



**by Nancy Kopp**

I have a confession to make. I don't like Halloween, and I never have. Even as a kid in the Chicago suburbs, it was not a big deal for me. It was a day to get through. Oh, I participated in the school parties, school parade, and trick-or-treat time in the evening, but I never got excited about it like some kids did.

As I got older, I asked myself what was wrong with me. Give me Valentine's Day or Thanksgiving or Christmas any day. But Halloween? During the 1940s, we didn't go to Walmart or Target and buy costumes. First, those stores weren't even born yet. Secondly, my family, like many others, didn't spend money on things like costumes. No sireee. We raided our closets at home and came up with some kind of costume. We had to be creative.

I can't tell you how many times I was a gypsy because it was easy to don a full skirt that twirled, a

peasant style blouse and many ropes of beads from my mother's jewelry box. Sometimes, I added a colorful scarf over my hair before going out to Trick or Treat in our apartment building. We climbed three flights of stairs in one vestibule after another. The building had 62 apartments, and my brothers and I hit nearly everyone. We were getting beneficial exercise, but no one realized it.

When we got home, we dumped all our loot into a big blue mixing bowl that Mom had set out for us. No keeping your own candy, for it all went in together. We were never allowed to stuff ourselves with it either. Candy in our house was rationed, a little at a time. Mysteriously, the level of the bowl sank faster than might be expected. I feel pretty sure a couple of adult hands dipped into the bowl when we were asleep or away at school during the day.

My brothers rigged up clown outfits or dressed as a

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# EVENTS & OPPORTUNITIES

## UFM Lifetime Learning Classes

### ***History of Western Music: Classical & Romantic***

UFM Lifetime Learning presents *History of Western Music: Classical and Romantic*. This three-session course will continue with the second and third session meeting on Tuesday, Oct. 29, and Nov. 5, from 6 to 7:30 p.m. in the Community Room.

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

### ***World War I: Europe's Collective Suicide***

UFM Lifetime Learning presents *World War I: Europe's Collective Suicide*. This three-session course will begin Wednesday, Oct. 30, from 6:30 to 8 p.m. in the Community Room. The second and third sessions will meet Wednesday, Nov. 6, and Nov. 13.

This first week's lecture will focus on the causes of the Great War and the first year of the conflict. The second class will examine the widening war of 1915 with the entrance of Italy on the side of the Allies. The final 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 in the 21st century.

Enrollment is now open for both courses and can be completed 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.

## Employee Gift Fund

### ***submitted by the Employee Gift Committee***

The Employee Gift Fund drive is winding down. We send our grateful thanks if you have already

contributed. We hope that if you have not sent your donation, you will send it soon. Don't delay any further. If you can afford a second check, it will help the cause. Keep in mind that Meadowlark is a large-scale facility with a staff of nearly 430. Don't wait! Help us exceed last year's giving. Do your best to keep the best!

Your gift of appreciation for staff must be received by Thursday, Oct. 31. Finding good employees is difficult in our society today. More important is keeping good employees, including those now employed at Meadowlark. Send your check now to help keep dedicated employees.

Write your check to Meadowlark Employee Gift Fund. Checks can be dropped off to the collection box at the Hospitality Desk or mailed to 2121 Meadowlark Road, Manhattan, Kan., 66502.

## Help with Medicare Open Enrollment

### ***Wednesdays, from 9 a.m. to 1 p.m.***

James Beck, Meadowlark resident and Shick Counselor, is available to meet with residents one-on-one to help navigate the Medicare Enrollment process.

Hour-long appointments are available each Wednesday through Dec. 4 from 9 a.m. to 1 in the Patriot Room. Residents who are interested in making an appointment can sign up in the Blue Book at the Hospitality Desk.

## HOGtoberfest

### ***TOMORROW, Oct. 25, 11 a.m. to 8 p.m.***

Event planners are excited for tomorrow's HOG-size celebration at Prairie Star, featuring food and beer specials today, as well as a day-long party on Oct. 25. All are welcome to enjoy FOOD, FRIENDS, and FUNdraising to benefit the Good Samaritan Fund.

A special HOGtoberfest menu, featuring pork as well as German-inspired fare, will be available through Oct. 25. The Prairie Star team will tempt us with schnitzel and gravy, bratwurst and sauerkraut, or a warm sausage trio platter, for example. Bavarian-style pretzel bites with beer cheese dip will be the featured appetizer, 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 a Restaurant Favorites menu, a

## EVENTS & OPPORTUNITIES

buffet is planned for lunch. This buffet will include German meatballs with spaetzle, assorted sausages with sauerkraut and apples, wiener schnitzel with hunter's sauce, pretzel bites with beer cheese, schweinebraten with roasted vegetables, braised cabbage, German potato salad, pumpernickel rolls, Black Forest cake, and apple strudel. The Restaurant Favorites menu includes a sandwich, a burger, two salads, a wrap, and chicken tenders as well as a homemade ice cream.

At dinner on the 25th, select the special entree (schweinebraten with mashed potatoes and roasted vegetables), an entree, appetizer, and/or dessert from the week-long special HOGtoberfest menu or opt for items from a Restaurant Favorites menu. Prairie Star has pledged 10 percent of the proceeds generated from the special event menu, as well as the buffet and Favorites menu on the 25th 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. See more about the duo on page 11 of this Messenger.

There's more! You can participate in the **Cash & More Raffle** and for \$5 a ticket, buyers will have the opportunity to win the following prizes:

**1<sup>st</sup> prize:** \$2000 cash

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

**3<sup>rd</sup> prize:** \$300 Meadowlark Market shopping spree

**4<sup>th</sup> 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](http://meadowlark.org), or by contacting a 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. Questions? Contact Becky Fitzgerald at (785) 323-3843.

### Ice Cream Social

**Friday, Oct. 25, 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, Oct. 25, in Verna Belle's Lounge. Enjoy a scoop (or two!) and fellowship with friends. This opportunity is offered every fourth Friday.

### KSU Football Watch Party

**Saturday, Oct. 26, at 7 p.m.**

All are invited on Saturday, Oct. 26, at 7 p.m., in the Kansas Room, Verna Belles' Lounge, and Prairie Star Restaurant Bar to watch our K-State Wildcats take on our rivals from the East, the Kansas Jayhawks, in the Sunflower Showdown. Light refreshments will be served during the game.

### Worship Service

**Sunday, Oct. 27, at 10:30 a.m.**

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Oct. 27, 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 Jeremiah. All are welcome to attend.

### Catbackers

**Monday, Oct. 28, at 5:30 p.m.**

Residents are invited to attend the Catbackers event at 5:30 p.m. Monday, Oct. 28, in the Event Center. The guest speakers for the evening include K-State's Track & Field and Cross Country coaching staff, along with Anne Weese, Director of Mental Wellness & Sports Psychology.

### College Avenue UMC Luncheon

**Thursday, Oct. 31, at 12 p.m.**

College Avenue United Methodist Church friends will join in fellowship and lunch with Rev. John

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**EVENTS, from page 3**

Collins at 12 p.m. Thursday, Oct. 31, in the Bison Room. All are welcome.

**Trick or Treat on the Trail**

*Thursday, Oct. 31, at 5:30 p.m.*

Thursday, Oct. 31, from 5:30 p.m. to 7 p.m., Meadowlark is hosting "Trick or Treat on the Trail!" This event allows you to experience the trail system and Meadowlark Valley while trick-or-treating in a safe location. This event is open to the community, as well. If you would like to volunteer to help with this event, contact Jayme Minton. Candy and treats will be provided by Meadowlark.

**Halloween Movie Night in the Courtyard**

*Thursday, Oct. 31, at 7:15 p.m.*

Join us on Thursday, Oct. 31, in the Courtyard to watch the classic "Young Frankenstein." The movie starts at 7:15 p.m., with a popcorn bar and s'mores available. All are welcome.

**KSU Football Watch Party**

*Saturday, Nov. 2, at 2:30 p.m.*

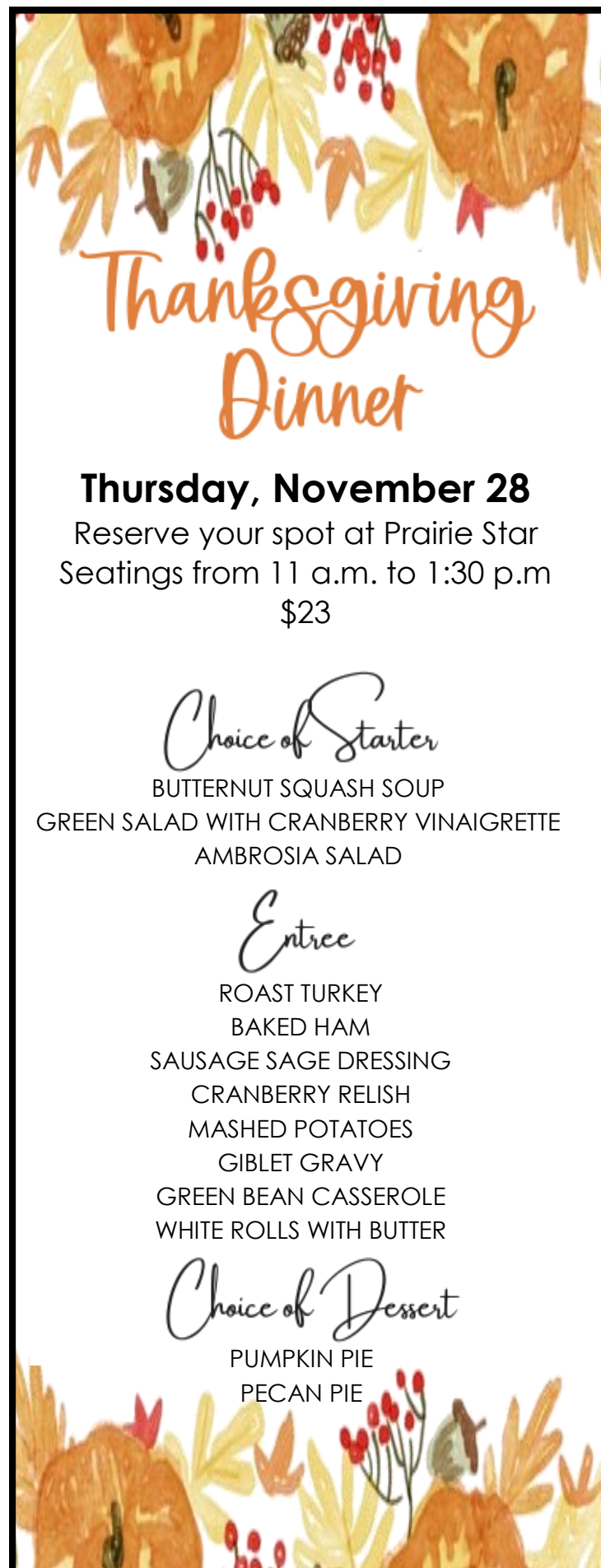
All are invited on Nov. 2, at 2:30 p.m., in the Kansas Room, Verna Belle's Lounge, and Prairie Star Restaurant Bar to watch our K-State Wildcats take on the Houston Cougars. Light refreshments will be served during the game.

**Prairie Star Writer's Group**

*Tuesday, Nov. 5, at 1 p.m.*

Interested in joining the writing group at Meadowlark? Prairie Star Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays. The next meeting at 1 p.m. Tuesday, Nov. 5, in the Patriot Room.

The Nov. 5 session is titled, "My Favorite Autumn Recipe." 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?



**Thanksgiving Dinner**

**Thursday, November 28**  
Reserve your spot at Prairie Star  
Seatings from 11 a.m. to 1:30 p.m.  
\$23

*Choice of Starter*  
BUTTERNUT SQUASH SOUP  
GREEN SALAD WITH CRANBERRY VINAIGRETTE  
AMBROSIA SALAD

*Entree*  
ROAST TURKEY  
BAKED HAM  
SAUSAGE SAGE DRESSING  
CRANBERRY RELISH  
MASHED POTATOES  
GIBLET GRAVY  
GREEN BEAN CASSEROLE  
WHITE ROLLS WITH BUTTER

*Choice of Dessert*  
PUMPKIN PIE  
PECAN PIE

## **HALLOWEEN, from page 1**

bum, using things from our dad's closet. Nobody cared if you wore the same costume year after year because we all did it.

But one year, I wore something totally different. My Aunt Vivienne had made her daughter a Martha Washington costume, even including a white cottony wig. The dress was something any girl would have delighted in wearing. My cousin had outgrown it, so I inherited the special outfit. It was in my fifth-grade year when I slipped into the dress and wig and set off for school on Halloween morning. I felt pretty nifty. No gypsy girl costume for me this year. But my happiness turned into misery faster than you can say "black cat" when the boys howled at my wig and the girls giggled and pointed. I felt totally humiliated and dreaded walking in the school Halloween parade. I looked different than anyone else, and I guess that was the problem. At such a young age, I had a hard time dealing with it.

At our school parties, we played the same games year in and year out. One of them was bobbing for apples. The only thing I hated more than Halloween itself was that silly game. The teacher produced a big tub of water and tossed apples into it. They bobbed merrily around. The object was to put your hands behind your back, lean over and grab an apple with your teeth. My face got wet, my long hair trailed in the water, and I had a hard time grabbing the apple. I never won, and I didn't care. Even the year I wore the Martha Washington wig, it came up dripping after my unsuccessful try for the

apple.

Slide across the years to the time I had small children who needed costumes, marched in school parades, and went Trick-or-Treating. I dreaded the end of October and getting them ready for Halloween. By then, we bought cheap costumes at the store. No more gypsy girl outfits made up at home or bum clothes put together from Daddy's stuff. Some mothers were creative and made costumes from boxes and other things. Very clever ideas, but I must admit that I didn't even attempt to come up with anything like that.

Halloween was still a day to get through. And now, when it's my grandchildren who are dressing up and trick-or-treating, I can enjoy seeing the pictures of them in their costumes. I don't have to participate because they live in other towns. We don't decorate the outside of our house for Halloween as so many do now, but I do answer the door many times during the evening of the 31st of October as does my husband. He is always hopeful we have some candy left over, and we usually do. It's kind of fun to see the neighbor kids all dressed up, but somehow, I'm relieved when it's time to turn off the porch light and I know there are 365 days until Halloween comes again.

Last year, my daughter told me she really didn't like Halloween and dreaded having to get her kids costumes and all the rest that goes with it. She said, "I didn't really like it when I was a kid." Do you suppose it's genetic?

## **Ask Sarah: Scam Reminder**

At Meadowlark, your safety and well-being are our top priorities. In today's world, scams — whether through phone, email, or direct mail—are becoming more sophisticated. Unfortunately, seniors are often targeted. It's important to stay vigilant and protect yourself from these schemes.

Some residents have recently reported receiving direct mail from companies offering home warranty services. These letters often come with urgent language such as "Final Notice" or "Immediate Action Required." Be cautious. Many of these offers are misleading, and remember, Meadowlark residents do not need to carry a home warranty policy.

Scammers often follow up with phone calls or emails, attempting to get personal information like your Social Security number or credit card details. If a company you don't know calls or emails you, hang up or delete the email without engaging.

Scammers often try to create a sense of urgency. They might claim that your home warranty is about to expire, or that you'll face penalties if you don't respond immediately. Legitimate companies rarely operate this way.

Never provide personal details like your bank account, credit card, or Social Security number unless you are 100% certain the company is legitimate and you have initiated the contact.

The best defense against scammers is awareness. Take your time, ask questions, and verify before you take any action. Stay vigilant and avoid becoming a victim of a scam!

# Tending To Your Brain Health

by Kesiah Winter\*  
and G. Kent Stewart\*\*

"I got my flu and Covid shots today," someone exclaimed. Another in the group, said he also had received an RSV shot; and a third proudly announced she had taken all three plus precautions against pneumonia and shingles. Good health-conscious folks, we whispered; wonder what they are doing to nurture and prolong their brain health?

Unfortunately, an annual injection for maintaining good brain health is not available. Yes, there are prescription brain medications, but we are thinking of protecting brain health to hopefully avoid medical intervention. Be assured, we do realize that our brain powers deteriorate with age just as surely as do other components of our bodies. But deterioration can usually be delayed. Interestingly, activity to postpone brain deterioration begins in the kitchen!

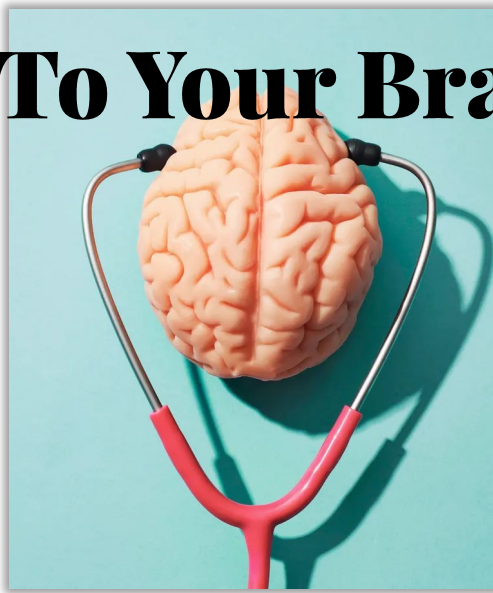
Physical and brain health require attention to well-known dietary practices and other healthy choices. The big six are: (1) limit excessive animal fats, (2) limit excessive sugars, (3) eat vegetables and fresh fruits, (4) drink plenty of water every day, (4) limit alcohol and tobacco, and (6) socialize regularly. The Internet and libraries have really good and easy-to-understand material about these topics that are so important to good physical and brain health. County extension offices and agents also provide helpful reading material about maintaining good general health, including good brain health. Our brains respond to diet and exercise as observably as do our physical bodies.

## DEFINITIONS

The following are general definitions of some words that health professionals often use when talking about brain health:

*Brain Exercise:* Activities that require an individual to use his/her brain to think, analyze, evaluate, draw from knowledge and memory, and process information to solve problems, answer questions, and engage

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successfully in daily routine activity.

*Brain Health:* Quite similar to physical health in that both cause a person to have good feelings of well-being. A brain-healthy person can think, reason, plan, process, remember, and apply knowledge to successfully navigate through a typical day.

*Cognition:* The act of thinking and using your ability to remember, learn, and use knowledge and judgement to engage successfully in everyday activity alone or with other people.

*Cognitive:* Refers to cognition; that is, the ability to think, behave, interact, and function meaningfully and successfully alone and with other people.

*Cognitive Engagement:* Engaging in activity that requires conscious thinking. It is a step beyond routine daily activity and socialization. Cognitive engagement is more intense and challenging. You must work your brain by thinking harder than usual to do whatever it is you are doing.

*Mild-Cognitive Impairment (MCI):* Part of the normal process of aging characterized by noticeable changes in thinking and remembering. Some people begin experiencing MCI in their late 60s and early 70s, while others may avoid noticeable decline until much later. It usually begins then continues slowly with the passage of time.

*Socialization & Social Engagement:* Interacting with other people and enjoying meaningful and successful conversation with others about current events and particularly topics of mutual interest.

If you live long enough, you will experience mental decline. It may even lead to mild cognitive impairment, often a forerunner of dementia. Even though decline is part of aging, it can often be delayed or at least postponed, or made less obvious, by engaging regularly in challenging and meaningful brain exercise.

People are quite familiar with the importance of eating right and engaging in regular physical exercise. But what is brain exercise, and how is it practiced to hopefully delay mental decline? The technical term for brain exercise is "cognitive

engagement.” As one senior said it fairly accurately, “Brain exercise is just forced thinking.” Forcing oneself to think is important. Let’s also acknowledge the definite link between physical fitness and brain health. Exercise your body, and your brain. But how should you exercise your brain?

## BRAIN EXERCISES

There are multiple brain exercises approved and enthusiastically recommended by health professionals. Following are some ways believed to help delay or slow the onset of a mental decline.

1. Socialize regularly with other people. Experts place very high priority on regular socialization.
2. Join an art, quilting, or embroidery club.
3. Write your memoirs. Everyone has a story to tell that will be treasured by loved ones.
4. Volunteer to help at community agencies, health centers, and schools.
5. Read, but try to concentrate on reading non-fiction specific-topic books. Limit reading much fiction unless it requires critical thinking.
6. Become involved in church activities.
7. Teach or substitute teach at the local school or teach a Sunday School class.
8. Mentor, where mentoring is needed and welcomed, someone younger than you.
9. Challenge your mind and your brain with activities that require critical thinking. For example, work arithmetic problems.
10. If appropriate, learn to cook a new way (for only yourself or perhaps only for two.)
11. Call friends regularly.
12. Watch TV shows that require careful attention and thought instead of entertainment.
13. Take a class to learn something new or expand your knowledge on something you enjoy.
14. Learn to play some card games like Pitch, Euchre, Poker, and Bridge.
15. Teach a class on a topic you are knowledgeable about.
16. Monitor a high school class.
17. Start a challenging hobby.
18. Play Checkers, chess, or other strategic board games.
19. Work various kinds of puzzles that you find challenging.
20. Listen to audio books from your library or

subscribe through Kindle Books.

21. Become involved in some kind of locally taught dance.
22. Visit shut-ins.
23. Spend time researching and studying different topics on the Internet.
24. Etc. Etc. Etc.

Senior citizens should choose brain exercises carefully; remembering there is little merit in engaging an exercise activity that brings frustration and perhaps feelings of mental weakness. Age should not be a detriment to brain exercise. Whether 32 or 92, brain exercises are important for everyone. Remember, regardless of age, education, and experience, you are a significant and important person. Every individual is unique, distinguished, and valued.

## SOURCES OF HELP

The following are several sources of help to seniors interested in brain health. Most materials are as close as your phone or your computer, or within reasonable driving distance. Use these helpful resources. After all, your taxes pay for the Extension Service and Libraries.

- ~ County Extension Office
- ~ County Extension Agent
- ~ County Health Department
- ~ Community Senior Citizen Center
- ~ Community and Area Libraries
- ~ Kansas State University Center on Aging
- ~ North Central Kansas Area Agency on Aging
- ~ State and National AARP organizations
- ~ The Internet! Just Google “brain health” and “brain exercises”
- ~ University of Kansas, Alzheimer’s Disease Center, KU Campus, Lawrence
- ~ Two easily readable and unusually helpful books:
  - Nicole Anderson, Kelly Murphey, and Angela Troyer. 2012. *Living With Cognitive Impairment—A Guide to Maximizing Brain Health and Reducing Risk of Dementia*. Oxford University Press. New York.
  - Lifestyle Enrichment for Alzheimer’s Prevention. 2012. University of Kansas. Alzheimer’s Disease Center. Lawrence.

*\*Kesiah Winter is a financial clerk and Messenger contributor at Meadowlark.*

*\*\*G. Kent Stewart is a retired KSU professor of education. He enjoys writing about a variety of*

# Community Bulletin



## The Giving Plate

by Polly Ferrell

Gone but not forgotten and then—there it was! The Giving Plate! It had disappeared several years ago and now, here it was again! Let's begin at the beginning. In 2020, Jeanne Lundin was given a plate by her daughters. It was inscribed with this message.

This plate has no owner.  
Its journey never ends.  
It travels in the circle of our family and friends.  
Enjoy this plate's contents and fill it up again  
and pass along the love—and treat it holds to another special friend.

Jeanne filled the plate with Christmas goodies

and gave it to me. Delicious! I refilled the plate with croissants and gave it to Elaine Manges, and the plate continued on its rounds. Later it seemingly disappeared. What happened to the plate? The COVID Pandemic—when it was not prudent to share food together in that way. Someone wisely put it in their cupboard for later.

Last week the plate appeared again! It was as welcome as ever and still had the note attached naming those who had shared its bounty.

The Giving Plate is now ready to continue its journey. If you receive it, please enjoy the surprise treat. Then fill it with a treat of your choice—homemade or store-bought—and pass it on to another Meadowlark independent living friend. This special plate will keep on giving and giving—food for the body and joy for the soul.



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

How does an artist create an artwork that relays a mood to the viewer? The two prints shown here are from the same artist, Sven Birger Sandzén. He has titled one *Haunted Trees* and the other *Timberline Lake*. Which title goes with which print? If you determine that one successfully evokes a dark, disturbing mood that expresses a haunting atmosphere, what do you see that makes you say that? Use the elements of art to communicate what you are seeing: line, shape, color, value, texture, space, and form. (*The answer for the titles can be found on page 11.*)



Sven Birger Sandzén (United States, born Sweden, 1871 - 1954)  
1934  
Lithograph on paper  
KSU, Marianna Kistler Beach  
Museum of Art, gift of Professor  
Paul Weigel, 1970.23



Sven Birger Sandzén  
1925  
Linocut on paper  
KSU, Marianna Kistler Beach  
Museum of Art, gift of Robert &  
Ann Syler, in honor of Harold  
English & Mary (Lemon) English,  
class of 1914, 2001.125

# RESTAURANT **SPECIALS**

<p><b>Sunday, Oct. 27</b></p>	<p><b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p><b>\$16</b> <b>Dinner</b> Pot Roast</p>
<p><b>Monday, Oct. 28</b></p>	<p><b>\$9</b> <b>Lunch</b> Ham &amp; Beans Cornbread</p>	<p><b>\$15</b> <b>Dinner</b> Roasted Pork Tenderloin Sweet Potato Mash Roasted Broccoli</p>
<p><b>Tuesday, Oct. 29</b></p>	<p><b>\$11</b> <b>Lunch</b> Cuban Sliders Macaroni Salad</p>	<p><b>\$13</b> <b>Dinner</b> Stuffed Bell Pepper Cheesy Potatoes Glazed Carrots</p>
<p><b>Wednesday, Oct. 30</b></p>	<p><b>\$11</b> <b>Lunch</b> Vegetable Lasagna Garlic Bread</p>	<p><b>\$15</b> <b>Dinner</b> Creamy Garlic Chicken <i>served over Ravioli</i> Caesar Salad</p>
<p><b>Thursday, Oct. 31</b></p>	<p><b>\$12</b> <b>Lunch</b> Meatball Sub Coleslaw</p>	<p><b>\$13</b> <b>Dinner</b> Ghoul-lash Eyeball Brostini</p>
<p><b>Friday, Nov. 1</b></p>	<p><b>\$11</b> <b>Lunch</b> Pasta Bar</p>	<p><b>\$17</b> <b>Dinner</b> Grilled Salmon <i>with Sundried Tomato Sauce</i> Roasted Fingerlings Asparagus</p>
<p><b>Saturday, Nov. 2</b></p>	<p><b>\$10</b> <b>Lunch</b> Chili Dog Pub Chips Fried Pickle Spear</p>	<p><b>\$23</b> <b>Dinner</b> 4-oz. Filet &amp; Garlic Shrimp Baked Potato Fresh Green Beans</p>

# Weekly Opportunities Calendar Oct. 27 to Nov. 2

## Sunday • Oct. 27 *Put your trash at the curb!*

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

## Monday • Oct. 28 *Trash pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**  
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  
4:15 p.m. ~ Hable Espanol, FHR  
5:30 p.m. ~ Catbackers, EC  
7:00 p.m. ~ Community Bingo, CR

## Tuesday • Oct. 29

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**  
2:00 p.m. ~ 10-Point Pitch Group, KR  
2:00 p.m. ~ Social Circles, PS  
3:00 p.m. ~ Coffee Corner, EC  
6:00 p.m. ~ UFM: History of Western Music, CR

## Wednesday • Oct. 30

9:00 a.m. ~ Medicare Open Enrollment, PR  
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  
6:30 p.m. ~ UFM Class: World War I, CR

## Thursday • Oct. 31

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**  
12:00 p.m. ~ College Avenue Luncheon, BR  
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**  
4:00 p.m. ~ Meadowlark Singers Practice, CR  
5:30 p.m. ~ Trick or Treat on the Trail  
7:00 p.m. ~ Halloween Movie Night, CY

## Friday • Nov. 1

7:00 a.m. ~ Rotary, EC  
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**  
2:30 p.m. ~ Fridays with Furby, KR  
3:00 p.m. ~ Catholic Mass, CR

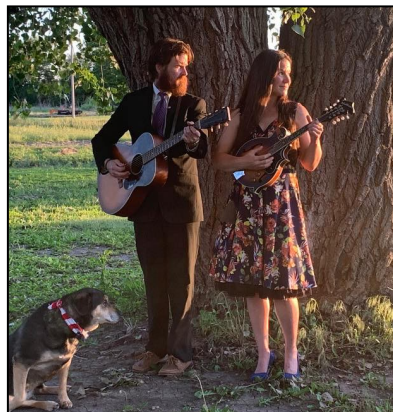
## Saturday • Nov. 2

9:30 a.m. ~ Band Bust Exercise Class, **1960 only**  
7:00 p.m. ~ KSU Football Watch Party, PS

### Room Abbreviations

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

## Kline & Kary at HOGtoberfest



Taylor Kline has been playing live music around the Midwest for more than 10 years, as a solo act as well as with various groups. He is now joined by his darling, Mandy Kary, as a folk-country duet. They focus on Taylor's original music, but

have a wide variety of classic covers from different genres that span the last six decades. Accompanied by acoustic guitar, harmonica, mandolin, piano, and dual harmonies they provide more energy than your typical duo. The couple resides in the Salina area and are currently booking shows wherever they are wanted.

### ART TITLES, from page 9

*Haunted Trees* (top)

*Timberline Lake* (bottom)



## 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. 27

***NO ONE WILL SAVE YOU*** (2023) PG-13 1 hr. 34 min. *Horror, Science Fiction, Thriller*

Cast: Kaitlyn Dever, Zack Duhamel, & Ginger Cressman

A young woman who's been alienated from her community finds herself in an action-packed face-off with a host of extraterrestrial beings who threaten her future while forcing her to deal with her past.

### MONDAY: Oct. 28

***PRACTICAL MAGIC*** (1998) PG-13, 1 hr. 44 min. *Comedy, Fantasy*

Cast: Sandra Bullock, Nicole Kidman, & Stockard Channing

Two witch sisters, raised by their eccentric aunts in a small town, face closed-minded prejudice and a curse which threatens to prevent them ever finding lasting love.

### TUESDAY: Oct. 29

***APOLLO 13 SURVIVAL*** (2024) TV-14, 1 hr. 38 min. *Suspenseful, Historical Documentary*

In this gripping documentary, the story of the Apollo 13 lunar mission is told through archive footage.

### WEDNESDAY: Oct. 30

***THE NIGHTMARE BEFORE CHRISTMAS*** (1993) PG, 1 hr. 20 min. *Musical, Fantasy, Animation*

Cast: Danny Elfman, Chris Sarandon, & Catherine O'Hara

Bored with the same old scare-and-scream routine, Jack Skellington, the Pumpkin King of Halloween Town, longs to spread the joy of Christmas. But his merry mission puts Santa in jeopardy and creates a nightmare for good little boys and girls everywhere.

### THURSDAY: Oct. 31

***EDWARD SCISSORHANDS*** (1990) PG-13, 1 hr. 46 min. *Drama, Romance, Fantasy*

Cast: Johnny Depp, Winona Ryder, & Dianne West

When a mad scientist meets an early death, his creation is left to fend with scissors for hands.

### FRIDAY: Nov. 1

***GIRL HAUNTS BOY*** (2024) PG, 1 hr. 40 min. *Romantic, Comedy*

Cast: Peyton List, Michael Cimino, & Andrea Navedo

In this humorous romance, a high school student becomes friends with a ghost residing in his home as they try to break an ancient curse.

### SATURDAY: Nov. 2

***JERSEY GIRL*** (2004) PG-13, 1 hr. 42 min. *Bittersweet, Romantic, Comedy*

Cast: Ben Affleck, Liv Tyler, & George Carlin

A widower must look after his precocious daughter and rebuild his life and career after he's sidelined by an unexpected tragedy and a personal blowup.