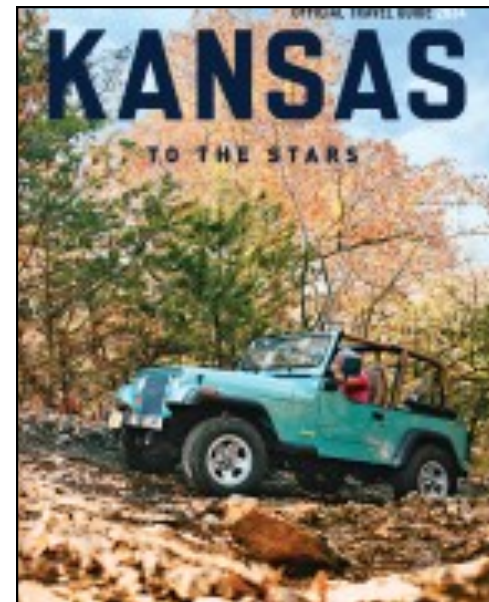


# Travel Kansas



**by Polly Ferrell**

Happy 163rd birthday to Kansas on Jan. 29, 2024! The Great Seal of Statehood was approved by the first Kansas legislature on Jan. 29, 1861. It was designed by John J. Ingalls, state senator from Atchison. The Kansas motto, *Ad Astra per Aspera* (*To the Stars Through Difficulties*), circles the border of the seal. Symbols on the seal include a cluster of 34 stars, marking our place in the line of states admitted to the United States of America. The sun rises over a Kansas landscape, which depicts the history of Native Americans hunting American Bison as a wagon train heads west. River travel by steamboat, typical of the day, and a settler plowing a field complete the vignette.

You are invited to stop by the Game Room on Monday, Jan. 29, and pick up your copy of the Official Travel Guide of Kansas, a “real” map of Kansas, and a sunflower for your lapel. Have a great day celebrating Kansas!

As you read the travel guide and wish you could see some of those places again or for the first time, make sure to make those wishes known to our Resident Services Leader, Monte Spiller.



Would you like to each lunch at the Hays House in Council Grove or explore Emporia? Are you curious enough to take one of the day trips to the Arikaree Breaks or climb Mount Sunflower or visit the Prairie Museum of Art and History? Maybe pick lavender next summer at A&H Farms? It’s all happening, right here in Kansas where Sunflower is a State of Mind.

## 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 tomorrow, 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 a 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 *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](http://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

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~ 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](mailto:twheelock@meadowlark.org).

### **College Avenue UMC Luncheon**

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

College Avenue United Methodist Church friends will join in fellowship and lunch with Rev. John Collins at 12 p.m. Thursday, Jan. 25, in the Bison 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 songs, either way, you will be entertained. All are welcome!

## EVENTS & OPPORTUNITIES

### Worship Service

**Sunday, Jan. 28, at 10:30 a.m.**

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Jan. 28, in the Community Room/Chapel. She will continue a four-week sermon series titled, "The Second Mountain." This week's sermon is titled, "Vocation." All are welcome to attend.

### Hot Topics in January

**Monday, Jan. 29, at 6 p.m.**

Join Rev. Melanie Nord in the KSU Classroom at 6 p.m. Monday, Jan. 29, 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. The final meeting is Monday, Feb. 5.

### Target & Great Clips Transportation

**Tuesday, Jan. 30, at 9:45 a.m.**

Transportation will be provided to Target and Great Clips on Tuesday, Jan. 30. 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.

### 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](mailto:jarmfield@meadowlark.org).

### Sysco Food Showcase

**Tuesday, Jan. 30, at 1 p.m.**

Sysco will host a Food Showcase in the Event Center on Tuesday, Jan. 30. Residents are invited to attend beginning at 1 p.m.

### Page Turners Book Club

**Wednesday, Jan. 31, at 11:30 a.m.**

Join the Page Turners Book Club at 11:30 a.m. Wednesday, Jan. 31, in the Patriot Room as we continue our discussion of the iconic *Fried Green Tomatoes* by Fannie Flagg. You do not have to attend each week to participate; come when you are able, whether you have finished the book or are just beginning! Contact Katie if you would like to borrow a book or if you have any questions, [ksigman@meadowlark.org](mailto:ksigman@meadowlark.org) or 785.323.3899. Thank you to Meadowlark Special Programs and to Resident Services Leader, Monte Spiller, for continuing to support the Page Turners!

### Pd Education Group

**Thursday, Feb. 1, at 2 p.m.**

You're invited to the monthly meeting of the Pd Education Group at 2 p.m. Thursday, Feb. 1, in the Community Room.

This month's program is titled, "Got Dopamine? Finding Creative Ways to Decrease Parkinson's Symptoms & Increase Quality of Life." Learn from a panel of experts how engaging in different activities can enhance your brain's natural dopamine production. You will have the opportunity to explore and participate in gardening, singing, and more as examples of creative activities to help you live well with Parkinson's.

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

See EVENTS, page 4

## EVENTS from page 3

### Dinner with the League

**Thursday, Feb. 1, at 6 p.m.**

You're invited to join Dinner with the League of Women Voters at 6 p.m. Thursday, Feb. 1, in Prairie Star Restaurant's Event Center. The program will be an important conversation with the staff of Kansas Reflector, a nonprofit news operation providing in-depth reporting, diverse opinions, and daily coverage of state government and politics.

Residents are invited to attend the program and/or meal. Dinner will cost \$15 per person and will include a cobb salad with chicken, a roll, and a beverage. There is no cost to attend the program only, which begins at 6:30 p.m. Please sign up in the Blue Book by Monday, Jan. 29, to attend dinner.

### 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 a memory lane of love with some great vinyl records.

### Ladies Luncheon

**Thursday, Feb. 8, at 11:30 a.m.**

Why is Styrofoam so commonly used? What is it made of? Why have 65 countries banned it? Why doesn't it break down in landfills?

Did you know that chemicals leach into the food and drinks, causing health issues? Even at our age?

Jacob Larson, Pollution Prevention Specialist from the Pollution Prevention Institute at Kansas State University will speak at the monthly Ladies Luncheon about Styrofoam at 11:30 a.m.

Thursday, Feb. 8, in the Event Center

The menu will include a cobb salad with your choice of dressing, a croissant, and cherry crisp ala mode for \$13. 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.

A pink-themed event poster for 'Sweetheart Soirée'. The title 'Sweetheart Soirée' is written in a large, red, cursive font with a white outline. To the right, the date 'FEB 14' is displayed in bold red block letters. Below the date, the time '2:00 - 4:00 PM' is shown in white block letters. The venue 'PRAIRIE STAR RESTAURANT & EVENT CENTER' is listed in bold black block letters, followed by the description 'Dessert buffet, refreshments, and live music from Wayne Goins!' in a smaller black font. At the bottom left, it says 'HOSTED BY WAREHAM' with 'SINCE HALL 1880' in smaller text below. At the bottom right, 'RSVP REQUIRED' is written in bold white block letters, with the instruction 'Sign up at the Prairie Star host stand to reserve your seats.' in black text below it.

**Sweetheart Soirée**

**FEB 14**

**2:00 - 4:00 PM**

**PRAIRIE STAR RESTAURANT & EVENT CENTER**

Dessert buffet, refreshments, and live music from Wayne Goins!

HOSTED BY  
**WAREHAM**  
SINCE HALL 1880

**RSVP REQUIRED**

Sign up at the Prairie Star host stand to reserve your seats.



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

When an artist reuses the same or similar form throughout an artwork, they have applied the design principle of repetition. Using repetition in a design arranges consistency, unity and rhythm throughout the image while providing interest. As you enjoy this print how many places do you notice the artist applying repetition? Do you think the artist kept this scene interesting? If yes, how was this achieved?



Edmund Blampied, *Potato Gatherers*, ca. 1920, Drypoint on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Dr. Martha Morrison Kramer, 1970.0019



### February Birthdays



#### Skilled Nursing

2/1 Sheri Valentine  
2/5 Beverly Dodds  
2/7 Glenda Schweitzer  
**2/9 Bob Hammaker**  
2/12 Colleen Robinson  
2/16 Joann Williams  
2/18 Loretta Burry

#### Assisted Living & Riley House

2/1 **Glenna Fogo**  
2/5 Mickey Bogart

#### 2/16 Carroll Hackbart

2/17 Derril Gwinner  
2/22 Aurelia Pacey

#### Independent Living

2/1 Ruth Monical  
2/2 Linda Graham  
2/4 Vanna Pope  
2/4 Marilyn Ray  
2/4 Alan Hunt  
**2/5 Doris Marsh**  
2/9 Marilyn Martin  
2/11 Lois Deyoe  
2/11 Carol Dodderidge

#### 2/12 Faralane Chase

2/12 Pearl Wilson  
2/12 Elaine Urban  
2/12 Kay Fritchen  
2/16 Bob Crawford  
2/16 Steve Monical  
**2/16 Sandra Warren**  
2/18 Wanda Fately  
2/19 Russell Moors  
2/21 Jane Meadows  
2/24 Roger Brannan  
2/25 Betty Grubb  
2/27 Harriette Janke

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

# RESTAURANT **SPECIALS**

<b>Sunday, Jan. 28</b>	<b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.	<b>\$14</b> <b>Dinner</b> Swedish Meatballs <i>served over Egg Noodles</i> Buttered Carrots
<b>Monday, Jan. 29</b>	<b>\$11</b> <b>Lunch</b> Maple-Bacon Chicken Sandwich <i>served on a Croissant</i> Watergate Salad	<b>\$14</b> <b>Dinner</b> Ham Loaf Roasted Red Potatoes Creamed Peas
<b>Tuesday, Jan. 30</b>	<b>\$12</b> <b>Lunch</b> Caesar Steak Wrap Garlic Parmesan Fries	<b>\$16</b> <b>Dinner</b> Chicken Alfredo Garlic Bread Side Caesar Salad
<b>Wednesday, Jan. 31</b>	<b>\$10</b> <b>Lunch</b> Everything Bagel Sandwich <i>with Ham, Turkey, &amp; Swiss Cheese</i> Potato Salad	<b>\$13</b> <b>Dinner</b> Smothered Beef & Bean Burrito Mexican Rice Refried Beans
<b>Thursday, Feb. 1</b>	<b>\$11</b> <b>Lunch</b> Broccoli Cheddar Bread Bowl Side Caesar Salad	<b>\$16</b> <b>Dinner</b> Pot Roast <i>with Carrots, Onions, &amp; Celery</i> Mashed Potatoes & Gravy Green Beans
<b>Friday, Feb. 2</b>	<b>\$11</b> <b>Lunch</b> Mac & Cheese Bar	<b>\$14</b> <b>Dinner</b> Swiss Steak Mashed Potatoes Honey-Glazed Carrots
<b>Saturday, Feb. 3</b>	<b>\$13</b> <b>Lunch</b> Fish & Chips Coleslaw	<b>\$15</b> <b>Dinner</b> White Chicken Chili Cornbread Side House Salad

*Thank you for exploring the New Year New Options menu over the past couple weeks. As a result, the team is excited to announce that the Chicken Naan Wrap will be added to Prairie Star’s regular menu!*

# Weekly Opportunities Calendar Jan. 28 to Feb. 3

**Sunday • Jan. 28** *Put your trash at the curb!*  
10:30 a.m. ~ Worship Service, CR  
10:30 a.m. ~ Transportation to FUMC, VE

**Monday • Jan. 29** *Trash pick-up*  
9:30 a.m. ~ Seated Strength, CR *or 1960*  
10:30 a.m. ~ Weights 101, CR *or 1960*  
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  
6:00 p.m. ~ Hot Topics, KSU CL  
7:00 p.m. ~ Community Bingo, CR

**Tuesday • Jan. 30**  
9:45 a.m. ~ Target & Great Clips Trip, VE  
10:00 a.m. ~ Memory Activities Class, EC  
10:00 a.m. ~ Mat Yoga, FHR  
10:30 a.m. ~ Steady Yourself, CR *or 1960*  
11:15 a.m. ~ Chair Yoga, CR *or 1960*  
1:00 p.m. ~ Sysco Food Showcase, EC  
2:00 p.m. ~ 10-Point Pitch, GR

**Wednesday • Jan. 31**  
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  
3:00 p.m. ~ Sing-Along, FHR  
3:00 p.m. ~ Rock Steady Boxing, CR

**Thursday • Feb. 1**  
9:00 a.m. ~ Messenger Team, KSU CL  
10:30 a.m. ~ Steady Yourself, CR *or 1960*  
11:00 a.m. ~ Blood Drive, FHR  
11:15 a.m. ~ Chair Yoga, CR *or 1960*  
11:30 a.m. ~ Caring Conv. for People w/ Pd, FHR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
2:00 p.m. ~ Parkinson's Education Group, CR  
4:00 p.m. ~ Meadowlark Singers Practice, CR  
5:30 p.m. ~ Meadowlark Circle Dinner, MR  
6:00 p.m. ~ Dinner with the League, EC

**Friday • Feb. 2**  
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. ~ Vinyl Night with Domingo, EC

**Saturday • Feb. 3**  
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 1/18.

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**Mat Yoga, schedule changes**  
Mat Yoga will meet at 10 a.m. Tuesday, Jan. 30, in the Flint Hills Room. Mat Yoga class is canceled for Friday, Feb. 1.



## 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. 28

***INDIANA JONES & THE LAST CRUSADE*** (1989) PG-13, 2 hr. 8 min. *Action & Adventure*

Cast: Harrison Ford, Sean Connery, & Alison Doody

Indiana Jones he sets out to rescue his father, a medievalist, who has vanished searching for the Holy Grail. In a race against the clock, the dynamic duo scour the continent to find the ultimate prize before it falls into nefarious hands.

### MONDAY: Jan. 29

***EAGLE EYE*** (2008) PG-13, 1 hr. 58 min. *Action & Adventure, Exciting*

Cast: Shia LaBeouf, Michelle Monaghan, & Rosario Dawson

The lives of two strangers hunted by authorities are thrown into peril when an unseen caller uses technology to monitor and control their every move.

### TUESDAY: Jan. 30

***THE HILL*** (2023) PG-13, 2 hr. 6 min. *Inspiring, Emotional, Sports*

Cast: Dennis Quaid, Colin Ford, & Joelle Carter

In this film based on a true story, young baseball hopeful Rickey Hill chases his major-league dreams while living with a degenerative spinal condition.

### WEDNESDAY: Jan. 31

***DUMB MONEY*** (2023) R *for language, sexual material, & drug use*, 1 hr. 45 min. *Drama, Inspiring*

Cast: Paul Dano, Pete Davidson, & Seth Rogan

When a rogue investor and basement YouTuber pours his passion—and savings—into the failing company GameStop, it turns Wall Street upside-down.

### THURSDAY: Feb. 1

***ONE FLEW OVER THE CUCKOO'S NEST*** (1975) R *for sexual material & profanity*, 2 hr. 15 min.

Cast: Jack Nicholson, Louise Fletcher, & William Redfield

A rabble-rousing prisoner transfers to a psychiatric ward, thinking it'll be better than hard labor—until he tangles with the controlling Nurse Ratched.

### FRIDAY: Feb. 2

RESIDENT REQUEST

***QUEEN BEES*** (2021) PG-13, 1 hr. 41 min. *Charming, Feel-Good, Romantic*

Cast: Ellen Burstyn, James Caan, & Ann-Margret

Temporarily forced to stay in a retirement community, a headstrong woman navigates mean cliques, high-stakes bridge games, and new relationships.

### SATURDAY: Feb. 3

***THE THREE MUSKETEERS*** (1993) PG, 1 hr. 46 min. *Romance, Family, Comedy*

Cast: Charlie Sheen, Kiefer Sutherland, & Chris O'Donnell

The Three Musketeers battle enormous odds in their attempt to defeat an evil royal adviser and a seductive envoy plotting to overthrow France's crown—fighting against both time and scores of enemies.