

## Outdoor Encounters

**by Nathan Bolls**

Earlier this year, I attended the celebration-of-life service for an old friend. Hazel had died at age 103, but I first met her in 1943 when she was a young married woman and I was a 12-year-old new in town. Her passing meant the shuttering of yet another window through which I once could see “way back when.” The last living person who knew me during my childhood.

My mother, in her mid-90s, complained, “Son, all of my friends are dead.” That is, all but Hazel. Mother and Hazel were best friends for decades, even though Mother was some 10 years older. Both of them were very active in the Association of American Baptist Women of Kansas, with each serving a couple of times as president of their region. Neither of them left any of their stories in their own hand.

I am one of the surprisingly large number of MLH residents in their 90s, and many of them are older than my 93 years. Thus, I sometimes hear some version of that “back when” lament, and I sometimes join the chorus. We reminisce about that time when we, our siblings, cousins, and friends knew each other on more of a day-to-day basis, when we both joked and argued with each other, and learned to make up.

When we took pleasure where we could find it and struggled with—and survived—that minefield called youth. We were busy polishing our skills not only for surviving but also for how to push parental buttons to achieve some desired reaction. We were alive!

We joined clubs, classes, or teams with the hopes of attaining certain goals: championships, skill with some idea or activity, maybe some measure of local fame, or to get to know better a certain female or male. We mostly cheered each other on, sometimes finding dear friends or even sweethearts in the mix. By the time of graduation from high school, most of us had heard of the idea that “Life is for the living.” Most of us were privileged to reach retirement age, and some of us chose life in a retirement community.

We all have dear friends at Meadowlark, but very few of us know any other Meadowlark resident from way back when. Nevertheless, each of us has a rich history, and can recall many events that (to paraphrase Walter Cronkite) have altered and illuminated not only our times but also the times of those around us! We should make a point of encouraging each other to share those histories, while at the same time, being open to listening to the lives of

**See OUTDOOR, page 5**

## EVENTS & OPPORTUNITIES

### Christmas Dinner 2024

A special pre-fixe dinner menu will be offered between 11 a.m. and 2 p.m. on Christmas Day in Prairie Star Restaurant. Reservations are required and can be made by visiting the host stand or calling (785) 323-3820 beginning today, Dec. 5.

The full menu for Christmas dinner will be printed in the Dec. 12 Messenger.

### MHK Arts Center Watercolor Studio

**Thursday, Dec. 5, at 5 p.m.**

Downtown Manhattan Inc. has invited the Manhattan Arts Center Watercolor Studio to be their featured artists for December and January. The community is invited to the opening reception from 5 to 7 p.m. Thursday, Dec. 5, at 116 S. 4th Street. Light refreshments will be served.

Four Meadowlark residents will have art on display. Those resident artists are Cora Duchene, Graham Rose, Hoss Hostetter, and Jo Fey. They would love to see you at the reception!

### Card Making with Michelle Lehmer

**Friday, 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!

### Transportation to FUMC, time change

**Sunday, Dec. 8, at 9:30 a.m.**

First United Methodist Church in Manhattan will have one worship service on Sundays for the entire month of December. Worship will begin at 10 a.m., and transportation from Meadowlark will leave at 9:30 a.m. from the Village Entrance.

At 10 a.m. Sunday, Dec. 8, the FUMC Chancel Choir will perform Handel's *Messiah* during worship in the sanctuary. **To help our team plan for the transportation needed to the *Messiah* performance, please sign up in the Blue Book by noon on Friday, Dec. 6, if you plan to attend via Meadowlark transport.**

During church service on Sunday, Dec. 15, congregants will be treated to the annual Christmas musical, *The First Leon*, performed by children and youth. Cast members include Murphy and Eilish Duggan, daughters of Meadowlark team member Sarah Duggan.

### Worship Service

**Sunday, Dec. 8, at 10:30 a.m.**

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Dec. 8, in the Community Room/Chapel. This week, Pastor Melanie will explore the book of Amos with a sermon titled "The Day of the Lord."

### WTC Christmas Party

**Tuesday, Dec. 10, at 2:30 p.m.**

All are welcome to join the WTC Christmas Party on Tuesday, Dec. 10, at 2:30 p.m. in Prairie Star Restaurant! WTC is hosting this holiday celebration to thank and connect with the residents. There will be hot chocolate, cookies, and a special holiday-themed treat.

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

### Caring Conversations for People with PD

**Thursday, Dec. 12, at 11:30 a.m.**

Join this opportunity to share your experiences and receive support from others with a Parkinson's or Parkinsonian diagnosis. It is open

## EVENTS & OPPORTUNITIES

to all with a diagnosis at any stage of your journey. The next meeting is at 11:30 a.m. Thursday, Dec. 12, in the Community Room.

### **Blood Pressure Check**

*Thursday, Dec 12, 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, Dec. 12, at 1 p.m. No sign up required.

### **Meadowlark Singers Concert**

*Thursday, Dec. 12, at 6 p.m.*

All are invited to come and enjoy your very own Meadowlark Singers at 6 p.m. Thursday, Dec. 12, 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*.

### **Little Apple Chorus performance**

*Thursday, Dec. 12, at 7:15 p.m.*

Stick around after the Meadowlark Singers Christmas Concert and head down to the Event Center to enjoy more music of the season with barbershop-style singing featuring The Little Apple Chorus Heartland Harmony. You don't want to miss this fun event at 7:15 p.m. Thursday, Dec. 12. *The time has shifted from 7 to 7:15 p.m.*

### **Manhattan Kiwanis Club Pancake Feed**

*Saturday, Dec. 14, at 7 a.m.*

Manhattan Kiwanis Club invites you to attend the 73rd Annual Pancake Feed and Holiday Silent Auction from 7 a.m. to 1 p.m. Saturday, Dec. 14, at Pottorf Hall at Cico Park. Adult tickets are \$10, and the cost for children ages 5 to 12 is \$5. Wounded Warriors and children under 5 eat FREE! All proceeds benefit 20+ local community projects.

### **Music by Adam Walker**

*Sunday, Dec. 15, at 2 p.m.*

Local pianist Adam Walker will share musical entertainment with Meadowlark at 2 p.m. Sunday, Dec. 15, in the Community Room. All are welcome to attend.

### **Visitation for Loren Pennington**

*Sunday, Dec. 15, at 2 p.m.*

The family of former Meadowlark resident Loren Pennington invites you attend his visitation from

2 to 4 p.m. Sunday, Dec. 15, in Prairie Star Restaurant. Loren passed away in Wroten House on Nov. 2.

### **Carols & Cocoa**

*Tuesday, Dec. 17, at 3 p.m.*

Meadowlark Ambassadors invite you to the Event Center for *Carols and Cocoa* at 3 p.m. Tuesday, Dec. 17, in the Prairie Star Event Center. All are welcome to attend!

### **Church Ladies**

*Tuesday, Dec. 17, at 3 p.m.*

The Church Ladies at back at 7 p.m. Friday, Dec. 20, in the Event Center and they will present *Church Ladies' Christmas!* Members are Mary Louise Stahl on upright bass and mandolin, Joan Nelson on 12-string guitar, and Cindy Carlyon on melodica, upright bass, and kazoo.

### **Volunteer & Tech Helper**

*Tuesday, Dec. 17, at 4 p.m.*

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, Dec. 17, in the Kansas Room (formerly known as the Game Room). Deborah looks forward to building connections through this opportunity and meeting others, so be sure to stop by during her visits!

### **Shopping at Target & Dollar Tree**

*Saturday, Dec. 21, at 10:30 a.m.*

The next scheduled trip is Saturday, Dec. 21, with transportation going to Target and Dollar Tree West. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

Next month's trip will travel to Hobby Lobby and Dollar Tree East on Saturday, Jan. 18. Please sign up in the Blue Book to participate.

### **Beer & Hymns: Christmas Edition**

*Saturday, Dec. 21, at 6 p.m.*

Come enjoy a soda, alcoholic beverage, or water, as we join in fellowship, song, and merriment "Christmas Edition" presented by Pastor Melanie Nord at 6 p.m. Saturday, Dec. 21. Beverages are available for purchase in Prairie Star Restaurant.

# Home for the Holidays

## A SITCOM SPECTACULAR



It's time again for Meadowlark's most-anticipated event of the year — the annual Christmas Carousel.

Independent living residents and Passport members are invited to attend *Home for the Holidays: A Sitcom Spectacular* in the Event Center on Friday, Dec. 13. Event guests will be entertained with musical performances and comedic sketches based on popular American sitcoms originally broadcast in the 1960s, '70s, and '80s.

There are two seating options to attend: 1 p.m. or 5 p.m. The event will last approximately two

hours, and in addition to delightful entertainment, attendees will be treated to delicious food and festive drinks. To attend this exciting holiday evening, registration is required. Residents and Passport members can secure their spot by registering at the Hospitality Desk or calling (785) 323-3847.

As a gesture of gratitude to Meadowlark's independent living residents and Passport members, the event is free of charge. It's a token of appreciation for their valued presence and a testament to the community's commitment to fostering a sense of belonging. Happy holidays!



## OUTDOOR, from page 1

others. We are alive, and we have stories to tell! Yes, MLH would benefit from a storytelling activity.

We might fall into the trap of feeling that we've not done anything that others might find interesting. We might feel that others have led interesting lives but that ours has been lived out in Dullsville, USA. You just might be wrong! You just might be too close to your own life to think outside of the box. Just maybe, many of the situations you've met in life, the reasons why those situations developed, and the ways in which you've responded to them just might make for fascinating tales.

So, before it's too late, get out pad and pen and write down a few notes about some events that have been worthy enough to be remembered by you from decades past. Don't worry about your writing style or the words chosen; your style and vocabulary are part of the real you. Make certain to include any expressions, slang terms or nicknames that were part of the environment in which you grew up or are part of your adult existence. Tell your story.

And you just might consider sending one or two of your stories to Sarah Duggan, Editor of Meadowlark's newsletter, *Meadowlark Messenger*. Based on things Sarah has said in the past, I think she would love to hear from you. I suspect that most of us would love to get to know you better. It

is always a good day when we find that we have something in common with someone else. And learning how someone got through a sticky time in life always increases our respect for and understanding of the teller of the tale.

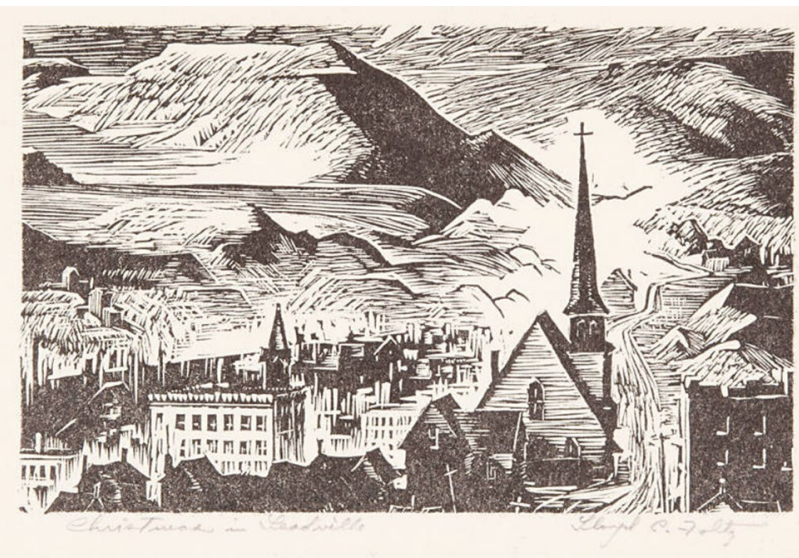
Please don't shy away from tales that involve some animal or plant, wild or domestic. These living creatures have been a valid part of our life experiences. I vividly recall that my now late brother, Earl, during the wake for my dear late wife, Imogene, told the story of how he wondered just how Imogene managed to have such good luck with her African violets. One day Earl heard her singing to her violets; then, in his mind, he knew!

I suspect that most of us have had a pet cat or dog, maybe a goldfish. Maybe some wild animal that grew to trust us enough to come close, maybe to take food from our hand or allow a good cuddle. It is a sad fact that most every wild animal, if given the choice, will run from us. Nevertheless, for many of us, although we may have to scratch our memories to bring them to the surface, there was a time when one critter or another did, in fact, play a role in our lives, did alter the shape of our days for a time.

Studies have shown that quiet time in a woods, along a stream, or out on the prairie — a relationship with some part of the natural world — is good for our vital signs. Perhaps each of us carries a thread of angst that is assuaged only

See OUTDOOR, page 7

## Art Engagement from the Beach Museum of Art



An artist can use repetition in an artwork to create visual interest and move your eye across the print. The art elements of shape, form, line, or texture may be repeated throughout a composition. Once the viewer's eyes attach to an element, they will then begin to move across the artwork to seek out similar elements. As you look at this reproduction of a woodcut, where do you notice repetition? What elements did the artist utilize? Do you notice your eyes looking for these elements as they moves through the composition?

Lloyd Chester Foltz (United States, 1897 - 1990), *Christmas in Leadville*, 1936, Photomechanical reproduction on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Mary Helm Pollack, 2002.446

# RESTAURANT **SPECIALS**

<p><b>Sunday, Dec. 8</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, Dec. 9</b></p>	<p><b>\$9</b> <b>Lunch</b> Ham &amp; Beans Cornbread</p>	<p><b>\$15</b> <b>Dinner</b> Maple-Roasted Pork Tenderloin Sweet Potato Mash Roasted Broccoli</p>
<p><b>Tuesday, Dec. 10</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, Dec. 11</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, Dec. 12</b></p>	<p><b>\$12</b> <b>Lunch</b> Meatball Sub Coleslaw</p>	<p><b>\$14</b> <b>Dinner</b> Taco Bar</p>
<p><b>Friday, Dec. 13</b></p>	<p>Prairie Star Restaurant closed for Christmas Carousel event. <i>Prior registration required.</i></p>	<p>Prairie Star Restaurant closed for Christmas Carousel event. <i>Prior registration required.</i></p>
<p><b>Saturday, Dec. 14</b></p>	<p><b>\$10</b> <b>Lunch</b> Chili Dog Pub Chips Fried Pickle Spear</p>	<p><b>\$24</b> <b>Dinner</b> 4-oz Filet &amp; Garlic Shrimp Baked Potato Fresh Green Beans</p>

# Weekly Opportunities Calendar Dec. 8 to Dec. 14

## Sunday • Dec. 8 *Put your trash at the curb!*

9:30 a.m. ~ Transportation to FUMC, VE  
10:30 a.m. ~ Worship Service, CR

## Monday • Dec. 9 *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**  
11:30 a.m. ~ Meadowlark Valley Luncheon, BR  
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. ~ Change and Loss Support Group, FHR  
4:15 p.m. ~ Hable Espanol, FHR  
7:00 p.m. ~ Community Bingo, CR

## Tuesday • Dec. 10

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. ~ 4th Floor Luncheon, MR  
2:00 p.m. ~ 10-Point Pitch Group, KR  
2:00 p.m. ~ Social Circles, PS  
2:30 p.m. ~ WTC Christmas Party, PS  
3:30 p.m. ~ Ambassador Meeting, MR

## Wednesday • Dec. 11

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. ~ Lutheran Luncheon, MR  
2:00 p.m. ~ Tai Chi Demonstration Class, EC

## OUTDOOR, from page 5

when we rub elbows with a part of our ancestral home. After all, we once did live much of our lives outside or at least we spent a large part of our time outdoors. Being outside is part-and-parcel of our ancestral hunter-gatherer lifestyle. Crop cultivation began only rather recently, somewhere around 10,000 years ago. And only a few early humans had caves for shelter. We must remember that comfort and convenience do not always equal progress or ease of mind.

## Wednesday • Dec. 11 (continued)

3:00 p.m. ~ Rock Steady Boxing, CR  
3:00 p.m. ~ Sing-Along, FHR  
4:30 p.m. ~ Meadowlark Singers Rehearsal, CR

## Thursday • Dec. 12

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**  
11:30 a.m. ~ Caring Conv. For People w/ PD, CR  
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**  
1:00 p.m. ~ PD Care Partners Support Group, FHR  
5:30 p.m. ~ Eastside Supper, MR  
6:00 p.m. ~ Meadowlark Singers Concert, CR  
7:15 p.m. ~ Little Apple Chorus Performance, EC

## Friday • Dec. 13

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**  
1:00 p.m. ~ Christmas Carousel (*first seating*), EC  
2:30 p.m. ~ Fridays with Furby, KR  
5:00 p.m. ~ Christmas Carousel (*second seating*), EC

## Saturday • Dec. 14

9:30 a.m. ~ Band Bust Exercise Class, **1960 only**

## 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

We are blessed that not only Nature but also friends and loved ones, and pets, are great moderating forces in our lives. Together they are one of the best medicines around, and never more so than **when love and a zest for life are shared**. It is said that to know love we must learn to give ours away. I wish you a warm, rich Christmas season and a love-filled new year. Both Nature and people respond to love and care. We are alive, and we have stories to tell!



## 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. 8

***THAT CHRISTMAS*** (2024) PG, 1 hr. 31 min. *Family, Feel-Good*

Cast: Brian Cox, Fiona Shaw, & Jodie Whittaker

It's an unforgettable Christmas for the townsfolk of Wellington-on-Sea when the worst snowstorm in history alters everyone's plans, including Santa's.

### MONDAY: Dec. 9

***FLUBBER*** (1997) PG, 1 hr. 37 min. *Comedy, Science-Fiction*

Cast: Robin Williams, Marcia Gay Harden, & Christopher McDonald

Professor Phillip Brainard hopes his super-bouncy goo will save his college and his wedding.

### TUESDAY: Dec. 10

***MERRY SCOTTISH CHRISTMAS*** (2023) TV-G, 1 hr. 26 min. *Charming, Feel-Good, Heartfelt*

Cast: Lacey Chabert, Scott Wolf, & James Robinson

At their mom's request, two estranged siblings agree to spend the holidays at a famous Scottish castle, where Highland dancing and a family secret await.

### WEDNESDAY: Dec. 11

***THE SANTA CLAUSE*** (1994) PG, 1 hr. 39 min. *Comedy, Fantasy*

Cast: Tim Allen, Judge Reinhold, & Wendy Crewson

A bizarre twist of fate transforms a divorced dad into the new Santa.

### THURSDAY: Dec. 12

***BEHIND ENEMY LINES*** (2001) PG-13, 1 hr. 46 min. *Thriller, Action, Adventure*

Cast: Owen Wilson, Gene Hackman, & Gabriel Macht

A Navy navigator is shot down over enemy territory and is pursued by a secret police enforcer.

### FRIDAY: Dec. 13

***HAUL OUT THE HOLLY*** (2022) TV-PG, 1 hr. 24 min. *Charming, Feel-Good, Romantic*

Cast: Lacey Chabert, Wes Brown, & Melissa Peterman

After a breakup, an editor returns to her Christmas-obsessed town and begrudgingly joins the rigidly planned festivities run by her childhood best friend.

### SATURDAY: Dec. 14

***I'LL BE HOME FOR CHRISTMAS*** (1998) PG, 1 hr. 28 min. *Coming of Age, Comedy, Adventure*

Cast: Liam Neeson, Ralph Fiennes, & Ben Kingsley

A jokester, self-centered college student zooms home for Christmas with a prize in mind — his dad's car!