



From Sarah Duggan, Editor, with gratitude & appreciation

As the crisp autumn air settles over Manhattan, we are reminded of the beauty that comes with this season of gratitude. Thanksgiving is more than a day; it's a time to reflect on the many blessings that enrich our lives — family, friends, and the sense of community that we share here at Meadowlark.

Thankfulness has a unique way of bringing joy to our lives. When we pause to appreciate the good around us, we create space for happiness to grow. Whether it's a kind word from a neighbor, the sound of laughter echoing from the restaurant, or the vibrant sunsets we enjoy from our windows, there's so much for which to be grateful. This week, we encourage everyone to take a moment to jot down a few things that make us thankful — big or small. These reflections have a way of reminding us how truly rich our lives are.

In the spirit of Thanksgiving, let's also focus on spreading kindness. A simple act, like holding the door for someone, offering a compliment, or sharing a piece of pumpkin pie, can brighten someone's day.

This week, consider how you might share kindness within our community. Perhaps you can invite someone new to join in a cup of coffee, surprise a friend with a note of appreciation, or lend an ear to someone who might need a little extra cheer.

For many, Thanksgiving is synonymous with family. Some of us may have family visiting Meadowlark for the holiday, while others will connect with loved ones through phone calls or video chats. No matter the distance, the bonds we share with our families remind us of what's truly important. Here, we're also fortunate to have our own "chosen family" — the friends and staff who make this community home.

As we gather this Thanksgiving, let us carry the warmth of gratitude in our hearts and share it freely with one another. On behalf of the team at Meadowlark, we are deeply thankful for each of you who make this community a place of love and connection.

We wish you all a beautiful Thanksgiving holiday filled with thankfulness, kindness, and the joy of family.

EVENTS & OPPORTUNITIES

Group exercise cancelations

All in-person group exercise classes are canceled for Thursday, Nov. 28, and Friday, Nov. 29.

NEW Creative Arts Group

Are you interested in trying something new? Join three K-State Drama Therapy interns for a Creative Arts Group! The group will explore the creative arts through drama, music, art, and more. It will meet January through April 2025 on Wednesday afternoons for one hour (exact time to be determined) at Meadowlark. The creative arts are a fun way to create new connections, both within your brain and with other people! If you have questions about this group, please contact DramaTherapy4ML@gmail.com. If you would like to register, please call Michelle or Katie at (785) 323-3899 before Dec. 4.

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. Appointments are available each Wednesday through Dec. 4. Residents who are interested in making an appointment are invited to sign up in the Blue Book at the Hospitality Desk.

KSU Football Watch Party

Saturday, Nov. 30, at 6:30 p.m.

All are invited to the Kansas Room, Verna Belle's Lounge, and Prairie Star Restaurant Bar on Saturday, Nov. 30, as we watch our K-State Wildcats take on the Cyclones of Iowa State at 6:30 p.m. in Farmageddon! Light refreshments will be served during the game. Go Cats!

Worship Service

Sunday, Dec. 1, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Dec. 1, 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 Joel with a sermon titled "A Warning."

Holiday Touchdown: A Chiefs Love Story

Monday, Dec. 2, at 2 p.m.

You read that right! On Monday, Dec. 2, at 2 p.m., in the Event Center, there will be a watch party featuring the Hallmark movie "Holiday Touchdown: A Chiefs Love Story." We will have hot chocolate, a popcorn assortment, and will also play Hallmark movie bingo during the movie.

Christmas Cantata

Monday, Dec. 2, at 7 p.m.

Plan to be in the Community Room on Monday, Dec. 2, at 7 p.m. as the College Avenue United Methodist Church adult choir presents *Christmas Cantata*. The group is directed by Amy Rosine with Dawn Anderson on piano. All are invited!

Prairie Star Writing Group

Tuesday, Dec. 3, 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 is set for 1 p.m. Tuesday, Dec. 3, in the Patriot Room.

The Dec. 3 session is titled, "One of a Kind." Who is a person you feel was truly One of a Kind? Please describe him or her so we may enjoy the story.

Page Turners Book Club

Wednesday, Dec. 4, at 11:30 a.m.

Join the Page Turners Book Club for our final discussion of 2024! On Wednesday, Dec. 4, at 11:30 a.m. in the Flint Hills Room, we will discuss *A Christmas Carol* by Charles Dickens and compare it to multiple movie versions of the story. We will also enjoy a themed Christmas snack.

Originally published in 1843, this classic tale has become a staple of Christmas culture. The story is so popular it has inspired more than 100 film adaptations! *The Muppet Christmas Carol* will play at Grosh Cinema on Saturday, Nov. 30. On Dec. 3, the 1984 version starring George C. Scott will play. All showings at the Grosh Cinema will be at 1, 4, and 7 p.m.

As an added bonus, on Wednesday, Dec. 4 at 7 p.m. *A Christmas Carol: Radio Play* will be performed in the Meadowlark Event Center. You

EVENTS & OPPORTUNITIES

do not need to attend Page Turners every week to participate; come when you are able, whether you have finished the book, are just beginning, or saw the movie! If you have any questions, please contact Katie with Meadowlark Special Programs at ksigman@meadowlark.org or (785) 323-3899.

ARTful Making

Wednesday, Dec. 4, at 1:30 p.m.

Did you know that participating in creative activities increases your brain's level of dopamine and creates new neural pathways? If you would like to feel better and flex your brain power at the same time, check out ARTful Making!

Meadowlark Special Programs partners with K-State Marianna Kistler Beach Museum of Art for this experience-filled informal class. Kim Richards, Education Specialist for the Beach Museum, facilitates unique art making opportunities in Meadowlark's KSU Classroom on Wednesday, Dec. 4, from 1:30 to 2:30 p.m. Participants can explore the new art making techniques each month or work with the watercolor materials that are always available. All materials are provided for you; simply come and engage in art and conversation. No registration required.

Trust Company Holiday Classic

Wednesday, Dec. 4, at 3 p.m.

The Trust Company hosts their annual Holiday Classic party on Wednesday, Dec. 4, at 3 p.m. in the Event Center. Refreshments will be served starting at 3 p.m., and entertainment begins at 4 p.m. Reservations are required!! Call (785) 323-3820 or sign up at the Prairie Star host stand to reserve your seat.

A Christmas Carol: Radio Play

Wednesday, Dec. 4, at 7 p.m.

We are pleased to present "A Christmas Carol: A Radio Play" by Philip Grecian, based on the novel by Charles Dickens featuring The Actors Theatre. Join us on Wednesday, Dec. 4, at 7 p.m., in the Event Center for a great play, directed by Penny Cullers and starring Evan Tuttle, Andrew Smith, Keoni Messer, Betsy Bean, Michele Hoffman, Bettina Boller, Penny Senften, Bucky Bucholtz, Nellie Bucholtz, and more.

Card Making with Michelle Lehmer

Thursday, Dec. 6, at 2:30 p.m.

Join Michelle Lehmer for an additional Card Making class on Friday, Dec. 6, at 2:30 p.m. in the Flint Hills Room. This special session will focus on Christmas cards just in time for the holiday!

Meadowlark Singers Concert

Thursday, Dec. 6, at 7 p.m.

All are invited to come and enjoy your very own Meadowlark Singers on Friday, Dec. 6, at 7 p.m., in the Community Room. The singers, led by Payton Engel, will entertain you with an evening of great singing as they present their "Christmas Concert".

Tai Chi Classes coming in January!

Wednesday, Dec. 11, at 2 p.m.

We are excited to introduce Tai Chi classes at Meadowlark, beginning in January. If you're not familiar with Tai Chi, or want to learn more, we invite you to attend a special demonstration class on Wednesday, Dec. 11, at 2 p.m. in the Event Center.

Mal Hoover, a Certified Tai Chi for Arthritis Instructor, will lead the session. She will explain the benefits of Tai Chi and demonstrate some of the movements participants will learn. Mal will also be joined by several current participants who will share their experiences and demonstrate what they've learned through the program. The Tai Chi classes will be offered at no cost to participants, thanks to funding from the North Central-Flint Hills Area Agency on Aging. Tai Chi, as endorsed by the Tai Chi for Health Institute, can help improve flexibility, strengthen muscles, enhance cardiorespiratory fitness, and boost balance, all of which can significantly reduce the risk of falls.

Join us on Wednesday, Dec. 11, to discover how Tai Chi can benefit you, learn about class schedules, and register for the upcoming sessions in January.

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Community Bulletin



FOOD & FUND DRIVE!
Last week, the Meadowlark Ambassadors hosted the Food & Fund Drive to benefit the Flint Hills Breadbasket, and what an incredible turnout it was! Thanks to the generosity of our residents and staff, we collected over 15 boxes filled with non-perishable foods like canned vegetables, pancake mix, Jell-O, peanut butter, canned meat, brownie mix, and more! Plus, we received \$605 in monetary donations!



Holiday Classic

Wednesday, December 4, 2024
3:00 p.m. Refreshments
4:00 p.m. Holiday Entertainment
Prairie Star Restaurant & Manhattan Room

Reservations required! Call 785-323-3820 or sign up at the Prairie Star host stand to reserve your seats!

THE TRUST COMPANY

Christmas Carousel Presents
Home for the Holidays
A Sitcom Spectacular

Friday, December 13th - Prairie Star
1:00pm or 5:00pm
Reservations Required
Contact Meadowlark Hospitality Desk

Art Engagement *from the* Beach Museum of Art

One-point perspective is created when an artist draws things smaller as they get further away, converging toward a single “vanishing point” on the horizon line. Using one-point perspective is often found when the subject is viewed from the front, like looking down a road. In this print, the road leads our eye directly to a vanishing point. As you look closely at the other objects in this image, do you find them also “pointing” your eye to the same location on the horizon line? Which objects or actions seem to be assisting in moving your eye to a single point?



Dale William Nichols
(United States, 1904 - 1995)
Associated American Artists (United States, 1934 - 2000)
Company for Supper, published 1948
Lithograph on paper
KSU, Marianna Kistler
Beach Museum of Art,
bequest of Raymond & Melba Budge
1992.76



December Birthdays



Skilled Nursing

12/8 Mary O'Laughlin
12/9 Barbara Hall
12/11 Mary Smith
12/16 Glennis Couchman
12/19 Marilyn Parker
12/21 Verna Turnquist
12/21 James Tate
12/22 Claudene Emrich
12/25 Marsha Priller
12/26 Barbara Craft
12/27 Virginia Lampe
12/27 Beverly Cable
12/27 Dale Dutton
12/28 Bob Robinson
12/30 John Silva Jr.

Assisted Living

12/24 Bonnie Barrett
12/29 Dick Rees
12/29 Loriel Cross

Independent Living

12/1 Dixie Roberts
12/1 Donna Alexander
12/2 Betty Holder
12/4 Dean Spencer
12/4 Steve Hall
12/7 Claudia Zeller
12/9 Michael Roberts
12/10 Mary Dibble
12/10 Karen Franz
12/12 Bob Pulford

12/12 Peter Wong

12/12 Opal Posler

12/13 Karen Halderson

12/14 Sue Hunt

12/17 Joan Jones

12/18 Lou Nell Gustavson

12/18 Carlene Eye

12/19 Claudia Robertson

12/21 Ella Umphery

12/24 Mary Rickley

12/26 Janice Parsons

12/28 Orlan Buller

12/29 Noel Stanton

12/31 Fred Zeller

12/31 Marlene Dick

Bold denotes milestone birthdays!

RESTAURANT **SPECIALS**

<p>Sunday, Dec. 1</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>\$14 Dinner Homemade Chicken Tenders Herb-Roasted Potatoes Honey-Garlic Carrots</p>
<p>Monday, Dec. 2</p>	<p>\$11 Lunch Roasted Pork Sandwich Sweet Potato Fries</p>	<p>\$15 Dinner Chicken Parmesan over Linguine Garlic Bread Side Caesar Salad</p>
<p>Tuesday, Dec. 3</p>	<p>\$10 Lunch Chicken Fried Rice Egg Roll</p>	<p>\$15 Dinner Bacon-Wrapped Cheese-Stuffed Meatloaf Cheesy Potatoes Peas & Onions</p>
<p>Wednesday, Dec. 4</p>	<p>\$11 Lunch Cowboy Burger French Fries</p>	<p>\$14 Dinner Swiss Steak Mashed Potatoes Honey-Glazed Carrots</p>
<p>Thursday, Dec. 5</p>	<p>\$11 Lunch Fried Chicken Sandwich French Fries</p>	<p>\$17 Dinner Chicken & Sausage Cajun Pasta Garlic Bread House Side Salad</p>
<p>Friday, Dec. 6</p>	<p>\$11 Lunch Taco Bar</p>	<p>\$16 Dinner Fried Catfish Cornbread Pudding Coleslaw</p>
<p>Saturday, Dec. 7</p>	<p>\$11 Lunch Sloppy Joe Tator Tots</p>	<p>\$15 Dinner Chicken-Fried Steak Mashed Potatoes & Gravy Corn</p>

Weekly Opportunities Calendar Dec. 1 to Dec. 7

Sunday • Dec. 1 *Put your trash at the curb!*

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

Monday • Dec. 2 *Trash & Recycle pick-up*

8:30 a.m. ~ Resident Council, BR
9:30 a.m. ~ Town Meeting, EC
9:30 a.m. ~ Memory Care Partner Support Group,
[St. Thomas More Church](#)
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 p.m. ~ God Talk, KSU CL
1:45 p.m. ~ Parkinson's Voice Class, CR
2:00 p.m. ~ Hallmark Movie Watch Party, EC
5:30 p.m. ~ Tuttle Creek Dinner, BR
7:00 p.m. ~ Community Bingo, CR

Tuesday • Dec. 3

10:00 a.m. ~ Memory Activities Class, EC
10:15 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. ~ Kimball Luncheon, BR
1:00 p.m. ~ Prairie Star Writers Group, PR
2:00 p.m. ~ 10-Point Pitch Group, KR
2:00 p.m. ~ Social Circles, PS
3:00 p.m. ~ Coffee Corner, EC

Wednesday • Dec. 4

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**
11:30 a.m. ~ North Monarch Luncheon, MR
11:30 a.m. ~ Page Turners Book Club, FHR
1:30 p.m. ~ ARTful Making, KSU CL
1:30 p.m. ~ Diabetic Support Group, FHR
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-Along, FHR
3:00 p.m. ~ Trust Company Holiday Classic, EC
5:30 p.m. ~ Men's Night, MR
7:00 p.m. ~ A Christmas Carol: Radio Play, EC

Thursday • Dec. 5

9:00 a.m. ~ Messenger Team, KSU CL
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**
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
4:30 p.m. ~ Meadowlark Singers Practice, CR
5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Dec. 6

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
2:30 p.m. ~ Card Making with Michelle, FHR
3:00 p.m. ~ Catholic Mass, CR
7:00 p.m. ~ Meadowlark Singers Concert, CR

Saturday • Dec. 7

9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
6:30 p.m. ~ K-State Football Watch Party, PS

Room Abbreviations

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

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Little Apple Chorus Holiday Concert

Sunday, Dec. 15, at 3 p.m.

You're invited to attend Little Apple Chorus' Holiday Show, "Holiday Harmony — Barbershop Style." The program is scheduled for Sunday, Dec. 15, at 3 p.m. in Forum Hall at the KSU Student Union. The doors open at 2:30 p.m.

Meadowlark has complimentary tickets available! These will be distributed on a first-come-first-served basis. Please visit the Hospitality Desk to claim a concert ticket.



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: Dec. 1

MISTLETOE IN MONTANA (2021) TV-14 1 hr. 24 min. *Drama, Romance*

Cast: Melissa Joan Hart, Duane Henry, & Jamey Sheridan

An unlucky-in-love ranch owner feels an undeniable connection to a single father with two children who has booked her ranch for the week of Christmas.

MONDAY: Dec. 2

NUTCRACKER & THE FOUR REALMS (2018) PG, 1 hr. 43 min. *Adventure, Fantasy*

Cast: Keira Knightley, Mackenzie Foy, & Eugenio Derbez

From Disney come the reimagined tale of The Nutcracker. When Clara's mother leaves her a mysterious gift, she embarks on a journey to four secret realms, where she discovers her greatest strength could change the world.

TUESDAY: Dec. 3

PAGE TURNER REQUEST

A CHRISTMAS CAROL (1984) PG, 1 hr. 40 min. *Fantasy, Drama*

Cast: George C. Scott, Frank Finlay, & Angela Pleasence

A bitter old miser who rationalizes his uncaring nature learns real compassion when three spirits visit him on Christmas Eve.

WEDNESDAY: Dec. 4

ELF (2003) PG, 1 hr. 37 min. *Comedy, Family*

Cast: Will Ferrell, James Caan, & Bob Newhart

Raised as an oversized elf, Buddy travels from the North Pole to New York City to meet his biological father, Walter Hobbs, who doesn't know he exists and is in desperate need of some Christmas spirit.

THURSDAY: Dec. 5

THE VELVETEEN RABBIT (2023) G, 44 min. *Holiday, Adventure*

Cast: Phoenix Laroche, Alex Lawther, & Helena Bonham Carter

Based on the treasured, classic book. When 7-year-old William receives a new favorite toy for Christmas, he discovers a lifelong friend and unlocks a word of magic.

FRIDAY: Dec. 6

THE BISHOP'S WIFE (1947) Approved, 1 hr. 49 min. *Romantic, Comedy, Fantasy*

Cast: Cary Grant, Loretta Young, & David Niven

A debonair angel comes to Earth to help an Episcopalian bishop and his wife in their quest to raise money for the new church.

SATURDAY: Dec. 7

SCHINDLER'S LIST (1993) R for language and some violence, 3 hr. 15 min. *War, Docu-Drama*

Cast: Liam Neeson, Ralph Fiennes, & Ben Kingsley

In German-occupied Poland during World War II, industrialist Oskar Schindler gradually becomes concerned for his Jewish workforce after witnessing their persecution by the Nazis.