

Year 11 for HOG Heaven!

Annual celebration benefits Good Samaritan Fund

by Becky Fitzgerald, Dev. Director

Oink! Now that the calendar has flipped to October, temperatures are cooling, but activities to benefit Meadowlark Foundation are heating up. It's HOGTOBERFEST season, and here are a few squeal-worthy announcements!

No. 1 – The 11th annual HOGTOBERFEST, an awareness and fundraising event to benefit Meadowlark Foundation's Good Samaritan Fund, is scheduled for Friday, Oct. 25!

No. 2 – You asked for it, and you got it! Meadowlark's Prairie Star Restaurant and Event Venue is once again this year's celebration location!

No. 3 – The party will start early with Mr. K's Mobile Kitchen at October's Meadowlark Market and a special event menu available at Prairie Star!

No. 4 – Cash & More Raffle tickets now are on sale; four HOG-tastic prizes are available.

No. 5 – Event T-shirts will be available to purchase in a few weeks!

In years past, HOGTOBERFEST has been a one-day event at a local restaurant, offering pulled pork sandwiches at lunchtime and a whole roast hog buffet in the evening. Cox Bros. BBQ (seven years) and then Kite's Aggieville Draft House (two years) generously donated 10 percent of the day's proceeds to the Good Samaritan Fund.

For 2023 and again this year, event planners opted for a HOG-size celebration at Prairie Star, featuring food and beer specials prior to the event as well as a day-long party on Oct. 25. All are welcome to enjoy this FOOD, FRIENDS, and FUNdraising event. A special HOGTOBERFEST menu, featuring pork as well as



German-inspired fare, will be available beginning Oct. 19. The Prairie Star team will tempt us with schnitzel and gravy, bratwurst and sauerkraut, or a sausage trio platter, for example. A Bavarian-style pretzel with a German beer cheese dip will be added to the appetizer list, and for dessert, select apple strudel or Black Forest cake.

On Friday, Oct. 25, stop by Prairie Star between the hours of 11 a.m. to 8 p.m. for lunch, dinner, or both. In addition to the special HOGTOBERFEST menu, a buffet is planned for lunch. See a future

Messenger for the buffet menu. Prairie Star has pledged 10 percent of the proceeds generated from the special event menu as well as the buffet on the 25th to the Good Samaritan Fund.

Even though the event moved away from Aggieville, Scott Sieben, owner of Kite's Bar & Grill, Mr. K's, and Rockin K's, again happily pledged his support by sharing proceeds from food sales and providing a raffle prize. Enjoy breakfast or lunch from Mr. K's Mobile Kitchen from 9 a.m. to 2 p.m. on Oct. 18 or lunch from 11 a.m. to 2 p.m. on Oct. 19 at Meadowlark Market, 120 N. Scenic Dr. In keeping with traditional HOG Heaven foods, hungry customers will see ingredients such as sausage, bacon, and pulled pork among the selections. Mr. K's is joining Prairie Star in donating 10 percent of the mobile kitchen's sales to the Good Samaritan Fund.

To add to the festive atmosphere at Prairie Star on Oct. 25, Taylor Kline and Mandy Kary of Niles, Kan., will entertain from 6 to 8 p.m. Those who attend in the evening will hear this dynamic duo sing and play

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EVENTS & OPPORTUNITIES

Manhattan Arts Center

Stop by the MAC to view our latest Gallery Exhibit: "From the Ashes: 15 Years of Prairie Fire Printmaking." The exhibit is part of the national MAPC Conference and Exhibits all over the downtown Manhattan area. Join us for the Community Reception, on Oct. 3, from 4 p.m. to 7 p.m.

Mel Brooks fans! Get your tickets today for the Mel Brooks musical "Young Frankenstein" at the MAC Theatre on Oct. 4 through Oct. 6 as well as Oct. 11 through Oct. 13. Don't miss the hilarious, zany musical comedy! Purchase tickets at www.manhattanarts.org or call (785) 537-4420.

Mark your calendars for a new dance show at the MAC! "Elements" premieres Nov. 22 and 23. View full details at www.manhattanarts.org > *Special Events*.

Come 'art' with us, at the MAC!

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 is a successful, welcoming community. The staff is an essential part of building our community. The staff is important, and the longevity of staff is important. Residents and friends of Meadowlark can help support the staff through giving to the Employee Gift Fund. Please know that the gift committee receives no information about the amount that anyone gives. It is totally confidential. How much you give is your choice. We encourage everyone to contribute and to do your best to keep the best. A lockbox at the Hospitality Desk is where all funds are taken to the bank. Write your check to Meadowlark Employee Gift Fund.

Cancellations in October

~ No Diabetic Wellness Group meeting in October. It will resume as usual in November.

~ The monthly technology assistance opportunity is canceled for the month of October.

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!

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 choral studies at Kansas State University. All are invited for a fun evening of music.

The Bell Foundation is sponsoring two additional performances in October. See future Messengers for more information.

Worship Service

Sunday, Oct. 6, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Oct. 6, 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 Ecclesiastes. All are welcome to attend.

Town Meeting

Monday, Oct. 7, at 9:30 a.m.

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, Oct. 7, in the Event Center. Hear updates from Meadowlark leaders about the upcoming events and campus news.

Page Turners Book Club

Wednesday, Oct. 9, at 11:30 a.m.

Join the Page Turners on Wednesday, Oct. 9, at 11:30 a.m. in the Patriot Room, as we continue our discussion of *My Antonia* by Willa Cather. This classic novel portrays pioneer life on a Nebraska farm, through the story of Bohemian immigrants. It is described as a "celebration of the strength, courage, and spirit of America's early pioneers."

You do not need to attend every week to participate; come when you are able, whether you

EVENTS & OPPORTUNITIES

have finished the book, are just beginning, or are interested in trying something new! We have copies of the book available from the Manhattan Public Library.

If you have any questions or would like to borrow a copy of the book, please contact Katie with Meadowlark Special Programs at ksigman@meadowlark.org or (785) 323-3899.

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. 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!

Blood Pressure Check

Thursday, Oct 10, at 1 p.m.

Meadowlark Home Care hosts a monthly Blood Pressure Clinic on the second Thursday at 1 p.m. in the Game Room. The next scheduled clinic is Thursday, Oct. 10, at 1 p.m. No sign up required.

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.

Friday Night Fright!

Friday, Oct. 11, at 6:45 p.m.

Come join in the Event Center on Friday, Oct. 11, starting around 6:45 p.m. where your emcee, Domingo, will host Friday Night Fright. Domingo

will take requests and play some of your favorite songs with a "Halloween Edition" twist. All are invited.

Cart Rides to the Trails

Saturday, Oct. 12, 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 Saturday morning 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 Oct. 12.

Nayola Norris Birthday Celebration

Saturday, Oct. 12, at 1 p.m.

Come celebrate the 95th birthday of Independent Living resident Nayola Norris on Oct. 14, from 1 to 4 p.m., in the Flint Hills Room! There will be cake, coffee, and water provided. Come and go as you please!

Prairie Star Writer's Group

Tuesday, Oct. 15, at 1 p.m.

Interested in joining the writing group at Meadowlark? Prairie Star Writers invites you to attend the next meeting at 1 p.m. Tuesday, Oct. 15, in the Patriot Room.

The Oct. 15 session is titled, "My Favorite Autumn Recipe." Some of you were fortunate enough to share Bill Anders' mother's favorite Depression recipe: Milkless, Butterless, Eggless Cake. It was the perfect spice cake and recalled the stamina it takes to provide for those we love. Do you have a Fall recipe that crosses the decades for your family? Or a story of a meal you or your family provided when it seemed the shelves were empty? Or just something new you think we all need to know about? (Samples are not necessary as your words will be enough!) We hope you can join us! Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

NEW! Volunteer & Tech Helper

Tuesday, Oct. 15, at 4 p.m.

Deborah Goins is a passport member and new Meadowlark Volunteer. She works in K-State's Arts & Sciences Dean's Office as an Instructional

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Designer, where she specializes in helping faculty and students improve their online experiences. She is looking to become more connected to the Meadowlark community and is interested in helping residents with their technology questions as an IT Helper. She plans to visit campus on the third Tuesday every month from 4 to 5 p.m. in the Kansas Room (aka Game Room), but may come more frequently if there is a need.

She has degrees in business management with an emphasis in information systems and accessible instructional design. Technology troubleshooting, training, and customer service are her specialties. She has provided technology assistance to persons with various comfort levels for over a decade. Not only that, but she also understands how frustrating technology can be and provides a great deal of patience and understanding to those she is helping.

Deborah's first visit will be on Tuesday, Oct. 15. She looks forward to building connections through this opportunity and meeting others, so be sure to stop by and say "hello" when she is here each month.

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original tunes as well as timeless Americana/folk favorites.

As referenced on page 1, there's a way to get into the HOGTOBERFEST spirit prior to the big day: purchase **Cash & More Raffle** tickets. For \$5 a ticket, buyers will have the opportunity to win the following prizes:

1st prize: \$2000 cash

2nd prize: Kansas City Getaway, featuring a stay at Ameristar Casino & Hotel. Value: \$500.

3rd prize: \$300 Meadowlark Market shopping spree

4th prize: \$50 gift cards for Kite's Bar & Grill, Mr. K's, and Rockin K's. Value: \$150

Purchase a winning ticket TODAY at the Hospitality Desk, online at meadowlark.org beginning next week or by contacting a

Clothing Drive

Friday, Oct. 18, at 10 a.m.

The Meadowlark Ambassadors will be hosting a Clothing Drive on Friday, Oct. 18, from 10 a.m. until noon in the Flint Hills Room. Donation beneficiaries include local organizations such as Be Able, The Budget Shop, and the Encore Shop.

Typical items needed at Be Able include; socks, belts, bags, sweatpants or lounging clothes, winter-type coats, as well as T-shirts and sweatshirts for both men's and women's clothing sizes. Be Able engages with those in adversity by creating connections, cultivating skills, and opening doors of opportunity.

The Budget Shop and Encore Shop welcome donations for all sizes and all categories. They both accept clothing vouchers from those in need and many of the profits they generate are given back to charities around the Manhattan area.

Please keep in mind that donations must be clean and in either new or gently used condition. Due to the lack of space for storing items, donations will need to be dropped off on the day of the drive.

We appreciate your assistance in making a difference in the community!

Meadowlark board member. Resident board members are Nyle Larson, Jo Lyle, and Karen Matthews. Help us reach our goal of selling 1400 tickets!

All proceeds support the Good Samaritan Fund, which assists residents in a Meadowlark healthcare household who have outlived their financial resources. The Fund bridges the gap between reimbursement from the state of Kansas and the cost of quality care and life enhancement. In addition to Prairie Star and Mr. K's, Meadowlark Foundation appreciates the continued generous support of Steel & Pipe Supply, McCullough Development, BHS Construction, Burnett Automotive, Flint Hills Beverage, GoPowercat.com, and N Zone. Ameristar Casino & Hotel-Kansas City provides support for the first time.

Please watch future Messengers for more details. Questions? Contact Becky Fitzgerald at (785) 323-3843.

Ask Sarah: Document Safety



by Sarah Duggan

As we go through our daily routines, it's easy to let paperwork accumulate—bank statements, tax records, medical bills, and more can quickly pile up. But how long should you keep these documents? And when is it safe to destroy them? In this article, we'll guide you through best practices for managing old and important documents to keep your home organized and your personal information secure.

Holding on to outdated documents not only clutters your home but also increases the risk of identity theft if sensitive information falls into the wrong hands. By following a regular shredding routine, you can protect your privacy while keeping things organized.

General Guidelines for Document Retention

Tax Documents: Keep for seven years. The IRS typically has up to three years to audit your tax return or up to six years if they suspect significant errors. To be safe, keep tax returns and supporting documents (W-2s, 1099s, receipts, etc.) for seven years.

Bank Statements: Keep for one year. You can destroy monthly bank statements after a year, unless they are relevant for tax purposes, such as proof of deductions. Most banks offer digital statements, which are easier to store and access if needed.

Pay Stubs: Keep until the end of the year. You can safely shred your pay stubs after verifying that your annual W-2 matches your final pay stub. If discrepancies arise, resolve them before shredding.

Medical Bills and Records: Keep for one to five years. If you have unresolved insurance claims or medical expenses you plan to deduct from your taxes, retain bills for at least a year. For medical records, keep them for five years in case you need them for future reference.

Credit Card Statements: Keep for one year. Shred monthly credit card statements after reviewing them for accuracy. If you've used the statement for tax deductions, keep it with your tax records for seven years.

Mortgage and Loan Documents: Keep until the loan is paid off. Hold on to all mortgage and loan documents for the duration of the loan. Once you've paid it off, keep the payoff confirmation and final loan statement indefinitely as proof of full payment.

Home Improvement Records: Keep indefinitely or until selling the house. Retain any documents related to home improvement, such as receipts and permits, until you sell your home. These may be needed for tax purposes to calculate capital gains.

Once you've determined it's time to get rid of a document, the next step is ensuring it's destroyed securely. Simply throwing away documents containing personal information can leave you vulnerable to identity theft. Additionally, Medicare statements, Social Security documents, and retirement account records should be handled with care.

Shred documents that contain personal information. Any paperwork with Social Security numbers, account numbers, or other sensitive data should be shredded. This includes credit card offers, old bank statements, and expired IDs.

Go digital. Consider scanning and storing important documents digitally on a secure, password-protected platform. Many institutions now provide digital copies of statements and bills, reducing the need for physical storage.

Participate in community shredding events. Keep an eye out for local shredding events. Many communities, including Meadowlark, offer secure shredding days where residents can safely dispose of personal documents.

Social Security Statements should be kept until you confirm the amounts on your annual statements match your payments.

Pension or Retirement Plan Documents should be retained indefinitely, especially if they detail your benefits.

By establishing a routine for reviewing and destroying old documents, you'll not only declutter your home but also protect yourself from identity theft. Keeping records for the right amount of time ensures you are prepared for any tax issues, loan repayments, or other financial matters without holding on to unnecessary paper.



Outdoor Encounters

by Nathan Bolls

A recent late September hike along Meadowlark trails quickly confirmed the obvious: our campus biology is sliding full bore into fall—a wonderful time to be out, moving slowly, or sitting quietly, and watching the changes going on all around. Leaves are dying, preparing to drop, and changing colors as they do. Soil and water microbes and fungi soon will begin the large scale digestion of those leaves into their constituent minerals and chemical compounds. Thus freed, these chemical units can be used yet again in the building of new members of the countless species of organisms found in our local corner of the Flint Hills Tallgrass ecosystem.

Black walnut trees (numerous along Donner's Way) are displaying their annual crop, and walnut shell fragments from fox squirrel dining make for crunchy walking along some parts of the trails. Red cedar, hackberry, arbor vitae, osage orange (hedge apple) trees, and various bushes (e.g., service berry and coralberry) are filled with fruit that will be eaten by various birds and small rodents. The

seeds of sunflowers and other wildflowers, of weeds and grasses, and also leftovers in grain fields will provide winter food for many small birds and mammals.

Amid all of this, trees and bushes are preparing to ride out the cold, snow, ice and wind. About the only adaptation for cold weather we can see trees and bushes making is the loss of their most fragile parts, their leaves. The death of the fragile leaves shuts down their big summer vocation of photosynthesis. Plant metabolic rates slow significantly, and stored sugars will be used as an energy source until green leaf time comes again. But enjoy our glorious palette of fall while you can—maybe even press a leaf or two.

One silent example of botanical adaptation for winter is that plant trunks, stems and branches attempt to make their outer layers of cells more resistant to freezing. This is done by pulling more chemicals that are **in solution** from cells deeper within trunks, stems and branches and putting them in more exposed cell layers nearer the surface. Increasing the number of chemical

molecules in solution in the cytoplasm of cells lowers their freezing point, making them less likely to freeze.

We can't see most botanical adaptations against cold weather. But as we look at trees or shrubs during a fall or winter hike, we can marvel at them for surviving not only lightening but also the hottest, driest, windiest, and coldest weather that Father Sky throws at them.

Many of our wild animal neighbors also stay in place. Many terrestrial insects, spiders, and such usually are killed by the first deep frosts. Whoopee! Goodbye chiggers, mosquitoes and ticks! A few insects, spiders, etc., try to overwinter in the soil, behind thick bark on a tree trunk, or some such. And one famous insect, the monarch butterfly, makes a long migration to overwinter in the mountains of central Mexico. After that first killing frost is a very good time to take off-the-trail hikes.

Local mammals are not much into migration; most either hibernate or tough it out. Among the more visible mammals that meet winter head on are the fox squirrel, opossum, striped skunk, racoon, badger, black-tailed prairie dog, coyote, and red fox. You'll see the fox squirrel out foraging during all but the very worst of snowy, icy, or rainy days. Most of the others listed above tend to be more nocturnal, but you may sometimes see any of them out during your wanderings. In contrast, the 13-lined ground squirrel (once common locally) and the groundhog (or woodchuck) do hibernate. Otherwise, there will be very little change in what mammals you might see as summer grades into fall and winter.

With birds, our highly mobile fellow travelers, the situation is far more complex. Many species of prairie, forest, water, and shore birds migrate through Kansas along the great Central American Flyway—stopping at places like Cheyenne Bottoms, Quivira National Wildlife Refuge, or at any of the numerous other established Kansas wildlife refuges. Thus, Kansas is known as a great birding state.

Some birds are permanent residents of eastern Kansas with little migration, e.g., American crow, Carolina wren, Carolina chickadee, bobwhite quail,

northern cardinal, wild turkeys, great horned and barred owls, eastern bluebird, and both eastern and western meadowlarks. But as may happen for several other species, such as American sparrow, pine siskin, dark-eyed junco, our robin, several hawk species, and the bald eagle, some meadowlarks that nest in northern states also come south (including Kansas) to overwinter. You may see any of these birds at any time.

Most bird species that nest in Kansas, e.g., hummingbirds, warblers, orioles, most wrens, flycatchers, grackles and blackbirds, and the upland sandpiper—migrate back south in late summer or early fall. But some members of some species, e.g., the robin, great blue heron, and Canadian geese, do stay behind and overwinter here. And many species, plus meadowlarks, that nested farther north, do move south to overwinter

in Kansas. It is said that almost all of our summer robins move south in fall and that our winter robins are mostly those that have moved south to overwinter here. Still much to see out there.

During summer walks around Bayer Pond, you will see the snouts of numerous pond slider turtles and an occasional snapping turtle as they watch you invading their turf. By now they have, or soon will have, buried

themselves in the mud on the pond bottom for hibernation.

The same is true for frogs that inhabit the pond. Gone, or mostly so, will be the loud resonance of the daily bullfrog serenades. But bullfrogs do something special: their tadpoles from this past summer's breeding activity have not metamorphized into frogs, nor do they hibernate! Rather, they overwinter as free-ranging tadpoles and will undergo metamorphosis into bullfrogs next summer. And you may see them at water's edge.

Best of all, with leaf drop we enter the "see-through-season," as my dear late wife, Imogene, called it. One can see much farther into a tree or into a whole forest to observe more of the wild beings that make fall and winter such interesting times to be out and about.



Community Bulletin

New Furniture!

The third floor in independent living recently received new common-area furniture. The third floor residents, guests, and many staff members are loving it!



Campus Wildlife!



Cheers to an unforgettable Friday! Last week, residents, team members, and guests gathered in the Meadowlark Courtyard for a perfect fall happy hour. We enjoyed sangria specials, homemade ice cream, and delicious s'mores. Thank you to everyone who joined us—we hope you had a great time!



Walkin' to Lindsborg!

Congratulations to Gisela Pauley 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!!

Art Engagement *from the* Beach Museum of Art

What is going on?

Take a long moment to look closely at this image. What is going on in this picture?

What do you see that gives you these ideas?

What more can you say about the dynamic between the two figures?

What might the conversation be about? How might this interaction conclude?

Artist information listed on back page.



RESTAURANT **SPECIALS**

Sunday, Oct. 6	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$14 Dinner Swedish Meatballs over Egg Noodles Buttered Carrots
Monday, Oct. 7	\$11 Lunch Maple-Bacon Chicken Sandwich <i>served on a Croissant</i> Watergate Salad	\$14 Dinner Ham Loaf Roasted Red Potatoes Creamed Peas
Tuesday, Oct. 8	\$12 Lunch Steak Gyro Garlic Parmesan Fries	\$16 Dinner Chicken Alfredo Garlic Bread Side Caesar Salad
Wednesday, Oct. 9	\$10 Lunch Everything Bagel Sandwich <i>with Ham, Turkey, & Swiss Cheese</i> Potato Salad	\$16 Dinner French-Onion Stuffed Pork Loin Roasted Brussel Sprouts Garlic Red Mashed Potatoes
Thursday, Oct. 10	\$12 Lunch Greek Pizza Side Caesar Salad	\$16 Dinner Pot Roast <i>with Carrots, Onions, and Celery</i> Mashed Potatoes & Gravy Green Beans
Friday, Oct. 11	\$11 Lunch Mac & Cheese Bar	\$16 Dinner Pesto Grilled Shrimp Roasted Garlic Mashed Potatoes Asparagus
Saturday, Oct. 12	\$13 Lunch Clam Chowder <i>served in Bread Bowl</i> Caesar Salad	\$17 Dinner Short Ribs Loaded Mashed Potatoes Green Beans

Weekly Opportunities Calendar Oct. 6 to Oct. 12

Sunday • Oct. 6 *Put your trash at the curb!*

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

Monday • Oct. 7 *Trash pick-up*

8:30 a.m. ~ IL Resident Council, BR
9:30 a.m. ~ Seated Strength, CR/**1960**
9:30 a.m. ~ Town Meeting, EC
10:00 a.m. ~ Art Committee, BR
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
5:30 p.m. ~ Tuttle Creek Dinner, BR
7:00 p.m. ~ Community Bingo, CR

Tuesday • Oct. 8

10:00 a.m. ~ Memory Activities Class, EC
10:15 a.m. ~ Mat Yoga, KSU CL
10:30 a.m. ~ Steady Yourself, CR/**1960**
11:15 a.m. ~ Seated Stretch & Stability, CR/**1960**
12:00 p.m. ~ 4th Floor Luncheon, MR
2:00 p.m. ~ 10-Point Pitch Group, KR
2:00 p.m. ~ Social Circles, PS
3:00 p.m. ~ Coffee Corner, EC

Wednesday • Oct. 9

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**
11:30 a.m. ~ North Monarch Luncheon, MR
11:30 a.m. ~ Lutheran Luncheon, BR
11:30 a.m. ~ Page Turners Book Club, PR
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-Along, FHR

Thursday • Oct. 10

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**
11:30 a.m. ~ Ladies Luncheon, EC

Thursday • Oct. 10

11:30 a.m. ~ Caring Conv. For People w/ PD, FHR
1:00 p.m. ~ PD Care Partners Support Grp, FHR
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
1:00 p.m. ~ Blood Pressure Check, KR
4:00 p.m. ~ Meadowlark Singers Practice, CR
5:30 p.m. ~ Eastside Supper, BR

Friday • Oct. 11

7:30 a.m. ~ Rock Steady Boxing, **BF**
9:30 a.m. ~ Seated Strength, CR/**1960**
10:00 a.m. ~ Medicare Open Enrollment, BR
10:30 a.m. ~ Weights 101, CR/**1960**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
2:30 p.m. ~ Fridays with Furby, KR
6:45 p.m. ~ Friday Night Fright, EC

Saturday • Oct. 12

9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
1:00 p.m. ~ Nayola Norris Birthday Party, FHR

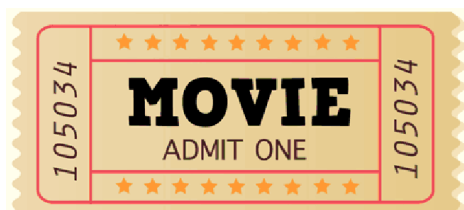
Room Abbreviations

1960, TV Channel 1960
BF, Body First
BR, Bison Room
CR, Community Room
CY, Courtyard
EC, Event Center
FHR, Flint Hills Room
GC, Grosh Cinema
KR, Kansas Room

KSU CL, KSU Classroom
MM, 120 Scenic Drive
MR, Manhattan Room
PR, Patriot Room
PS, Prairie Star Restaurant
MSC, Manhattan Sr. Center
VBL, Verna Belle's Lounge
VE, Village Entrance
WPL, Wamego Public Library

Bob Crawford
agrees—
Meadowlark's Flu
& Covid-19 Shot
Clinic was a great
success on
Monday!





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: Oct. 6

HOCUS POCUS (1993) PG, 1 hr. 37 min. *Comedy, Fantasy*

Cast: Bette Midler, Sarah Jessica Parker, & Kathy Najimy

Three 17th-century Salem witches are conjured up by unsuspecting children.

MONDAY: Oct. 7

INTO THE WOODS (2014) PG, 2 hr. 7 min. *Fantasy, Musical*

Cast: Meryl Streep, Emily Blunt, & James Corden

A baker and his wife's desperation to have a child sends them on a quest to reverse a witch's curse.

TUESDAY: Oct. 8

RESIDENT REQUEST

CITY OF DREAMS (2023) R *for violence and profanity*, 1 hr. 54 min. *Drama, Thriller*

Cast: Jason Patric, Paulina Gaitan, & Renata Vaca

Inspired by a true story, City of Dreams chronicles the journey of a Mexican boy whose dreams of becoming a soccer star are shattered when he's smuggled across the border and sold to a sweatshop in downtown LA.

WEDNESDAY: Oct. 9

RESIDENT REQUEST

IT ENDS WITH US (2024) PG-13, 2 hr. 10 min. *Drama, Romance*

Cast: Blake Lively, Justin Baldoni, & Jenny Slate

When a woman's first love suddenly reenters her life, her relationship with a charming, but abusive, neurosurgeon is upended and she realizes she must learn to rely on her own strength to make an impossible choice for her future.

THURSDAY: Oct. 10

THE MUMMY (1999) PG-13, 2 hr. 4 min. *Action, Adventure*

Cast: Brendan Fraser, Rachel Weisz, & John Hannah

At an archaeological dig in the ancient city of Hamunaptra, an American serving in the French Foreign Legion accidentally awakens a mummy who begins to wreak havoc as he searches for the reincarnation of his long-lost love.

FRIDAY: Oct. 11

NIGHT AT THE MUSEUM (2006) PG, 1 hr. 50 min. *Comedy, Fantasy*

Cast: Ben Stiller, Carla Gugino, & Dick Van Dyke

A new guard at the National History Museum finds that when visitors leave the exhibits come to life.

SATURDAY: Oct. 12

MIGRATION (2023) PG 1 hr. 22 min. *Exciting, Family*

Cast: Kumail Nanjiani, Elizabeth Banks, & Caspar Jennings

Courage, perseverance, and family. Two young ducklings and their loving parents head out on an exhilarating journey to Jamaica in pursuit of adventure.

Artist information from page 7: Paul Gavarni (France, 1804 - 1866), *Par-Ci, Par-La (This Way, That Way)*, 19th century, Lithograph on paper, KSU, Marianna Kistler Beach Museum of Art, bequest of Raymond & Melba Budge, 1992.22