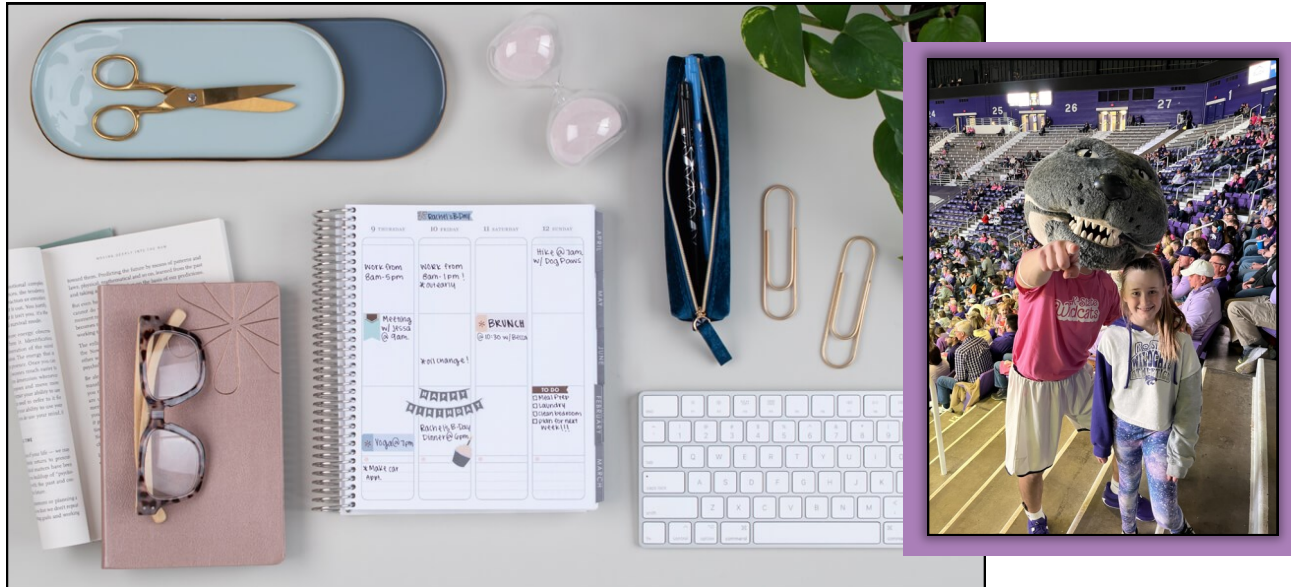


## Embracing Patience & Organization



*submitted by Sarah Duggan, Community Relations Director*  
 I trust this edition of the Meadowlark Messenger finds you all in good spirits and surrounded by the warmth of our vibrant community. This week's inspiration for our musings on patience and organization comes from a source close to my heart – my nine-year-old daughter, Murphy [Pictured above right with Willie the Wildcat!].

In her own exploration of personal growth and with guidance for her dad and me, Murphy has chosen to dedicate the next two weeks to honing in on the virtues of patience and organization. Each evening, we engage in heartfelt conversations about her day, reflecting on moments where patience and organization brought success, and identifying areas for improvement in each characteristic.

As I listen to Murphy's experiences, I am reminded of the parallel journey we all embark upon in our Meadowlark community. The deliberate choice to focus on these two virtues not only resonates with our surroundings but also aligns seamlessly with the principles that make Meadowlark special.

### **Patience: A Timeless Virtue**

In the fast-paced world we live in, patience can sometimes feel like a rare gem. However, as residents of Meadowlark, we have the unique opportunity to

embrace a more manageable pace of life, allowing us to savor each moment and appreciate the beauty that surrounds us.

Patience is not just about waiting; it's about the attitude with which we wait. It's a practice that allows us to remain calm and composed in the face of challenges, whether big or small. In a community such as ours, patience becomes a companion, helping us build stronger connections with our neighbors and fostering a sense of harmony.

I invite you to take a moment to enjoy the vibrant gardens, chat with a fellow resident, or simply bask in the warmth of the sun during your afternoon stroll. Embracing patience enriches our lives and contributes to the sense of tranquility that makes Meadowlark such a special place to call home.

### **Organization: A Key to Simplifying Life**

As we savor the moments, we also acknowledge the importance of organization in creating an environment that supports our well-being. An organized living space not only reduces stress but also enhances our ability to enjoy the things that matter most.

Consider decluttering your living spaces, organizing

**See EMBRACE, page 7**

# EVENTS & OPPORTUNITIES

## Manhattan Arts Center Classes

Manhattan Arts Center (MAC) has opportunities for art classes, workshops, and theater! Upcoming classes and workshops include Mixed Level Wheel Throwing Class, Mixed Level Metalsmithing and Enamels Class, Fused Glass Workshop (Suncatchers), Raku Clay Firing Workshop, Prin'n'Sip Happy Hour (Printing with Stencils); and Clay Soda Firing Class.

Tickets are available for the following theater performances at the MAC:

- ~ "An Evening of Culture," March 1-3 & 8-10, a family-friendly comedy of a local theater community production of Romeo & Juliet gone hilariously wrong!
- ~ "South Pacific," April 19-21, 26-28, & May 3-5, the Roger & Hammerstein classic musical about love and conquering prejudices.

Visit [www.manhattanarts.org](http://www.manhattanarts.org) or call (785) 537-4420 on weekday afternoons to learn more.

IDES OF MARCH

MARCH 15TH

5:30 P.M.

PRAIRIE STAR EVENT CENTER

3-COURSE MEAL  
& A READERS THEATRE  
PRESENTED BY THE  
COLUMBIAN THEATRE

\$32

SIGN-UP AT THE HOST STAND  
OR BY CALLING 785-323-3821

## 2024 Presidential Preference Primary

This year, 2024 has three elections! The Presidential Preference Primary is on March 19, the Primary Election on Aug. 6, and the General Election on Nov. 5. The country has not had a Presidential Preference Primary since 1992.

If a Meadowlark resident is not sure if he or she is registered or if he or she has registered with the correct address, visit <https://www.rileycountyks.gov/134/Review-Your-Voter-Information>. This link also allows individuals to review their ballot style before voting.

If a voter has moved, even if it's just to a new apartment or room number, his or her voter registration must be updated.

Many meadowlark residents receive a ballot by mail. The United States Postal Service should not forward a ballot if the address is incorrect, so it is very important to update information as soon as possible. The team at the Riley County Clerk's Office is available to help with questions by calling (785) 537-6300.

## Prairie Star Restaurant, closing early

Prairie Star Restaurant will close at 7 p.m. Friday, March 1, to allow restaurant team members the opportunity to attend the annual Meadowlark Employee Party.

## K-State Play Reading: Give and Take

Friday, Feb. 23, at 6:45 p.m.

On Friday, Feb. 23, the KSU Purple Masque Theatre will be hosting the premiere of the play *Give and Take*. Written by Drama Therapy graduate student Autumn Holt, *Give and Take* explores the issues we face when roles in families change as we age. The play is based on interviews with people who have been caregivers for members of their families. There will be discussion with the playwright after the play so she can get feedback to improve the play. This event is FREE and open to the public; no registration is required to attend.

If you would like transportation from Meadowlark to this event, please sign up in the Blue Book. The bus will depart from the Village Entrance at 6:45 p.m. on Friday, Feb. 23. The cost for transportation is \$3 each.

## EVENTS & OPPORTUNITIES

### **Worship Service**

**Sunday, Feb. 25, at 10:30 a.m.**

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Feb. 25, in the Community Room/Chapel. Pastor Melanie will continue the worship series in observance of the Lenten season title, "Give Up Something Bad for Lent." This week, the sermon is titled, "Give Up Judgment." All are welcome to attend.

### **Intergenerational Pickleball Tourney**

**Monday, Feb. 26, at 3:30 p.m.**

Kansas State University Gerontology extends an invitation to participate in the Intergenerational Pickleball Tournament located on the KSU campus. This event will begin promptly at 3:30 p.m. Monday, Feb. 26, at Chester E. Peter's Recreation Complex (K-State Rec Center). The tournament will end at or around 5:30 p.m. If you are interested, please contact Monte Spiller, Resident Services Leader, at (785) 323-3801.

### **Lenten Study Group**

**Monday, Feb. 26, at 6 p.m.**

You've heard people mention giving up something tempting for Lent. From chocolate, alcohol, movies, and more, Lent can be a time to give up something we crave. But, what if this year we see Lent differently? Join Pastor Melanie on Mondays in the KSU Classroom as we try to give up something *bad* for Lent. From discouragement, negativity to apathy, we'll discuss the parts of our life and personality that are keeping us from being our best self. All are welcome.

### **Social Circles in the Star**

**Tuesday, Feb. 27, at 2 p.m.**

Meadowlark is excited to extend an invitation for residents to join *Social Circles* in Prairie Star Restaurant on the Landing. It will be a great opportunity to meet or get to know other residents through laughter, shared experiences, and meaningful connections. We will randomly assign people to a table and will provide get-to-know-you topics to facilitate discussion.

Why try the Social Circles? This is a chance to embrace a melting pot of personalities, backgrounds, and interests while taking part in thoughtful conversations. Ultimately, we hope these

circles allow you to engage in discussions that inspire and broaden your perspectives that lead to lasting friendships.

All are invited to the very first *Social Circle* from 2 to 3 p.m. Tuesday, Feb. 27, in Prairie Star Restaurant.

### **Page Turners Book Club**

**Wednesday, Feb. 28, at 11:30 a.m.**

Join the Page Turners Book Club, supported by Resident Services Leader, Monte Spiller, and facilitated by Meadowlark Special Programs, as they read *True Grit* by Charles Portis. In this humorous western, 14-year-old Mattie Ross corrals an ornery U.S. Marshal, Rooster Cogburn, into helping her avenge her father's murder. The novel *True Grit* has been made into a movie twice-over, starring John Wayne in 1969 and Jeff Bridges in 2010.

The Page Turners will meet for the first discussion of the book at 11:30 a.m. Wednesday, Feb. 28, in the Patriot Room. Participants do not have to attend each week to participate; come when you are able, whether you have finished the book or are just beginning! We have copies available from the Manhattan Public Library. If you would like to borrow a book or if you have any questions, please contact Katie at [ksigman@meadowlark.org](mailto:ksigman@meadowlark.org) or via phone at (785) 323-3899.

### **ARTful Making**

**Wednesday, Feb. 28, 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

**See EVENTS, page 5**



# Work That Brain!

## Taylor Swift

O	F	E	E	E	L	R	O	N	I	I	O	R	P
O	U	L	O	A	N	B	N	E	N	V	O	H	A
L	E	R	G	O	O	U	L	E	T	E	F	A	E
O	O	L	A	H	L	B	U	O	A	R	E	S	L
V	E	R	E	D	U	E	T	V	R	T	A	O	L
E	A	B	L	O	M	S	V	G	E	S	R	R	N
S	M	T	R	M	E	O	R	N	O	A	L	E	A
T	I	T	T	G	A	O	A	S	H	O	E	U	N
O	N	R	E	U	N	U	A	S	R	T	S	S	O
R	E	D	B	E	L	O	N	G	T	E	S	S	R
Y	R	A	E	S	R	O	H	E	T	I	H	W	R
R	U	O	S	A	E	P	I	C	T	U	R	E	O
G	T	O	G	E	T	H	E	R	O	L	A	N	N
H	G	N	O	S	R	U	O	O	E	R	R	E	O

OUR SONG  
MEAN  
TOGETHER  
RED  
FEARLESS  
BELONG  
PICTURE  
MINE  
WHITE HORSE  
RONAN  
TROUBLE  
LOVE STORY



### Thank You from Steve's Floral

*submitted by Jan Miller*

Pictured to the left is Steve's Floral designing in a recycled vase provided by the residents and employees at Meadowlark ...What a team!

Thank you Meadowlark!

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

Let us compare and contrast the two paintings shown here. The subject matter in each piece is singular, what is there to compare? Consider the elements of art: line, color, shape, form, space, texture, and value. Additionally, how did the artists use balance, emphasis, and contrast within the composition? If you were to add or subtract one item to each painting, what would it be?



[above, left] Henry Varnum Poor (United States, 1887-1970)  
*Basket of Yellow Apples*, 1963  
Oil on canvas over plywood  
KSU, Marianna Kistler Beach Museum of Art, Ninth Biennial  
Exhibition of Regional Art (1967), gift of the artist, 1967.2



[above, right] Dean Mitchell (United States, born 1957), *White Cup*, 1996, Oil on hardboard, KSU, Marianna Kistler Beach Museum of Art, gift of Jim, Angele, Luke, and Julia Johnson, in memory of Jeaneane Berryhill Johnson, 2003.232

### EVENTS, from page 3

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, Feb. 28, from 1:30 to 2:30 p.m. in the KSU Classroom. No registration required.

### College Avenue UMC Luncheon

**Thursday, Feb. 29, 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, Feb. 29, in the Bison Room. All are welcome.

### Knitting & Crocheting Group

**Thursday, Feb. 29, 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, Feb. 29, for a fun, social, creative opportunity. All skill levels are welcome!

# RESTAURANT **SPECIALS**

<b>Sunday, Feb. 25</b>	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	<b>\$15</b> Dinner Beef Tips Mashed Potatoes & Gravy Broccoli
<b>Monday, Feb. 26</b>	<b>\$11</b> Lunch Cheeseburger Sliders French Fries	<b>\$17</b> Dinner Coconut Shrimp Coconut Rice Grilled Pineapple
<b>Tuesday, Feb. 27</b>	<b>\$10</b> Lunch Bacon Cheddar Egg Salad <i>served on a Croissant</i> Breakfast Potatoes	<b>\$17</b> Dinner BBQ Meatloaf Cheesy Potatoes Baked Beans
<b>Wednesday, Feb. 28</b>	<b>\$12</b> Lunch BBQ Riblette on a Hoagie Bun <i>with Pickles &amp; Sautéed Onions</i> Pub Chips	<b>\$14</b> Dinner Fried Pork Cutlet Mashed Potatoes & Gravy Green Beans
<b>Thursday, Feb. 29</b>	<b>\$11</b> Lunch Italian Beef Sandwich Pasta Salad	<b>\$14</b> Dinner Garlic-Rosemary Grilled Chicken Smashed Potatoes Broccoli
<b>Friday, March 1</b>	<b>\$11</b> Lunch Pizza Bar	<b>\$18</b> Dinner Pecan-Crusted Trout <i>with Creamy Mustard Sauce</i> Wild Rice <i>Prairie Star Restaurant closing at 7 p.m.</i>
<b>Saturday, March 2</b>	<b>\$11</b> Lunch BBQ Chicken Sandwich Broccoli Salad	<b>\$15</b> Dinner Fried Chicken Mashed Potatoes & Gravy Corn

# Weekly Opportunities Calendar *Feb. 25 to March 2*

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## Sunday • Feb. 25 *Put your trash at the curb!*

10:30 a.m. ~ Worship Service, CR  
10:30 a.m. ~ Transportation to FUMC, VE

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## Monday • Feb. 26 *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  
7:00 p.m. ~ Community Bingo, CR

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## Tuesday • Feb. 27

9:45 a.m. ~ Target & Great Clips Trip, VE  
10:00 a.m. ~ ARTful Memories, KSU CL  
10:15 a.m. ~ Mat Yoga, FHR  
10:30 a.m. ~ Steady Yourself, CR *or 1960*  
11:15 a.m. ~ Chair Yoga, CR *or 1960*  
2:00 p.m. ~ 10-Point Pitch Group, GR  
2:00 p.m. ~ Social Circles, PS  
5:30 p.m. ~ 3rd Floor Supper, BR

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## Wednesday • Feb. 28

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  
1:30 p.m. ~ ARTful Making, KSU CL  
3:00 p.m. ~ Sing-Along, FHR  
3:00 p.m. ~ Rock Steady Boxing, CR  
5:30 p.m. ~ 1st Floor Supper, MR

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## Thursday • Feb. 29

9:00 a.m. ~ Messenger Team, KSU CL  
10:15 a.m. ~ Mat Yoga, FHR  
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  
12:00 p.m. ~ College Avenue UMC Lunch, BR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
1:00 p.m. ~ PD Care Partner Support Group, FHR

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## Thursday • Feb. 29

2:00 p.m. ~ 10-Point Pitch Group, VBL  
2:30 p.m. ~ Knitting & Crocheting, BR  
4:00 p.m. ~ Meadowlark Singers Practice, CR

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## Friday • March 1

7:30 a.m. ~ Rock Steady Boxing, *BF*  
9:30 a.m. ~ Seated Strength, CR *or 1960*  
10:00 a.m. ~ Art Committee Meeting, FHR  
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

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## Saturday • March 2

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

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### 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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### EMBRACE, from page 1

personal belongings, and creating systems that streamline your daily routine. Small steps, such as keeping a tidy kitchen or organizing personal documents, can have a profound impact on our overall sense of order and peace.

Engaging in activities that promote organization, whether independently or through community events, can be a fulfilling way to bond with your neighbors. Share your tips and tricks for staying organized, and find opportunities to learn new strategies. By working together, we can create an environment that supports the well-being of every Meadowlark resident.

This week Murphy has focused on being patient with her sister and with times at school that she has to wait on the next thing to happen. She has been looking to organize herself the night before so she has everything she needs for a successful next day. I am enjoying this exercise with her and hope we can continue to identify virtues and characteristics to shape as we continue the journey of growing up.





## 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: Feb. 25

***INDIANA JONES & THE KINGDOM OF THE CRYSTAL SKULL*** (2008) PG-13, 2 hr. 4 min. *Action*

Cast: Harrison Ford, Cate Blanchett, & Karen Allen

Indiana Jones is called back into action when he becomes entangled in a Soviet plot to uncover the secret behind the mysterious artifact known as the Crystal Skull.

### MONDAY: Feb. 26

RESIDENT REQUEST

***TO KILL A MOCKINGBIRD*** (1962) PG-13, 2 hr. 9 min. *Drama, Crime*

Cast: Gregory Peck, John Megna, & Frank Overton

Atticus Finch, a widowed lawyer in Depression-era Alabama, defends a Black man against an undeserved rap charge, and tries to educate his young children against prejudice.

### TUESDAY: Feb. 27

RESIDENT REQUEST

***EINSTEIN & THE BOMB*** (2024) TV-14, 1 hr. 16 min. *Cerebral, Historical*

Cast: Aidan McArdle, Andrew Havill, & Rachel Barry

What happened after Einstein fled Nazi Germany? Using archival footage and his own words, this docudrama dives into the mind of a tortured genius.

### WEDNESDAY: Feb. 28

***THE LORDS OF FLATBUSH*** (1974) PG, 1 hr. 24 min. *Nostalgic, Gritty, Drama*

Cast: Perry King, Sylvester Stallone, & Henry Winkler

In 1950s Brooklyn, two teenage members of the Lords of Flatbush gang confront the realities of adulthood in this nostalgic coming-of-age drama.

### THURSDAY: Feb. 29

***APOLLO 13*** (1995) PG, 2 hr. 19 min. *Inspiring, Emotional, Suspenseful*

Cast: Tom Hanks, Kevin Bacon, & Bill Paxton

Technical troubles scuttle the Apollo 13 mission in 1970, risking the lives of astronaut Jim Lowell and his crew in this chronicle of a true story.

### FRIDAY: March 1

***BIG BUSINESS*** (1988) PG, 1 hr. 37 min. *Comedy*

Cast: Bette Midler, Lily Tomlin, & Fred Ward

Two sets of identical twins are mismatched at birth and 40 years later, their paths cross amid the hustle and bustle of Manhattan, New York. The result is unrestrained pandemonium, wild hilarity, and double trouble.

### SATURDAY: March 2

***THE NEXT GOAL WINS*** (2023) PG-13, 1 hr. 45 min. *Sports, Drama, Comedy*

Cast: Michael Fassbender, Oscar Kightley, & Kaimana

With the World Cup Qualifiers approaching, the American Samoa soccer team hires down-on-his-luck, maverick coach Thomas Rongen, hoping he will turn around the world's worst soccer team in this heartfelt underdog comedy.