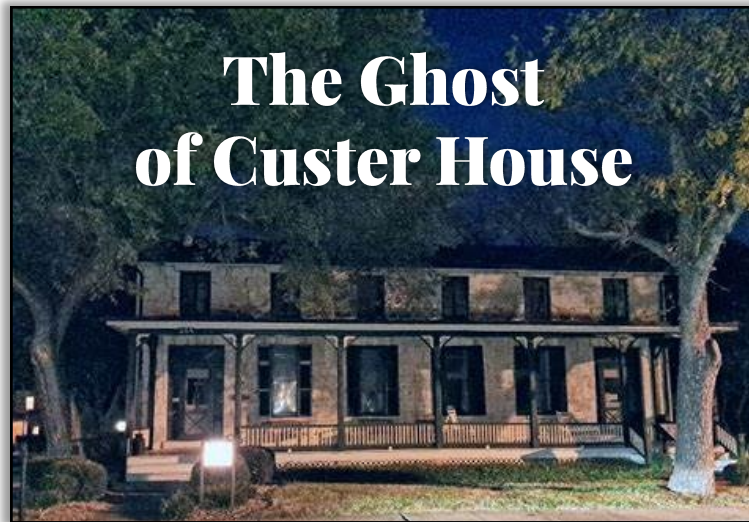


Fort Riley, with its long history dating back to the mid-1800s, has accumulated tales of eerie encounters, unexplained noises, and ghostly figures over the decades. Here are some of the most famous stories from around the base. **Happy Haunting, Ft. Riley!**



## The Ghost of Custer House

**Custer House**, one of the oldest buildings at Fort Riley, is renowned for its paranormal activity. Named after General George Custer, who was stationed here before heading to the Battle of Little Bighorn, the house has a reputation for ghostly happenings. Many say the spirit of Custer's wife, Libbie, still lingers, as do the spirits of unknown soldiers. Visitors report seeing shadowy figures in the windows, doors that open and close on their own, and cold spots in the rooms — even during summer.

**Did You Know?** *Libbie Custer was known for her deep connection to the military community, and some believe her spirit is still watching over Fort Riley.*



## The Haunting of St. Mary's Chapel

**St. Mary's Chapel**, with its Gothic Revival architecture, is both beautiful and eerie. The chapel is said to be haunted by the spirit of a young woman who lost her life under tragic circumstances. Witnesses describe seeing a female figure in white, who appears to float silently down the aisle before vanishing. Some say they've heard a woman's quiet sobbing echoing through the empty chapel late at night, adding to its haunted reputation.

**Legend or Truth?** *Some speculate the woman may have been a soldier's fiancée, heartbroken by loss, her spirit forever bound to the chapel.*

## Ghostly Cavalry Riders of Camp Forsyth

**Camp Forsyth**, near the Fort Riley stables, is known for sightings of ghostly riders. People have reported hearing the distinct sounds of horses galloping late at night, though none are to be seen. Witnesses describe seeing spectral riders dressed in old cavalry uniforms, riding across the parade grounds in complete silence. This eerie spectacle has been witnessed both by soldiers and civilians, especially on misty nights.

**Historical Insight:** *Fort Riley was home to the famous 9th and 10th Cavalry Regiments, also known as the Buffalo Soldiers. Some believe these ghostly riders might be the lingering cavalrymen.*

Each of these tales contributes to the unique atmosphere of Fort Riley, where the past seems to blend eerily with the present. Whether you're a believer in the supernatural or not, these stories add

See GHOST, page 9

## EVENTS & OPPORTUNITIES

### Manhattan Arts Center Classes

Manhattan Arts Center (MAC) has opportunities for art classes, workshops, and theater!

~ Glass Fusing Workshop - Make ornaments and suncatchers on Saturday, Nov. 2, from 3 to 5 p.m. Only \$50!

~ Printmaking Workshop on Saturday, Nov. 9, from 2 to 5 p.m. Only \$50!

~ Paper Quilling, a two-week class, on Wednesdays, Dec. 4 and 11, from 6 to 8 p.m. Only \$65!

~ Needle Felting, a two-week class, on Tuesdays, Dec. 10 and 17, from 6 to 8 p.m. Only \$65!

MAC Open Studios Exhibit is open now in the Gallery until Nov 15. The exhibit features work from our 2D and 3D open art studios. Come take an art break at the MAC!

Get your tickets today for *Elements*, a new contemporary dance show at the MAC on Nov. 22 and 23. Come experience this unique and beautiful story, told through dance. Tickets are on sale now.

*Shanna in a Dress*, an award-winning folk musician, is coming to the MAC on Dec. 5! Shanna will lead a VIP workshop in songwriting and storytelling from 5:30 to 7 p.m., and then a performance of uplifting, original folk music at 7 p.m.

Get tickets or register for classes and performances at [www.manhattanarts.org](http://www.manhattanarts.org) or call (785) 537-4420. Follow MAC on Facebook and Instagram for all the latest updates!

### 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 conclude with the final session meeting on Tuesday, Nov. 5, from 6 to 7:30 p.m. in the Community Room.

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

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

### 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.

### Technology Help Drop In, canceled

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

### 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. Remember to dress warm and don't forget a blanket! All are welcome.

### Parkinson's Care Partner Summit Series

***Saturday, Nov. 2, at 12 p.m.***

The Parkinson's Foundation will be hosting the virtual Care Partner Summit, where care partners, healthcare professionals, and advocates come together to share resources, strategies, and support for those caring for someone with Parkinson's disease. This summit is designed to empower care partners with valuable insights, practical tools, and a supportive community.

Meadowlark Parkinson's Program is offering an opportunity to watch these real-time, virtual sessions together. We will have our own discussions, but join the Foundation for all other

## EVENTS & OPPORTUNITIES

aspects of the Summit. Reservations are not required.

There are three scheduled sessions for the series and each one will meet in the KSU Classroom.

~ Saturday, Nov. 2, from 12 to 2 p.m.:

Discovering Adaptability & Resilience

~ Wednesday, Nov. 6, from 12 to 1 p.m.: New to Parkinson's

~ Wednesday, Nov. 20, from 12 to 1 p.m.: The Essentials Toolbox

Sara Hillard, massage therapist, will also be available for chair massages while we watch the first session on Nov. 2.

The Care Partner Summit is for anyone supporting someone with Parkinson's disease. Whether someone is new to the role or has been caring for a while, these webinars will offer valuable strategies for managing Parkinson's. Participate in one or all of the webinars. If you have questions, please contact Michelle or Katie at (785) 323-3899.

### 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.

### Worship Service

**Sunday, Nov. 3, at 10:30 a.m.**

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Nov. 3, 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 Lamentations. All are welcome to attend.

### Town Meeting

**Monday, Nov. 4, at 9:30 a.m.**

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, Nov. 4, in the Event Center. Hear updates from Meadowlark leaders about the upcoming events and campus news.

### 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?

### Page Turners Book Club

**Wednesday, Nov. 6, at 11:30 a.m.**

The Page Turners book club is starting their last read for the year, *A Christmas Carol* by Charles Dickens. Originally published in 1843, this classic tale has become a staple of Christmas culture. Most people are familiar with the characters of Scrooge, Tiny Tim, and the ghosts of Christmases past, present, and future, even if they have never read Dickens' novella. The story is so popular it has inspired more than 100 film adaptations!

Along with viewing one or two of these adaptations, we also will have the chance to see *A Christmas Carol: Radio Play* performed here at Meadowlark! (More details to come!)

Please join us in our first discussion of the novella on Wednesday, Nov. 6, at 11:30 a.m. in the Flint Hills Room. You do not need to attend every week to participate; come when you are able, whether you have finished the book, are just beginning, or are interested in trying something new! 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](mailto:ksigman@meadowlark.org) or (785) 323-3899.

### Meadowlark Men's Social Supper

**Wednesday, Nov. 6, at 5:30 p.m.**

Prairie Star Restaurant invites Meadowlark's men to attend a Social Supper at 5:30 p.m. Wednesday, Nov. 6, 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.

See EVENTS, page 4

## **EVENTS, from page 3**

### **Meadowlark Travelers Meeting**

*Thursday, Nov. 7, at 10 a.m.*

The departure date for the 2024 Meadowlark Travelers adventure, Happy Holiday Getaway, is just a little more than a month away. If you've registered to travel to Oklahoma City and Grapevine, Texas, in early December, plan to attend a meeting set for 10 a.m. Thursday, Nov. 7, at the Prairie Star event space.

Tour leaders Becky Fitzgerald and Monte Spiller will review the itinerary, and you'll be asked to make a meal selection. If you cannot attend, please plan to pick up your trip packet later, which will include the itinerary, the meal selection form, a list of travelers, etc.

The balance of your trip fee is now due. Please contact Monte, (785) 323-3801, or Becky (785) 323-3843 with any questions.

### **PD Education Group**

*Thursday, Nov. 7, at 2 p.m.*

You're invited to the monthly meeting of the PD Education Group at 2 p.m. Thursday, Nov. 7, in the Community Room.

This month's program is titled, "Safety in Parkinson's Disease Looks Different for Everyone, or Does It?" presented by Michelle Haub, Parkinson's Foundation Ambassador and Meadowlark Special Programs Leader. The Parkinson's Foundation created a powerful and easy-to-use Hospital Safety Guide to educate you, your providers and emergency/hospital staff about the needs of people with PD.

Join us as Michelle empowers you to be your own best advocate for both planned and emergent hospital stays. 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, Nov. 7, at 6 p.m.*

November's Dinner with the League of Women Voters will be about engaging young voters and will be led by a panel featuring Manhattan High School and K-State students. Come hear about our Young Voter hopes for the future and how we can better engage them in the democratic process.

The dinner will include orange chicken, white rice, and stir-fry veggies for \$15. Please sign up in

the Blue Book at the Hospitality Desk if you plan to attend.

### **Annual Youth Piano Passion Group**

*Friday, Nov. 8, at 7 p.m.*

You're invited to gather in the Community Room for the fourth annual Youth Piano Passion Group with Ethan Xin at 7 p.m. Friday, Nov. 8. There will be homemade snacks and drinks for all to enjoy.

### **Food & Fund Dive for the Flint Hills Breadbasket**

*Wednesday, Nov. 13, at 10:30 a.m.*

The Meadowlark Ambassadors will be hosting a Food & Fund Drive to benefit the Flint Hills Breadbasket on Nov. 13 in the Kansas Room.

The Flint Hills Breadbasket is a local organization in Manhattan that has been distributing food to ensure no one in the community goes hungry for more than 35 years. They rely heavily on donations, and their mission is to provide reliable access to healthy food, build connections with community partners, and empower neighbors to meet their basic needs. They have an average of 70 household visits per day and 90 new families per month, according to their 2023 Impact Report.

If you would like to donate food or give a monetary donation, please stop by the Kansas Room between 10:30 a.m. to 12:30 p.m. to do so.

Please consider donating the following items: rice, beans, lentils, canned tomatoes, flour, sugar, peanut butter, ramen, instant mashed potatoes, ready-to-eat soups, cake/brownie mix, pancake mix, canned meat and fruit/veggies, crackers, pudding, or Jell-O.

They serve more than 400 families a week on a consistent basis, so please consider donating to this worthy organization!

### **Ladies Luncheon**

*Thursday, Nov. 14, at 11:30 a.m.*

All Meadowlark residents and Passport members are invited to attend the Ladies Luncheon at 11:30 a.m. Thursday, Nov. 14. Ryan Barton, a graphic design director of the Sports Art department at K-State, will be the speaker. The luncheon will consist of an open-faced chicken salad pineapple melt on an English muffin, butternut squash soup, and butter-pecan ice cream with Heath Bar crunch cookie for \$12.

If you are unable to eat the stated lunch, please

indicate what you would like as a substitute beside your name when you sign up. Please sign up in the Blue Book at the Hospitality Desk by 10 a.m. Wednesday, Nov. 13. Come and visit with old friends and make new ones!

**Blood Pressure Check**

*Thursday, Nov. 14, at 1 p.m.*

Meadowlark Home Care hosts a monthly Blood Pressure Clinic. The next scheduled clinic is Thursday, Nov. 14, at 1 p.m. in the Kansas Room. No registration required.

**Saturday Shopping Trip**

*Saturday, Nov. 16, at 10:30 a.m.*

The next scheduled trip is Saturday, Nov. 16, with transportation going to Hobby Lobby and Dollar Tree East. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m. Please sign up in the Blue Book to participate.

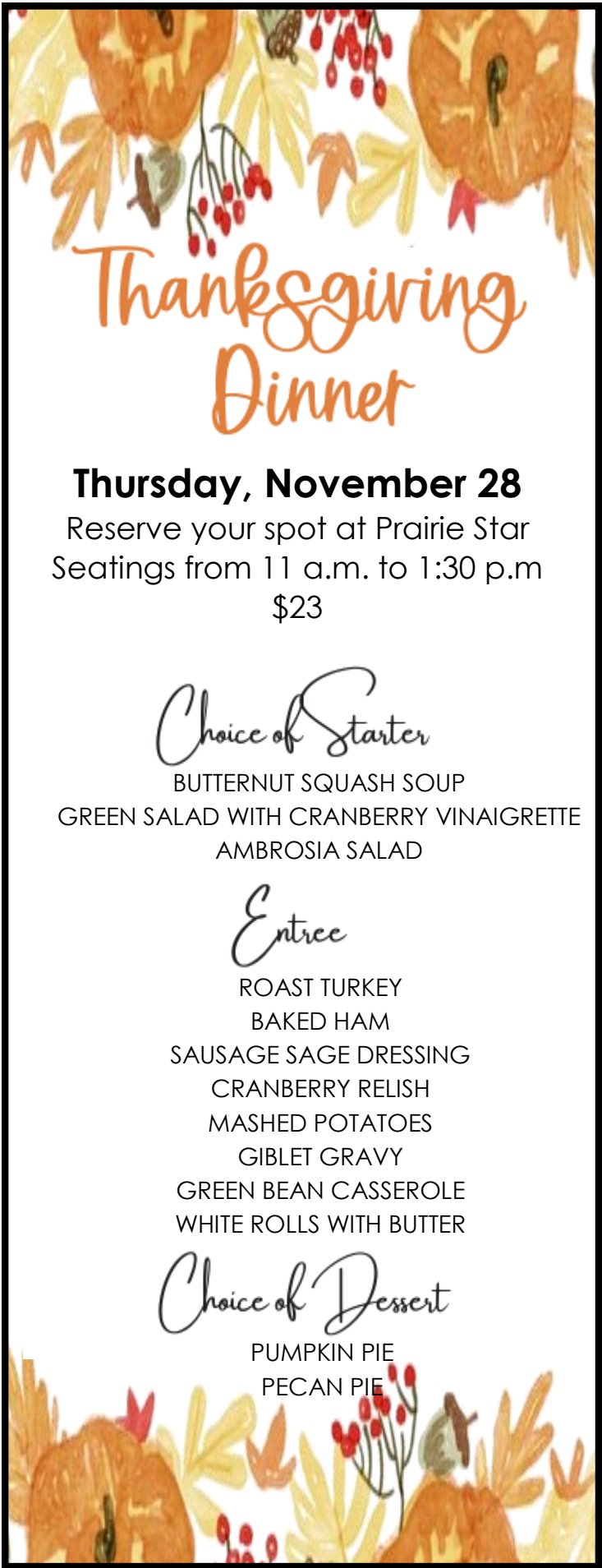
**Volunteer & Tech Helper**

*Tuesday, Nov. 19, 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 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 come on the 3rd 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 assisting.

Deborah's next visit will be on Tuesday, Nov. 19. 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.



# 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

# The *Winter* Seasons: Halloween Traditions



*by Kesiah Winter, Fin. Clerk & Messenger Contributor*

Every year for Halloween growing up, I wore a homemade costume sewn by my mom. In our house, it nearly felt like a sin to buy a costume in store! (Same thing with cookies, birthday cakes, pies and other desserts being all homemade and never

store-bought.) I never really wanted to buy one in a store anyway. Anything I wanted to be, my mom was able to find a way to create the costume. I always got to help choose the fabric colors and watch her somehow bring the costumes together in time for Halloween night. I had four siblings, so sewing five different costumes while taking care of all of us kids daily is nothing but a miraculous feat in my mind!



But lo and behold, I am now a mom, too, and of course I am wanting to also make their costumes each year! I feel like a kid's first year is the easiest, since both of my kids couldn't walk for their first Halloween, so I knew I would just do a simple costume that mainly uses clothes they have and add a few accessories to style them up. Amelia's first costume was a classic black cat. The second year, she was a fairy, since at the time she loved wearing her fairy wings that she had gotten a couple months prior. This year, Amelia is going to be Cinderella. With this being Elliot's first Halloween, he gets to match the theme and be Gus

Gus, one of the mice from the movie.

I don't sew often at the moment, but I learned the basics when making 4-H projects as a kid with my mom and during Home Economics class in high school. For those projects, however, I used a sewing pattern. Patterns give you the exact dimensions of fabric you need, templates to follow to cut each piece, and simple start-to-finish instructions. They are awesome. But this year, I decided that instead of buying a pattern to follow for \$10-15, I was going to challenge myself and go rogue as my mom always did!

With tips from my mom and watching some DIY videos on YouTube, I was able to sew up two candy bags and a "custom-fit" Cinderella dress complete with gloves and all the accessories. Elliot's mouse



costume was more crafting than sewing, so that came together quickly. Amelia loves her dress and whenever she puts it on, she asks if I can put the mouse hat on

Elliot, too.

I'm sure one year I'll be staying up until 2 a.m. the night before trying to finish the costumes, but this year I can proudly say they are done in advance!

This will be the first year that we actually trick-or-treat around town instead of just going to the grandparents' and extended families' houses. We have been having Amelia practice knocking on a door and saying "trick or treat," but we will see what happens when it is random neighbors opening their doors versus just her mom or dad opening a bedroom door for practice!

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



The lines an artist creates can surround a geometric or organic shape, divide a space, contain a form, and develop visual texture. They are often expressive, evoking messages and movement. We have psychological responses to the types of lines we view. For example, vertical lines convey height and strength, horizontal lines relay stability, curved lines communicate comfort, jagged lines impart turmoil, and zig-zag lines send a sense of restlessness or anxiety. Thin lines appear delicate, and thick lines show strength. Using a combination of lines may add balance or tension to a composition. In the drawing shown here, the lines define organic shapes. What types of lines do you see, and what do they express to you?

John Stockton deMartelly (United States, 1903 - 1979)  
Untitled, 1935  
Ink with graphite on paper  
KSU, Marianna Kistler Beach Museum of Art, gift of Jim and Virginia Moffett  
1997.148



### November Birthdays



#### Skilled Nursing

11/15 David Butler  
11/22 Barbara Withee  
11/25 David Lenhart  
11/27 Mary Lou Basham  
11/29 Sarah Fishback  
11/30 Ira Budd  
11/30 Jerry Connery

#### Assisted Living

11/9 Eleanor Deibler

11/18 Carolyn Spillman

11/21 Bernice Brighton

#### Independent Living

11/5 William Feyerharm  
11/6 Sharon Spencer  
11/7 Duane Miksch  
11/7 Linda Weis Olson  
11/7 Scott Merritt  
11/11 Doug Tippin  
11/12 Lila Snell

11/13 Margaret Carlson

11/14 Charles Mowry

11/18 Judi Hostetter

11/19 Jo Lyle

11/24 Peg Ziser

11/25 Carma Lindeman

11/26 Jim Jorns

11/27 Don Dibble

11/28 Al St. Cyr

**Bold denotes milestone birthdays!**

# RESTAURANT **SPECIALS**

<b>Sunday, Nov. 3</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, Nov. 4</b>	<b>\$11</b> Lunch Cheeseburger Sliders French Fries	<b>\$15</b> Dinner Chicken Fajitas Refried Beans Mexican Rice
<b>Tuesday, Nov. 5</b>	<b>\$10</b> Lunch Bacon-Cheddar-Egg Salad <i>served on Croissant</i> Breakfast Potatoes	<b>\$15</b> Dinner Beef Stroganoff Garlic Breadsticks Roasted Broccoli
<b>Wednesday, Nov. 6</b>	<b>\$12</b> Lunch Jambalaya Fried Okra Cornbread	<b>\$14</b> Dinner Fried Pork Cutlet Mashed Potatoes & Gravy Green Beans
<b>Thursday, Nov. 7</b>	<b>\$11</b> Lunch Italian Beef Sandwich Pasta Salad	<b>\$14</b> Dinner Garlic-Rosemary Chicken Smashed Potato Broccoli
<b>Friday, Nov. 8</b>	<b>\$11</b> Lunch Pizza Bar	<b>\$17</b> Dinner Pecan-Crusted Trout <i>with Dijon Sauce</i> Garlic Mashed Red Potatoes Asparagus
<b>Saturday, Nov. 9</b>	<b>\$11</b> Lunch BBQ Chicken Sandwich Broccoli Salad	<b>\$15</b> Dinner Fried Chicken Mashed Potatoes & Gravy Corn

# Weekly Opportunities Calendar Nov. 3 to Nov. 9

<div>Sunday • Nov. 3<div>Put your trash at the curb!</div><div>10:30 a.m. ~ Worship Service, CR</div><div>10:30 a.m. ~ Transportation to FUMC, VE</div></div> <div>Monday • Nov. 4<div>Trash &amp; Recycle pick-up</div><div>8:30 a.m. ~ IL Resident Council, BR</div><div>9:30 a.m. ~ Seated Strength, CR/1960</div><div>9:30 p.m. ~ Town Meeting, EC</div><div>10:30 a.m. ~ Weights 101, CR/1960</div><div>11:00 a.m. ~ Rock Steady Boxing, BF</div><div>11:30 a.m. ~ Sit &amp; Be Fit, CR/1960</div><div>1:00 p.m. ~ Parkinson's Exercise Class, CR/1960</div><div>1:30 a.m. ~ God Talk, KSU CL</div><div>1:45 p.m. ~ Parkinson's Voice Class, CR</div><div>2:00 p.m. ~ Change &amp; Loss Support Group, FHR</div><div>5:30 p.m. ~ Tuttle Creek Dinner, MR</div><div>7:00 p.m. ~ Community Bingo, CR</div></div> <div>Tuesday • Nov. 5<div>10:00 a.m. ~ Memory Activities Class, EC</div><div>10:15 a.m. ~ Mat Yoga, KSU CL</div><div>10:30 a.m. ~ Steady Yourself, CR/1960</div><div>10:30 a.m. ~ First Presbyterian, FHR</div><div>11:15 a.m. ~ Seated Stretch &amp; Stability, CR/1960</div><div>12:00 p.m. ~ Kimball Luncheon, BR</div><div>1:00 p.m. ~ Prairie Star Writers Group, PR</div><div>2:00 p.m. ~ 10-Point Pitch Group, KR</div><div>2:00 p.m. ~ Social Circles, PS</div><div>3:00 p.m. ~ Coffee Corner, EC</div><div>3:30 p.m. ~ Ambassador's Meeting, BR</div><div>6:00 p.m. ~ UFM: History of Western Music, CR</div></div> <div>Wednesday • Nov. 6<div>9:00 a.m. ~ Medicare Open Enrollment, PR</div><div>9:30 a.m. ~ Seated Strength, CR/1960</div><div>10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE</div><div>10:00 a.m. ~ Mem. Care Partners Supp. Grp, FHR</div><div>10:00 a.m. ~ Memory Café, KSU CL</div><div>10:30 a.m. ~ Weights 101, CR/1960</div><div>11:30 a.m. ~ Sit &amp; Be Fit, CR/1960</div><div>11:30 a.m. ~ North Monarch Luncheon, MR</div><div>11:30 a.m. ~ Page Turners Book Club, FHR</div><div>12:00 p.m. ~ PD Care Partner Summit, KSU CL</div><div>3:00 p.m. ~ Rock Steady Boxing, CR</div><div>3:00 p.m. ~ Sing-Along, FHR</div><div>5:30 p.m. ~ Meadowlark Men's Social Supper, MR</div><div>6:30 p.m. ~ UFM Class: World War I, CR</div></div>	<div>Thursday • Nov. 7<div>9:00 a.m. ~ Messenger Team, KSU CL</div><div>10:00 a.m. ~ Mat Yoga, FHR</div><div>10:00 a.m. ~ Meadowlark Traveler's Meeting, EC</div><div>10:30 a.m.. ~ Steady Yourself, CR/1960</div><div>11:15 a.m. ~ Seated Stretch &amp; Stability, CR/1960</div><div>1:00 p.m. ~ Parkinson's Exercise Class, CR/1960</div><div>2:00 p.m. ~ Parkinson's Education Meeting, CR</div><div>4:30 p.m. ~ Meadowlark Singers Practice, CR</div><div>5:30 p.m. ~ Meadowlark Circle Dinner, MR</div><div>6:00 p.m. ~ Dinner with the League, EC</div></div> <div>Friday • Nov. 8<div>7:30 a.m. ~ Rock Steady Boxing, BF</div><div>9:30 a.m. ~ Seated Strength, CR/1960</div><div>10:30 a.m. ~ Weights 101, CR/1960</div><div>11:30 a.m. ~ Sit &amp; Be Fit, CR/1960</div><div>2:30 p.m. ~ Fridays with Furby, KR</div><div>7:00 p.m. ~ Annual Youth Piano Passion Group, CR</div></div> <div>Saturday • Nov. 9<div>9:30 a.m. ~ Band Bust Exercise Class, 1960 only</div></div> <div><div>Room Abbreviations</div><div><div>1960, TV Channel 1960</div><div>BF, Body First</div><div>BR, Bison Room</div><div>CR, Community Room</div><div>CY, Courtyard</div><div>EC, Event Center</div><div>FHR, Flint Hills Room</div><div>GC, Grosh Cinema</div><div>KR, Kansas Room</div></div><div><div>KSU CL, KSU Classroom</div><div>MM, 120 Scenic Drive</div><div>MR, Manhattan Room</div><div>PR, Patriot Room</div><div>PS, Prairie Star Restaurant</div><div>MSC, Manhattan Sr. Center</div><div>VBL, Verna Belle's Lounge</div><div>VE, Village Entrance</div><div>WPL, Wamego Public Library</div></div></div> <div><div>GHOST, from page 1</div><div>to the rich history of the post ... just in time for Halloween!</div><div>Spooky sources: "Haunted Kansas: Ghost Stories and Other Eerie Tales" by Lisa Hefner Heitz, 1997/ Fort Riley Historical Society records &amp; anecdotes shared by the Fort Riley Museums staff / Reports from The Junction City Union have detailed local legends about hauntings in &amp; around St. Mary's Chapel / Anecdotes shared by Fort Riley chapel staff &amp; military families, which are preserved in Fort Riley historical newsletters and tours / Historical accounts in Military Ghost Stories by David G. Meyer, which documents hauntings on various U.S. military installations / Kansas Historical Society's accounts of cavalry history, Fort Riley cavalry archives, and firsthand accounts from Fort Riley soldiers</div></div>
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## 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: Nov. 3

***SWEET HOME ALABAMA*** (2002) PG-13 1 hr. 49 min. *Drama, Comedy, Romance*

Cast: Reese Witherspoon, Josh Lucas, & Patrick Dempsey

A young woman, who has reinvented herself as a New York City socialite, must return home to Alabama to obtain a divorce from her husband after seven years of separation.

### MONDAY: Nov. 4

***BOOK CLUB*** (2018) PG-13, 1 hr. 43 min. *Romantic, Comedy*

Cast: Diane Keaton, Jane Fonda, & Candice Bergen

When four friends select a steamy romance for their long-running book club, it inspires bold changes in their romantic lives.

### TUESDAY: Nov. 5

***FIRST DAUGHTER*** (2004) PG, 1 hr. 46 min. *Bittersweet, Romantic*

Cast: Katie Holmes, Marc Blucas, & Amerie

When she starts college in California, the US president's daughter hits some snags in her quest to live life, and fall in love, like any other girl.

### WEDNESDAY: Nov. 6

***ACCIDENTAL TEXAN*** (2023) PG-13, 1 hr. 44 min. *Comedy, Drama*

Cast: Thomas Haden Church, Rudy Pankow, & Bruce Dern

Erwin finds himself stranded in Texas, where he's taken under the wing of a nearly bankrupt oil driller, Merle. They set off on a wild adventure to outwit a corrupt oil company to hit pay dirt before Merle's dreams are foreclosed.

### THURSDAY: Nov. 7

***WIMBLEDON*** (2004) PG-13, 1 hr. 37 min. *Charming, Romantic*

Cast: Kirsten Dunst, Paul Bettany, & Sam Neill

A wild-card entry into Wimbledon gives a losing tennis pro one last shot, but falling for a player at the tournament complicates his comeback.

### FRIDAY: Nov. 8

***IN GOOD COMPANY*** (2004) PG-13, 1 hr. 49 min. *Romantic, Charming, Heartfelt*

Cast: Dennis Quaid, Topher Grace, & Scarlett Johansson

After a corporate shakedown, ad exec Dan now reports to recent grad Carter—a mandate made more difficult when Carter falls for Dan's daughter.

### SATURDAY: Nov. 9

***PIXELS*** (2015) PG-13, 1 hr. 46 min. *Imaginative, Exciting, Comedy*

Cast: Adam Sandler, Kevin James, & Michelle Monaghan

When aliens attack Earth in the style of old video games, the president and his childhood pals (a pack of former arcade kings) swing into action.