



by Sarah Duggan, Comm. Relations Director

The leaves are changing, the air is turning crisp, and the next stop is flu season, and even better, flu shots! If you are a current patient of CenterPointe Physicians at the Meadowlark Clinic, you're invited to call (785) 537-1900 and schedule a time to receive your flu shot.

If you aren't a CenterPointe patient, please contact your primary care doctor to schedule a flu shot. Immunizations also are available at many local pharmacies.

In addition to receiving your flu shot, it's important to remember what to look for and how to take extra care of ourselves to avoid getting sick.

The flu spreads from person to person, up to about six feet away. Many experts believe the flu is spread mainly by droplets made from people with the flu when they sneeze, cough, or talk. To avoid this, stay home if you are sick and stay away from others who are ill. It is important to wash your hands often with soap and water and

disinfect surfaces and objects that may be contaminated with germs such as the flu.

The flu often comes on suddenly, and people who have the flu experience all or some of the following symptoms: fever, or feeling feverish/chills; cough; sore throat; runny or stuffy nose; muscle or body aches; headaches; and/or fatigue.

If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except for medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine. When sick, limit your contact with others as much as possible.

Hy-Vee will host a Flu and Covid-19 Vaccine Clinic from 10 a.m. to 12:30 p.m. Monday, Sept. 30, in the Patriot Room. Participants should visit the Hospitality Desk to register and will need to present their insurance cards at time of registration. Individuals are eligible to receive the Covid Booster if it has been more than two months since his or her latest vaccine.

EVENTS & OPPORTUNITIES

Return Shopping Carts

Please return shopping carts borrowed from the Hospitality Desk when you are done with them. Thank you, in advance, from everyone needing a cart!

Employee Gift Fund

submitted by the Employee Gift Committee

Meadowlark employees make our lives better. Since tipping is not an accepted practice at Meadowlark, we have the opportunity to say thanks by giving to the Employee Gift Fund.

What is the value of the help we receive? This is a determination each of us must make.

By joining together to build a monetary fund for employees to receive a gift, we have a method of saying thank you from all the residents and friends of Meadowlark.

Gifts may be left at the Hospitality Desk or mailed to the Employee Gift Fund, 2121 Meadowlark Road, Manhattan, KS 66502.

Fridays with Furby

Fridays at 2:30 p.m.

You're invited to Fridays with Furby from 2:30 to 3 p.m. in the Kansas Room! Furby is a lovable cockapoo who is training to be a therapy dog. Come spend time with her and her fur-mama, Fanny, each Friday. You will be able to enjoy some fun conversation and doggie snuggles!

Ice Cream Social

Friday, Sept. 27, at 3 p.m.

I scream, you scream, we all scream for ICE CREAM! The monthly ice cream social is set for 3 p.m. Friday, Sept. 27, in Verna Belle's Lounge. Enjoy a scoop (or two!) and fellowship with friends.

Courtyard Happy Hour

Friday, Sept. 27, at 3 p.m.

Join us on Friday, Sept. 27, from 3 to 5 p.m. in the Meadowlark Courtyard for Sangria and S'mores! We will offer a \$5 Fireball Sangria special, along with a build-your-own S'more Bar. Enjoy what will hopefully be a beautiful fall afternoon sipping sangria and roasting a complementary s'more while playing yard games, listening to music, or conversing with fellow residents. All are welcome.

Cart Rides to the Trails

Saturday, Sept. 28, starting at 9 a.m.

The cart rides along Meadowlark's lovely trails have been so popular, we have a waiting list. We have extended the options to an additional two Saturday mornings this fall. Rides will depart at 9, 9:30, and 10 a.m. Sign up at the Hospitality Desk for a half hour tour on Sept. 28 or Oct. 12.

KSU Football Watch Party

Saturday, Sept. 28, 11 a.m.

Join us on Saturday, Sept. 28, at 11 a.m., in the Kansas Room and Prairie Star Pub as K-State takes on Oklahoma State. Light refreshments will be served during the game. Go State!

Services for Dorothea Boutz

Saturday, Sept. 28, at 6 p.m.

The family of Dorothea Boutz invites you to attend her visitation from 6 to 7 p.m. on Saturday, Sept. 28, at the Yorgensen-Meloan Funeral Home. A funeral service will be held at 2 p.m. on Sunday, Sept. 29, at Yorgensen-Meloan Funeral Home.

Worship Service

Sunday, Sept. 29, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Sept. 29, in the Community Room/Chapel. Pastor Melanie will continue the worship series titled "Understanding Our Bible." This week Pastor Melanie will explore the book of Proverbs. All are welcome to attend.

UFM Class: History of the KC Chiefs

Tuesday, Oct. 1, at 6 p.m.

Join Curt Herrman, the proud holder of the Guinness World Record for the largest collection of Kansas City Chiefs memorabilia, for an engaging and informative class on the fascinating history of the Kansas City Chiefs. In this class, Curt will share his extensive collection, showcasing rare and unique items that chronicle the journey of the Chiefs from their early days as the Dallas Texans to their current status as NFL champions. Each item tells a story, and Curt will delve into the origins and evolution of the team, highlighting key moments, legendary players, and pivotal games that have defined the Chiefs' legacy.

Enrollment is now open and can be completed

EVENTS & OPPORTUNITIES

by calling (785) 539-8763. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

Meadowlark Men's Social Supper

Wednesday, Oct. 2, at 5:30 p.m.

Prairie Star Restaurant invites Meadowlark's men to attend a Social Supper at 5:30 p.m. Wednesday, Oct. 2, 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 opportunity will not feature a program.

UFM Class: Modern Astrology

Wednesday, Oct. 2, at 7 p.m.

UFM Lifetime Learning presents *Modern Astrology*. This class will meet Wednesday, Oct. 2 from 7 to 8 p.m. in the Community Room.

Modern Astrology will review what's happening in the night sky regarding positions of the moon, planets and stars and their motions. Class participants will explore the nature of these objects and others unseen to the naked eye. In the end, we will marvel at the magnitudes and diversity of the furniture of our universe and gain a sense of how we belong.

The class is taught by Dr. Chris Sorensen, the Cortelyou-Rust University Distinguished Professor and University Distinguished Teaching Scholar Emeritus at K-State. He is a lifelong amateur astronomer.

PD Education Group

Thursday, Oct. 3, at 2 p.m.

You're invited to the monthly meeting of the PD Education Group at 2 p.m. Thursday, Oct. 3, in the Community Room.

This month's program is titled, "Highlights from KU Parkinson's Disease Movement Disorder Annual Symposium" presented by Dr. Kelly Lyons, Director of Research and Education. If you were at Speedy PD or couldn't get to Kansas City for another reason, you don't have to miss the information presented in August.. Topics from the symposium include: Current and Upcoming Treatment Options for PD, Exploring PD and Dementia, Sleep and PD, and Physical Therapy,

Exercise, and PD.

Join us as we learn current information on how to live well with Parkinson's disease! No registration is required to attend. If you have questions, please call Michelle at (785) 323-3899.

Dinner with the League of Women Voters

Thursday, Oct. 3, at 6 p.m.

October's Dinner with the League of Women Voters will be about issues surrounding school financing and legislation in Kansas in the upcoming year. Our guest presenter will be Leah Fliter, from the Kansas Association of School Boards. Leah is the Assistant Executive Director of Advocacy and Governmental Relations at Kansas Association of School Boards. Additional guests will include Lew Faust, former USD 383 Finance Director, and former State Senator and USD 383 Superintendent Tom Hawk.

Please sign up in the Blue Book at the Hospitality Desk if you plan to attend.

Andy Bell Quartet

Friday, Oct. 4, at 7 p.m.

The Bell Family Foundation presents "The Andy Bell Quartet" at 7 p.m. Friday, Oct. 4, in the Event Center. You are in for a treat from this quartet, with Mathew Meals on bass, Andrew Bell on guitar, Alan Bell on piano, Andy Bell on saxophone, and featured vocalist, Jamie Bunce. Bunce is the assistant director of chordal studies at Kansas State University. All are invited for a fun evening of music.

Ladies Luncheon

Thursday, Oct. 10, at 11:30 a.m.

All Meadowlark residents and Passport members are invited to attend the Ladies Luncheon at 11:30 a.m. Thursday, Oct. 10. Linda Weis will be the speaker for the October luncheon. She is sure to be interactive and informative. The luncheon will consist of beef stew served in a bread bowl, a green salad, and an ice cream sundae for \$12.

If you are unable to eat the stated lunch menu, please indicate what you would like as a substitute beside your name when you sign up.

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Community Bulletin

Lifetime Learning

"World War I: Europe's Collective Suicide"

10/30 - 11/13 (W), 6:30-8:00pm

This class consists of a series of three lectures. The first week's lecture will focus on the causes of the Great War and the first year of the conflict. The class will examine the Imperial German Army's Schlieffen Plan intended to defeat France in a matter of weeks before turning its might against the Czarist armies on the Eastern Front. The second class will examine the widening war of 1915 with the entrance of Italy on the side of the Allies. The class will also concentrate on the great battles of Verdun and the Somme of 1916. The third lecture will concentrate on America's entrance into the war, the collapse of Czarist Russia, the end of the war, and the Treaty of Versailles. The events of the first Great War of the 20th century still impact the world into the 21st century.

Updated description!

New dates!

"History of Western Music: Classical - Romantic"

10/22 - 11/5 (T), 6:00-7:30pm

Olivia Arnold, music instructor at Cloud County Community College, will be offering music history lectures on the Classical and Romantic eras. Classical music, regarded as structured and elegant, led by figures like Haydn and Mozart, clashes against the raw emotions and virtuosity of Romantic music, from Beethoven and Liszt to Tchaikovsky and Fauré. How did musical ideas and tastes change so dramatically over these roughly 150 years? This three-session class will highlight composers, educators, historical movements, and musicians that shaped the development of these musical eras.



COMMUNITY
LEARNING
CENTER

To enroll, visit tryufm.org or
call us at 785-539-8763!



Clothing Drive

Hosted by the Meadowlark Ambassadors
October 18, 2024
10 am - Noon

Clothing must be clean, and in either new or gently used condition. Items with holes and/or stains will not be accepted.

Donations will be accepted in the Flint Hills Room



Congratulations to Suzie Wong for completing **1,083** laps around the Courtyard, which equals the distance it would take to walk to Lindsborg which is the final destination of the challenge!!

October Birthdays

Skilled Nursing

10/1 Loren Pennington
10/9 Carol Balding
10/13 David Vanderbilt
10/14 Peggy Dettmer
10/16 Teresa Foreman
10/17 David Bowers
10/25 Michael Morrison
10/26 Frances Stout
10/29 Mary Ford

Assisted Living

10/2 Barbara Hackbart
10/2 Thomas Shawler

10/6 Madlyn Rietcheck
10/11 Mary Lee Graham
10/25 Michael Morrison
10/26 Joleen Hill
10/27 Virginia Bigbee

Independent Living

10/6 Terry Pacumbaba
10/8 Edwin Olson
10/9 Patricia Ott
10/10 Mary Lu Haas
10/10 Byron Alexander
10/14 Nayola Norris
10/16 Pat Dunaway

10/18 Charlotte Ely
10/19 Ruth McKissick
10/19 Mike Sekal
10/23 Max Bayer
10/24 Polly Ferrell
10/25 Pat Freeman
10/26 Sandra Bussing
10/27 Jane Swofford
10/28 Elisabeth Vanderlip
10/30 Pat Vogt
10/30 Michael Fey

Bold denotes milestone birthdays!

Art Engagement *from the* Beach Museum of Art

In the print shown here titled, *River Valley*, the artist has created a composition that consists of a large amount of land. Which of the following techniques were applied to show distance?

- ~ Linear perspective with lines converging to a single point.
- ~ Atmospheric perspective showing lighter shades and values in the background to make objects seem farther away. Reduce the detail of objects as they recede into the background.
- ~ Size and scale of objects are smaller as they recede into the distance.
- ~ Use stronger lines for close items and lighter lines in the background.
- ~ Overlap larger objects in the foreground over smaller objects.

After considering these techniques, do you think the artist successfully communicated miles of river valley in this composition?



John Frederick Helm, Jr. (United States, 1900 - 1972)

River Valley, ca. 1933

Wood engraving on paper

KSU, Marianna Kistler Beach Museum of Art, gift of Mary Brownell Helm, 1985.124

RESTAURANT **SPECIALS**

Sunday, Sept. 29	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$15 Dinner BBQ Meatballs Scalloped Potatoes Roasted Broccoli
Monday, Sept. 30	\$11 Lunch Chicken Enchiladas Mexican Rice	\$15 Dinner Smothered Pork Chop <i>With Mushroom-Onion Gravy</i> Mashed Potatoes Green Beans
Tuesday, Oct. 1	\$10 Lunch Fish Tacos Cilantro-Lime Rice	\$15 Dinner Beef Stroganoff Roasted Broccoli Garlic Breadsticks
Wednesday, Oct. 2	\$11 Lunch Meatloaf Sandwich Pub Chips	\$14 Dinner Beef & Italian Sausage Lasagna Garlic Bread Caeser Side Salad
Thursday, Oct. 3	\$11 Lunch Hot Ham & Cheese Sandwich Tomato Soup	\$14 Dinner Pork Tenderloin Mac & Cheese Brussel Sprouts
Friday, Oct. 4	\$11 Lunch Potato Bar	\$17 Dinner Baked Catfish Cheese Grits Coleslaw
Saturday, Oct. 5	\$11 Lunch Turkey Melt Pea Salad	\$15 Dinner Boneless Wings Tater Tots Carrots & Celery Sticks

Weekly Opportunities Calendar Sept. 22 to Sept. 28

Sunday • Sept. 29 *Put your trash at the curb!*

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

Monday • Sept. 30 *Trash & Recycle pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**
9:30 a.m. ~ Flu & Covid Vaccine Clinic, KSU CL
10:30 a.m. ~ Weights 101, CR/**1960**
11:00 a.m. ~ Rock Steady Boxing, **BF**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
1:30 a.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

Tuesday • Oct. 1

10:00 a.m. ~ Memory Activities Class, EC
10:15 a.m. ~ Mat Yoga, KSU CL
10:30 a.m. ~ Steady Yourself, CR/**1960**
10:30 a.m. ~ 1st Presbyterian Church Coffee, FHR
11:15 a.m. ~ Seated Stretch & Stability, CR/**1960**
1:00 p.m. ~ Prairie Star Writers Group, PR
2:00 p.m. ~ 10-Point Pitch Group, KR
2:00 p.m. ~ Social Circles, PS
3:00 p.m. ~ Coffee Corner, EC
3:30 p.m. ~ Ambassador's Meeting, BR
6:00 p.m. ~ UFM: History of the KC Chiefs, CR

Wednesday • Oct. 2

9:30 a.m. ~ Seated Strength, CR/**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/**1960**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-Along, FHR
5:30 p.m. ~ Meadowlark Men's Night, MR
7:00 p.m. ~ UFM: Modern Astrology, CR

Thursday • Oct. 3

9:00 a.m. ~ Messenger Team, KSU CL
10:00 a.m. ~ Mat Yoga, FHR
10:30 a.m. ~ Steady Yourself, CR/**1960**
11:15 a.m. ~ Seated Stretch & Stability, CR/**1960**
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
2:00 p.m. ~ Parkinson's Education Group, CR

Thursday • Oct. 3

4:30 p.m. ~ Meadowlark Singers Practice, CR
5:30 p.m. ~ Meadowlark Circle Dinner, MR
6:00 p.m. ~ Dinner with The League, EC

Friday • Oct. 4

7:30 a.m. ~ Rock Steady Boxing, **BF**
9:30 a.m. ~ Seated Strength, CR/**1960**
10:30 a.m. ~ Weights 101, CR/**1960**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
12:00 p.m. ~ Blood Drive, KSU CL
2:30 p.m. ~ Fridays with Furby, KR
3:00 p.m. ~ Catholic Mass, CR
7:00 p.m. ~ Music by Andy Bell Quartet, EC

Saturday • Oct. 5

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
KR, Kansas Room	WPL , Wamego Public Library

EVENTS, from page 3

Please register in the Blue Book by 10 a.m. Wednesday, Oct. 9, at the Hospitality Desk. Come and visit with old friends and make new ones. See you there!

Medicare Open Enrollment Q&A

Friday, Oct. 11, at 10 a.m.

Flint Hills Area Agency On Aging will be on campus from 10 to 11 a.m. Friday, Oct. 11, in the Bison Room.

James Beck, Monarch resident and a trained Senior Health Insurance Counselor for Kansas, will be speaking in place of the previous announced presenter. He will answer questions about Medicare Open Enrollment from any resident who would like to join him.



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: Sept. 29

FIELD OF DREAMS (1989) PG, 1 hr. 45 min. *Sentimental, Nostalgic*

Cast: Kevin Costner, Amy Madigan, & Gaby Hoffmann

A mysterious voice encourages an Iowa farmer to build a baseball diamond in his cornfield, where a ghostly team of legends come out to play.

MONDAY: Sept. 30

THE NEON HIGHWAY (2024) PG-13, 1 hr. 53 min. *Inspiring, Heartfelt*

Cast: Beau Bridges, Rob Mayes, & Sam Hennings

A family man with long-simmering musical ambitions joins forces with a washed-up country great for a final shot at honky-tonk glory in Nashville.

TUESDAY: Oct. 1

JUMANJI (1995) PG, 1 hr. 44 min. *Family, Based on a Book*

Cast: Robin Williams, Jonathan Hyde, & Kirsten Dunst

Two siblings discover an enchanted board game that opens a door to a magical world, and unwittingly release a man who's been trapped inside for years.

WEDNESDAY: Oct. 2

BONE TOMAHAWK (2015) R for nudity, and very intense, gory scenes, 1 hr. 44 min. *Drama, Horror*

Cast: Kurt Russell, Patrick Wilson, & Matthew Fox

In the dying days of the old west, an elderly sheriff and his posse set out to rescue their town's doctor from cannibalistic cave dwellers.

THURSDAY: Oct. 3

EDGE OF TOMORROW (2014) PG-13, 1 hr. 53 min. *Explosive, Imaginative*

Cast: Tom Cruise, Emily Blunt, & Brendan Gleeson

In this sci-fi action adventure, a soldier's day repeats whenever he dies in battle.

FRIDAY: Oct. 4

THE MUNSTERS (2022) PG, 1 hr. 49 min. *Nostalgic, Quirky*

Cast: Jeff Daniel Phillips, Sheri Moon Zombie, & Daniel Roebuck

In this reboot of the 1960s sitcom, Transylvania vampire Lily falls head over fangs for loveable, lumbering monster Herman over her father's objections.

SATURDAY: Oct. 5

23 BLAST (2014) PG-13 1 hr. 38 min. *Feel-Good, Inspiring*

Cast: Stephan Lang, Alexa PenaVega, & Mark Hapka

When illness blinds a high school football hero, he must choose between a life of safety or defying all odds to return to the gridiron.