for food preparation, serving, and food storage. They are hosting a kitchenware drive on Tuesday, Jan. 30; donations will be accepted from

10:30 a.m. to 1 p.m. in the Flint Hills Room. Items such as measuring spoons and cups, mixing bowls, baking dishes, cookie sheets, dinner plates and bowls, utensils, glasses, and mugs, are all items that will be accepted.

Both the Market and Kitchen Restore also will accept gently used small appliances, such as microwaves, toasters, and blenders. If you need assistance getting such an item to the Flint Hills Room, contact Becky Fitzgerald, Development Director, at (785) 323-3843. For a complete list of accepted items, please contact Jana at (785) 323-3890, or by email at jarmfield@meadowlark.org.

Vinyl Night with Domingo

Tuesday, Feb. 2, at 6:45 p.m.

Meadowlark bartender and emcee, Domingo, will host Vinyl Night: Valentine's Day Edition at 6:45 p.m. Friday, Feb. 2, in the Event Center! The night will feature love songs, ballads, and more. The bar will be open for cocktails and mocktails as we take a trip down memory lane of love with some great vinyl records.

RESTAURANT **SPECIALS**

Sunday, Jan. 21	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$14 Dinner BBQ Meatballs Scalloped Potatoes Roasted Broccoli
Monday, Jan. 22	\$11 Lunch Chicken Enchiladas Mexican Rice	\$14 Dinner Cinnamon-Apple Pork Chop Wild Rice Brussel Sprouts
Tuesday, Jan. 23	\$11 Lunch Fish Tacos Cilantro-Lime Rice	\$15 Dinner Beef & Italian Sausage Lasagna Garlic Bread Caesar Salad
Wednesday, Jan. 24	\$11 Lunch Meatloaf Sandwich Pub Chips	\$15 Dinner Chicken Cordon Bleu Rice Pilaf Roasted Broccoli
Thursday, Jan. 25	\$9 Lunch Hot Ham & Cheese Sandwich Tomato Soup	\$16 Dinner Pork Tenderloin Mac & Cheese Brussel Sprouts
Friday, Jan. 26	\$11 Lunch Potato Bar	\$16 Dinner Baked Catfish Hushpuppies Coleslaw
Saturday, Jan. 27	\$11 Lunch Hot Turkey Melt Pea Salad	\$11 Dinner Boneless Wings Tater Tots

Weekly Opportunities Calendar *Jan. 21 to Jan. 27*

Sunday • Jan. 21 *Put your trash at the curb!*
 10:30 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE

Monday • Jan. 22 *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
 11:00 a.m. ~ Rock Steady Boxing, BF
 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
 4:00 p.m. ~ Hable Espanol, FHR
 6:00 p.m. ~ Hot Topics, KSU CL
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Jan. 23
 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*
 12:05 p.m. ~ Mat Yoga, CR
 2:00 p.m. ~ 10-Point Pitch, GR
 3:00 p.m. ~ Coffee Corner, EC
 5:30 p.m. ~ 3rd Floor Supper, BR
 6:00 p.m. ~ "Why?" Film Showing, CR

Wednesday • Jan. 24
 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. ~ Monarch West Lunch, BR
 1:30 p.m. ~ ARTful Making, KSU CL
 1:30 p.m. ~ Diabetic Wellness Group, FHR
 3:00 p.m. ~ Sing-Along, FHR
 3:00 p.m. ~ Rock Steady Boxing, CR
 5:30 p.m. ~ 1st Floor Supper, MR

Thursday • Jan. 25
 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 Conv. for People w/ Pd, FHR
 12:00 p.m. ~ College Ave. UMC Luncheon, MR

Thursday • Jan. 25
 12:05 p.m. ~ Mat Yoga, KSU CL
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ Pd Care Partner Support Grp., FHR
 2:30 p.m. ~ Knitting & Crocheting, BR
 4:00 p.m. ~ Meadowlark Singers Practice, BR

Friday • Jan. 26
 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*
 7:00 p.m. ~ FUMC Gospel Bluegrass Music, EC

Saturday • Jan. 27
 9:30 a.m. ~ Band Bust Exercise Class, *1960 only*

Room Abbreviations

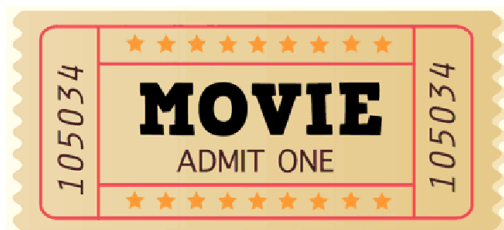
1960, TV Channel 1960	KSU CL, KSU Classroom
BF, Body First	MM, 120 Scenic Drive
BR, Bison Room	MR, Manhattan Room
CR, Community Room	PR, Patriot Room
CY, Courtyard	PS, Prairie Star Restaurant
EC, Event Center	MSC, Manhattan Sr. Center
FHR, Flint Hills Room	VBL, Verna Belle's Lounge
GC, Grosh Cinema	VE,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

Solution from 1/11.

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A	G	U	E		A	L	I	V	E		I	S	L	E
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Artist information from page 5.

E. Hubert Deines, *Explorers*, 1935, Wood engraving on paper, KSU, Marianna Kistler Beach Museum of Art, gift of the family of E. Hubert Deines, 1969.0054



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: Jan. 21

CHARLEY VARRICK (1973) PG, 1 hr. 50 min. *Gritty, Classic, Action & Adventure*

Cast: Walter Matthau, Joe Don Baker, & Felicia Farr

After burglarizing a small-town bank, petty crook Charley Varrick and his motley crew become targets of the mob in this action-packed thriller.

MONDAY: Jan. 22

THE COMMUTER (2018) PG-13, 1 hr. 44 min. *Suspenseful, Action & Adventure*

Cast: Liam Neeson, Vera Farmiga, & Patrick Wilson

On his daily train commute, an insurance salesman gets railroaded into accepting a suspiciously lucrative offer from a mysterious fellow passenger.

TUESDAY: Jan. 23

RACE (2016) PG-13, 2 hr. 14 min. *Inspiring, Feel-Good*

Cast: Stephan James, Jason Sudeikis, & Eli Goree

Amid racial tensions in the U.S. and abroad, track-and-field athlete Jesse Owens goes for gold and glory at the 1936 Olympics in Berlin in this biopic.

WEDNESDAY: Jan. 24

JOE KIDD (1972) PG, 1 hr. 27 min. *Classic, Western*

Cast: Clint Eastwood, Robert Duvall, & John Saxon

An ex-bounty hunter becomes entangled in a land baron's pursuit of a vengeful group of Mexican homesteaders who have been cheated out of their deeds.

THURSDAY: Jan. 25

THE WOMAN KING (2022) PG-13, 2 hr. 15 min. *Drama, Military*

Cast: Viola Davis, Thuso Mbedu, & Lashana Lynch

In the 1820s, a battle-tested general trains a new generation of female warriors to protect their kingdom from a powerful foe. Inspired by true events.

FRIDAY: Jan. 26

MY FAVORITE MARTIAN (1999) PG-13, 1 hr. 34 min. *Sci-Fi, Comedy*

Cast: Jeff Daniels, Christopher Lloyd, & Elizabeth Hurley

A TV reporter stumbles on a Martian who has just crashed on Earth, and thinks he's landed the story of the millennium. As he schemes to expose the Martian, his efforts are constantly foiled, so he decides to help the resourceful alien return home.

SATURDAY: Jan. 27

THE FLINTSTONES (1994) PG, 1 hr. 30 min. *Family, Goofy, Comedy*

Cast: John Good, Elizabeth Perkins, & Rick Moranis

The modern Stone-Age family hits the big screen as tensions arise between best buds Fred Flintstone and Barney Rubble when trouble bubbles up in a Bedrock.