

Choose *Your* Word of the Year

by Sarah Duggan, Comm. Relations Director

As the year draws to a close, many of us find ourselves reflecting on the past months — our growth, challenges, and triumphs — and setting intentions for the year to come. One meaningful tradition for me is selecting a "Word of the Year." I invite you to join me in this practice as we usher in a new year filled with possibility.

A Word of the Year can serve as a guiding star, a simple yet profound focal point to inspire and ground you. Unlike resolutions, which often come with a rigid checklist, a word offers flexibility. It's a compass for navigating your year, a reminder of what you want to embody or cultivate in your life.

Once you've chosen your word, think about how you'll incorporate it into your daily life. Maybe it becomes a part of your journal practice, a mantra for

meditation, or a reminder on your phone's lock screen. Share it with loved ones to add an element of accountability and mutual inspiration.

If you're looking for ideas, here are a few words that others have chosen in the past:

Growth: For those ready to stretch beyond their comfort zones.

Joy: A reminder to seek and celebrate the good moments.

Focus: Perfect for a year dedicated to intentional living.

Courage: For embracing change and stepping into your power.

Balance: A call to nurture harmony in all aspects of life.

Here's to a year of purpose, intention, and the magic of a single, guiding word.

#1, Reflect. Answer the following questions. Jot down the first thing that comes to mind, no self-editing. Once you review your responses, you will have a better sense of the direction you would like to go, or what you feel may be lacking in your life.

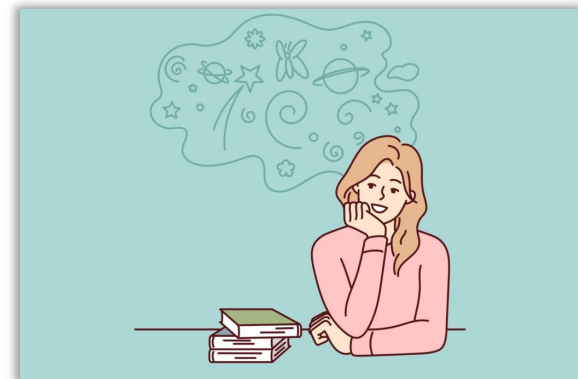
What could I use more of in my life? _____

What could I use less of in my life? _____

What characteristics would I like to have? _____

By the end of the day, I feel _____

How do I want to feel? _____



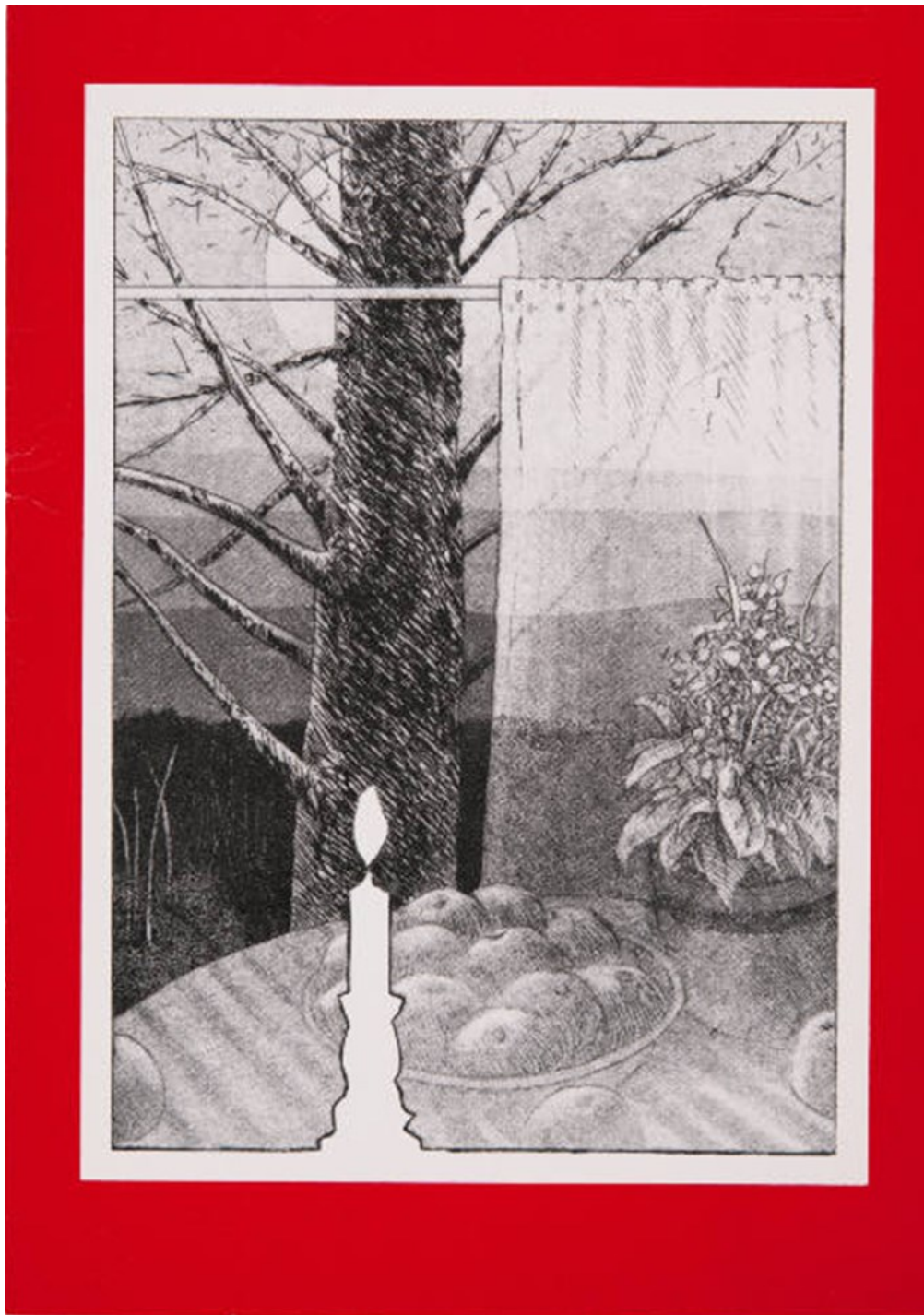
#2, Visualize. The emphasis here is *feel*. What does the perfect day *feel* like? How do you want your morning routine to feel? How do you want to feel throughout the day and right before you go to bed?

You can also meditate or sit in silence for a couple of minutes and ask yourself, "What word do I want to focus on in 2025?"

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Art Engagement *from the Beach Museum of Art*

The art element **value** describes the lightness or darkness of a color. Artists work within a full range of white to black and a scale of values in between. Value is used to create the illusion of three-dimensional forms. It can generate atmosphere and the impression of forms receding into the distance. Artists will place light values next to dark values to create high contrast. This is one way to create a focal point. As you look at this reproduction of a lithograph, how do you notice value being used by the artist? Do you notice the full scale from white to black? Is there a focal point? If yes, how was it created?



James (Jim) Charles Munce (United States, born 1938), *Candle*, 1989, Photomechanical lithograph on paper, KSU, Marianna Kistler Beach Museum of Art, gift of John and Ruth Wefald, CM2.2010

RESTAURANT **SPECIALS**

<p>Sunday, Dec. 29</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>\$14 Dinner Swedish Meatballs <i>served over Egg Noodles</i> Buttered Carrots</p>
<p>Monday, Dec. 30</p>	<p>\$11 Lunch Maple-Bacon Chicken Sandwich <i>on Croissant</i> Watergate Salad</p>	<p>\$14 Dinner Ham Loaf Roasted Red Potatoes Creamed Peas</p>
<p>Tuesday, Dec. 31</p>	<p>\$12 Lunch Steak Gyro Garlic-Parmesan Fries</p>	<p>\$16 Dinner Chicken Alfredo Garlic Bread Side Caesar Salad</p>
<p>Wednesday, Jan. 1</p>	<p>\$10 Lunch Everything Bagel Sandwich <i>(Ham, Turkey, & Swiss Cheese)</i> Potato Salad</p>	<p>\$16 Dinner French-Onion Stuffed Pork Loin Roasted Brussel Sprouts Garlic Red Mashed Potatoes</p>
<p>Thursday, Jan. 2</p>	<p>\$11 Lunch Greek Pizza Side Caesar Salad</p>	<p>\$16 Dinner Pot Roast <i>with Carrots, Onions, & Celery</i> Mashed Potatoes & Gravy Green Beans</p>
<p>Friday, Jan. 3</p>	<p>\$11 Lunch Mac & Cheese Bar</p>	<p>\$16 Dinner Pesto Grilled Shrimp Roasted Garlic Mashed Potatoes Asparagus</p>
<p>Saturday, Jan. 4</p>	<p>\$13 Lunch Clam Chowder <i>in Bread Bowl</i> Caesar Salad</p>	<p>\$18 Dinner Short Ribs Loaded Mashed Potatoes Green Beans</p>

Weekly Opportunities Calendar *Dec. 29 to Jan. 4*

Sunday • Dec. 29

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

Monday • Dec. 30 *Put your trash at the curb!*

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**
2:00 p.m. ~ Change and Loss Support Group, FHR
7:00 p.m. ~ Community Bingo, CR

Tuesday • Dec. 31 *Trash pick-up*

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

Wednesday • Jan. 1 **Happy New Year!**

9:30 a.m. ~ Seated Strength, **1960 only**
10:30 a.m. ~ Weights 101, **1960 only**
11:30 a.m. ~ Sit & Be Fit, **1960 only**
5:30 p.m. ~ Meadowlark Men's Night, MR

Thursday • Jan. 2

9:00 a.m. ~ Messenger Team, KSU CL
10:15 a.m. ~ Mat Yoga, KSU CL
10:30 a.m. ~ Steady Yourself, CR/**1960**

Thursday • Jan. 2

11:15 a.m. ~ Seated Stretch & Stability, CR/**1960**
11:30 a.m. ~ Caring Conv. For People w/ PD, FHR
11:30 a.m. ~ PD Care Partner Lunch, PS
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
1:00 p.m. ~ PD Care Partners Support Grp, FHR
5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Jan. 3

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. ~ Fanny & Furby, KR
3:00 p.m. ~ Catholic Mass, CR
7:00 p.m. ~ Charlie Sargent Quartet, EC

Saturday • Jan. 4

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

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



January Birthdays



Skilled Nursing

1/1 Christine Hansen
1/2 David Mitchell
1/5 Jim Eickman
1/6 Edith Chaput
1/8 Katherine Cook
1/9 **Lois Jensen**
1/10 Lorene Stuteville
1/13 Rae Stamey
1/14 Penny Coyle
1/15 Clifford Williams Jr.
1/20 **Pat Niernberger**
1/20 Linda Warner
1/23 David Deppe

1/25 Lea Orsborn

Assisted Living

1/2 Les Harms
1/7 Lynn Parsons
1/12 Lilly Wyatt

Independent Living

1/1 Marilyn Galle
1/1 Norma Larson
1/1 Young Hoi Willingham
1/2 Leo Toomajian
1/4 Nellie Mowry
1/5 Sandy Kearns
1/7 Patti Straub

1/11 **Jane Parr**

1/12 Charlotte Girard
1/13 Anna Walsh
1/14 Robert Reeves
1/18 Janet Gillmore
1/19 Joan Lloyd
1/21 Edward Skidmore
1/22 Ginny Beck
1/23 Stoner Smith
1/28 Mabel Hinkin
1/29 John Schlender
1/30 Velma Osborn

Bold denotes milestone birthdays of 70, 80, 90, or 100+!



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. 29

THE NOEL DIARY (2022) TV-PG, 1 hr. 40 min. *Charming, Feel-Good, Heartfelt*

Cast: Justin Hartley, Barrett Doss, & Essence Atkins

The story of a man who returns home on Christmas to settle his estranged mother's estate. Once there, he discovers a diary that may hold secrets to his own past and of a beautiful young woman on a mysterious journey of her own.

MONDAY: Dec. 30

MY DOG, THE THIEF (1969) TV-PG, 1 hr. 29 min. *Comedy, Action and Adventure*

Cast: Dwayne Hickman, Mary Ann Mobley, & Elsa Lanchester

A St. Bernard lifts a million-dollar necklace from a team of jewel thieves.

TUESDAY: Dec. 31

MOONSTRUCK (1987) PG, 1 hr. 42 min. *Romantic, Comedy, Drama*

Cast: Cher, Nicolas Cage, & Olympia Dukakis

Loretta Castorini, a bookkeeper, from Brooklyn, New York, finds herself in a difficult situation when she falls for the brother of the man she has agreed to marry.

WEDNESDAY: Jan. 1

WHEN HARRY MET SALLY (1989) R *for sex, nudity, and profanity*, 1 hr. 35 min. *Feel-Good, Romance*

Cast: Billy Crystal, Meg Ryan, & Carrie Fisher

Harry and Sally have known each other for years, and are very good friends, but they fear sex would ruin the friendship.

THURSDAY: Jan. 2

FIDDLER ON THE ROOF (1971) G, 3 hr. 1 min. *Musical, Family*

Cast: Topol, Norma Crane, & Leonard Frey

In pre-revolutionary Russia, a Jewish peasant with traditional values contends with marrying off three of his daughters with modern romantic ideals while growing anti-Semitic sentiment threatens his village.

FRIDAY: Jan. 3

PETE'S DRAGON (1977) G, 2 hr. 9 min. *Action and Adventure, Musical*

Cast: Helen Reddy, Jim Dale, & Mickey Rooney

A young orphan and his invisible pet dragon flee to a small village.

SATURDAY: Jan. 4

WHITE FANG (1991) PG, 1 hr. 50 min. *Drama, Animals and Nature*

Cast: Klaus Maria Brandauer, Ethan Hawke, & Seymour Cassel

A tale of a young man's journey through the treacherous Yukon Valley with the wolf-dog he rescues.