

Dec. 26, 2024 Manhattan, Kansas Messenger Editor: Sarah Duggan

A local not-for-profit focused on supporting people in living their best lives

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

## EVENTS & OPPORTUNITIES

#### **Hospitality Desk Holiday Hours**

The Hospitality Desk will close at 2 p.m. on Saturday, Dec. 28. The desk will be closed all day on New Year's Day, Jan. 1, and will be back to normal hours on Jan. 2.

#### **Group Fitness Holiday Schedule**

All in-person group fitness classes are canceled through Thursday, Dec. 26. Classes are also canceled for Wednesday, Jan. 1. Video versions of most classes are offered on Channel 1960. See page 7 for the schedule.

#### **Worship Service**

Sunday, Dec. 29, at 10:30 a.m.
Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Dec. 29, in the Community
Room/Chapel. This week, Pastor Melanie will explore the book of Nahum.

#### **Charlie Sargent Quartet**

Friday, Jan. 3, at 7 p.m.

Meadowlark is excited to kick off the new year with the Charlie Sargent Quartet at 7 p.m., on Friday, Jan. 3, in the Event Center. The group is as talented as they come, so you don't want to miss this event!

#### **Prairie Star Writing Group**

Tuesday, Jan. 7, 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, Jan. 7, in the Patriot Room.

The Jan. 7 session is titled, "The Best Party EVER! Or the worst..." Over the span of decades, some of our holiday celebrations are so memorable that ever since we measure all parties by that one event. If you had the chance, which party of your entire life would you want to relive? Or avoid?

#### **Blood Pressure Check**

Thursday, Jan. 9, at 1 p.m.

Meadowlark Home Care hosts a monthly Blood Pressure Clinic. The next scheduled clinic is Thursday, Jan. 9, at 1 p.m. in the Kansas Room. No sign-up required.

#### WORD, from page 1

#3, Create a List. Spend 10 minutes creating a list of words that come to mind — no selfediting!			

**#4**, **Review & Refine.** Review your list and narrow it down to your three favorites. Circle or highlight those three words.

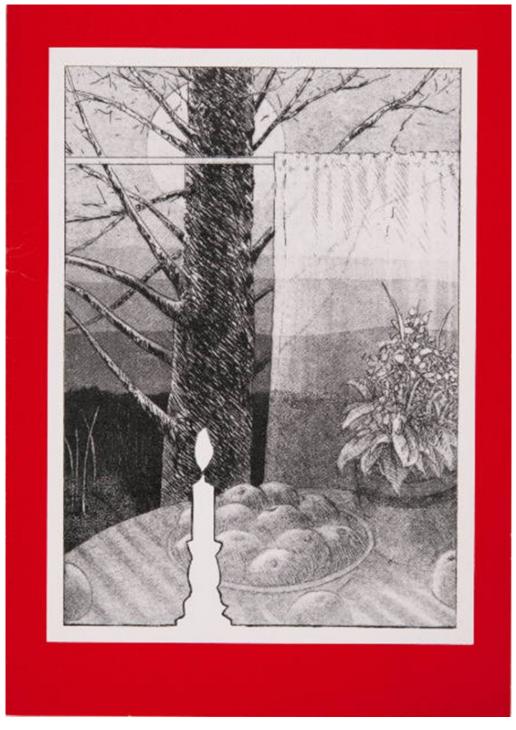
Chances are you'll see a theme going on between the words you wrote down. Do any of the words jump out at you? Make you feel excited, nervous, scared, or uncomfortable? Trust your gut and let the word pick you.

**#5, Ask the Question.** Are you committed to the word you chose, or are you merely interested?

Once you've chosen the word you want to commit to for 2025, jot it down where you will see it regularly. If you'd like to share your Word of the Year, send an e-mail to Sarah Duggan at sguge@meadowlark.org.

# 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**

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

# 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

**BF**, Body First

**BR**, Bison Room

**CR**, Community Room

CY, Courtyard

**EC**, Event Center FHR, Flint Hills Room

GC. Grosh Cinema KR, Kansas Room

KSU CL, KSU Classroom MM. 120 Scenic Drive

MR, Manhattan Room

PR, Patriot Room

**PS**, Prairie Star Restaurant

MSC, Manhattan Sr. Center

VBL, Verna Belle's Lounge

VE, Village Entrance WPL, Wamego Public Library



#### **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

## January Birthdays

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
- Young Hoi Willingham 1/1
- Leo Toomajian 1/2
- 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+!

Page 5



# **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 ani-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.