



by Rebecca Rose

Everyone experiences watching changes in their culture. Most of the time, the changes are subtle and sneak up on us. Only under the telescope of time and the insight acquired by age, can we realize we were participants as well as spectators to the seeds in our generation that would come to fruition in our descendants. Growing up in Middle Tennessee amid a diversified farming culture, we had no inkling that life was going to change radically in the coming years. We did not pay any attention to the introduction of the UNIVAC 1 commercial computer and the first color commercial TV broadcast and had no idea these introductions were destined to impact the future and rearrange life for descendants. The World War was officially over with the signing of the Treaty of San Francisco in 1951, and now it was time to return to the rhythm of daily responsibilities.

The year is 1951 in Middle Tennessee, 30 miles from Nashville in a diversified farming culture. The first chill of November forecast a change of season, as

farmers started their rotation to “kill hogs,” moving from farm to farm to execute the swine slated for execution and the meat locker. I remember this particular year because it was one of my last memories of my father, who died the following January. It did not matter if you had pigs to condemn or how many; you pitched in to work together to be a community member dependent on each other. My family had no bodies to condemn, just one breed sow, which was much more valuable as a mother than sausage. We lived on about three acres, a mile from town, and my father did all his farming on another farm outside town. In fact, the day he died he plowed a field on a tractor for a friend until late at night, came home went to bed late and died. My mother regarded the farm as a curse, and I never remember her going there. Like many of his contemporaries, he had another business (part owner of a gas station) during the day.

Oddly enough, I do not associate the necessary ritual

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“killing hogs” as a gruesome event with blood, shrieks, and death, but as a time of camaraderie. Neighborhoods were considered loosely for about a 5-10 mile range. It was a social time for farmers, albeit unpleasant in some respects. The reality of farm life trumped any contemplation of the time at hand. The term was not swine slaughter or meat harvest as more genteel, uppity, non-participants might prefer. Farming communities cut to the chase with “hog killin’.”

The actual slaughter took place in an area where the innocent eyes of children present would not be exposed to the horror of throat slitting. Another method, I understand, involved a shotgun, but it might result in residue in the pork. The noisy boars entered the makeshift abattoir and emerged on a pole suspended for blood drainage after the unpleasant organs were removed by way of a slit the length of the carcass. A huge iron cauldron (preferred cook ware of witches,) only used for this purpose, was heated by a banked fire. It was for the rendering of fat.

Although there were several potential hazards for children, those were avoided by keeping them away from gruesome details and by respect for parental authority. Most of us knew better than to get in the way of farm equipment but hung around the farmhouse kitchen and the preparation of a huge dinner for the workers, set up outdoors with a long, rectangle, makeshift table. The

abundance of the harvest and the orchards, prepared by farm wives as a feast, made a real impression on us kids. I am sure there must have been fried chicken, a staple for any special Southern dinner event. Although the reason for the get-together was not an altogether pleasant but necessary event to contemplate, the men and women who had shared labor made it a joint celebration with much camaraderie.

It was a wonderful concept that dissolved as the farmers passed on one after another, and the preparation for winter meat fell to “professionals” and farm acreage to residential developments. Hog Killin’ was soon to be replaced by processing of neatly electrocuted victims in bloodless and more hygienic surroundings. All the familiar farming families who had cultivated tobacco (allotted by the government), corn, sorghum, alfalfa, and hay as well as raised cattle and sheep and milked cows’ morning and evening by hand, became names in a cemetery.

Spreads were small in comparison to the Midwest farms/ ranches and likely limited in manpower. Mules, a rarity today, were on every farm and they powered the hand plow. A farmer with a tractor had to be prosperous or heavily in debt. “Sweat like a mule” was a colloquial phrase rooted in observation.

What changes will our children and grandchildren see? Changes and customs that slip away below our radar, disappearing or increasing, have an impact on their generations.

Miss Cat

by John Walters

Miss Cat came into our lives in the spring of 1976 when our 10-year-old son, Matthew, rescued her from the streets of Greenville County, S.C. She was only half the size of my fist and covered with fleas. We did not expect her to live, but we took her to the vet. She lived in a shoe box for a while, and we tended to her. She grew and thrived! She became an active part of our family with our four children, aged 6 to 12.

She was 9 months old when I was transferred back to Bartlesville, Okla. Somehow, she broke her left femur, ¼ inch from the hip joint. So, back to the vet, this time at K-State in Manhattan (our parents lived here). The break did not quite heal correctly, so when she sat down after that, her left leg was always extended across the floor.

We did not know her parentage, but she had all the characteristics of a Persian: soft medium long fur, (which never matted!), and she had tufts of fur under her feet. Because of her early maltreatment, she grew to only 9 pounds. She was the cat who had previously reported interactions with wildlife in the last essay.

Soon after our arrival, we had 8-inches of snow in Bartlesville. She wanted to go out, but when she saw the snow, she ran right back into the house! She soon discovered that her feet had fur insulation on the soles. She ventured out into the snow with her built-in boots and good winter coat. I soon saw her out in the street in the car tracks in the snow. The official snow policy of



Oklahoma at that time was “God put it there, and God will remove it.” She would come running down the track, lock her feet, spin around, and do “donuts.” Then she would go back up the hill and do it again!

In the hot Oklahoma summertime, she would show up after her neighborhood wanderings with semi-wet fur after walking through the neighbor’s lawn sprinklers to cool off. One time, she came into the house with muddy paws and upset! She wanted me to fix that, so I ran ¼-inch water in the bathroom tub. I picked her up and started to put her in, and she stiffened up and resisted! I succeeded in getting her in, and she calmed down and walked around a little and the mud came off. I set her out on the bathmat to dry her little feet. After that, when she had mud on her paws, she would ask me to run water in the tub, and she would jump in.

She would torment the dog next door. She would jump up on the enclosing back yard fence, where the dog was. If the dog did not see her, she would meow so the dog would look at her and bark. She would just sit there and watch the barking dog.

Matthew found and brought home two more little lost kittens, a small yellow tabby male, GT (for Graham Tiger), and a small white female, Rosita (pink nose and ears). Miss Cat took it upon herself

to teach them proper cat etiquette. When they did not obey, she would stomp her little front paws, and they would snap to attention! They also learned how to sit properly. She sat with her left leg sticking out, so they copied that!

When we were all sitting at the breakfast nook table one morning, she jumped up on the outside windowsill above the back deck. She wanted to come in and looked at our son Joshua. I went over to let her in, but she would not come in until Joshua let her in!

In the summer of 1986, I was transferred back to Greenville, S.C. We had a nice house on a cul-de-sac that backed up on a large, wooded area which was her new wonderful wandering area. We would leave the back door open for the cats to go in and out when we were at home. There were leopard frogs (*Lithobates pipiens*) in the small creek 100 yards behind our house. She would catch them and bring them back into the house and then lose interest in them. Later, in a shadowy corner of the house, I would see a small shape in a dark corner, I would turn a light on and see a frog! I would catch it and take it outside and turn it loose.

Eventually she became old and could not move around easily. One day she asked me to help her up into my lap as she could no longer jump up. I did so and she purred and purred ... and died, happy!

“Big Why” Fall Lecture Series

Session One: Why Is Grief So Complicated?



Spiritual Life Leader Melanie Nord announces a fall lecture series. Four “Big Why” Lectures are planned for 1 to 2 p.m. on Wednesdays, Oct. 29 through Nov. 19, in the Event Center. Enriching our lives by facing some of life’s and our community’s big questions head on, we’ll host local

leaders who will help us think deeply about topics that affect our personal lives and our Manhattan community.

The first session, “Why Is Grief So Complicated?” is Wednesday, Oct. 29, at 1 p.m. and the featured speaker will be Nate McClendon, Museum Specialist at the Beach Museum of Art *[pictured above]*.

At the museum, Nate creates programs and events to enhance the experience of various artwork, exhibits, and the museum in general. Providing these programs for the KSU community, he has a specific focus on engaging the local and regional community. Nate has served 20 years in public education as a music teacher in both Las Vegas, Nevada, and Manhattan, Kansas. He has collaborated with Jazz at Lincoln Center, National Foundation for the Advancement of the Arts, and the Grammy Foundation to promote various student-centered educational experiences and award programs. He keeps an active schedule as a musician performing in the Kansas City-based band 2Proud2Beg and the Thundering Cats Big Band. Nate recently published his first book, *The Emerging You*, which examines the mental and emotional experience of grief and child loss revealing a pattern for building a new self.

No registration required to attend. Future lecture dates, topics, and presenters are listed below.

- ~ **Nov. 5** - Scott Voos and Stephanie Gryniewicz
– Why Can’t People Just Get a Job?
- ~ **Nov. 12** - Rev. Melanie Nord – Why Aren’t People Going to Church?
- ~ **Nov. 19** - Healthcare Panel: Jennifer Schoenhofer, Kashaya Zukowske, Jericho Taylor
– Why Aren’t More People Getting into Geriatric Nursing?



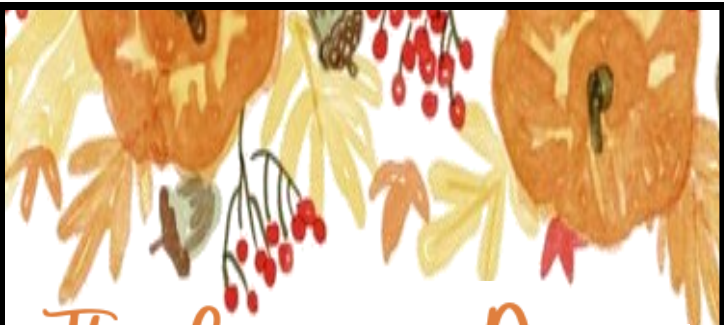
[above] Barbara Valent and Forrest Chumley.

Let’s Celebrate!

On Oct. 4, a Retirement Symposium for Barbara Valent, Ph.D, was held at the KSU Alumni Center and sponsored by the KSU Department of Pathology (College of Agriculture) and the KSU Biosecurity Research Institute. There were more than 90 attendees both national and international, as well as participants on Zoom.

Barbara, an internationally recognized plant pathology researcher, was the first K-State faculty member to be inducted into the National Academy of Sciences, which is equivalent of winning an Oscar! Her research has helped ensure global food security by focusing on finding ways to improve rice and wheat resistance to an important disease-causing fungus. In addition to the honors bestowed on Barbara, Forrest Chumley, Ph.D., (Barbara’s husband) also was recognized and honored for his contributions to the field of plant pathology.

Recognizing the challenges faculty face, Meadowlark residents Barbara and Forrest announced the establishment of a research professorship fund: the “Barbara Valent and Forrest Chumley Chair in Plant Pathology.” Not only have Barbara and Forrest had impactful careers, but they also are now leaving a lasting legacy at K-State!



Thanksgiving Dinner

Thursday, November 27
Reserve your spot at Prairie Star Restaurant for Thanksgiving Dinner!
Visit the host stand or call (785) 323-3820 to make your reservation. Seatings available between 11 a.m. and 1:30 p.m.

\$25/person

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
ROLLS WITH BUTTER

Choice of Dessert

PUMPKIN PIE
PECAN PIE




FALL COFFEE MENU

WHITE PUMPKIN LATTE
ESPRESSO IN YOUR CHOICE OF STEAMED MILK WITH WHITE CHOCOLATE SAUCE AND PUMPKIN PIE SYRUP \$4.50/\$5.00

ICED PUMPKIN CHAI
OREGON CHAI LATTE MIXED WITH YOUR CHOICE OF MILK, PUMPKIN PIE SYRUP AND TOPPED WITH WHIPPED CREAM AND PUMPKIN PIE SPICE \$5.00/\$5.50

CARAMEL APPLE CIDER
MUSSELMAN'S FAMOUS APPLE CIDER STEAMED TO PERFECTION WITH A DRIZZLE OF CARAMEL \$3.00/\$3.50

CINNAMON MAPLE LATTE
ESPRESSO IN YOUR CHOICE OF STEAMED MILK, MAPLE SYRUP, AND CINNAMON \$4.50/\$5.00

S'MORES LATTE
ESPRESSO IN YOUR CHOICE OF STEAMED MILK, TOASTED MARSHMALLOW SYRUP AND MILK CHOCOLATE TOPPED WITH WHIPPED CREAM AND GRAHAM CRACKER CRUMBS \$4.50/\$5.00



EVENTS & OPPORTUNITIES

Check the Date on Your ID Card!

When was the last time you looked at the expiration date on your driver's license, ID card, or passport? If it's been a while, now's the time to check!

New rules and regulations are going into effect across the United States, and a **valid, unexpired photo ID** will soon be required for many everyday activities. You'll need it when working with Social Security offices, getting Medicare information, handling bank or financial transactions, and even when it's time to vote.

The good news? You don't need a REAL ID for these purposes. A **standard photo identification card** is just fine as long as it's current.

If your ID has expired, or you don't have one, you can easily get a **Kansas Personal Identification Card** from the DMV. To do that, you'll need a few documents: proof of identity (such as a U.S. passport, birth certificate, or Permanent Resident Card), proof of your Social Security number, and two documents showing your Kansas address. These could include a bank statement, rent or lease agreement, or your voter registration card. If your current name doesn't match your birth certificate or other ID, bring a certified marriage certificate or court order to show your legal name change.

Your ID must also have your **current address**. Even if you have moved within Meadowlark, your address must be updated on your ID.

Once you have your paperwork ready, call the **Riley County Driver's License Office** at (785) 537-2140 to set up an appointment. When you go in, they'll take your photo, collect the \$12 fee, and give you a temporary ID to use until your permanent one arrives in the mail.

It's quick and simple, but it's also something that's easy to forget. Take a moment today to pull out your wallet and make sure your identification is up to date. A few minutes now could save you a lot of time and trouble later!

IL signage replacement continues

Current third floor wayfinding, room, and apartment number signs have been removed. New signs will be installed the week of Oct. 27. In the meantime, please do not remove the temporary

paper signs. **Apartment signage will still feature resident names.** Please contact Sarah at (785) 323-3878 with questions.

From Our Hearts to Theirs

submitted by the Employee Appreciation Fund Committee

Meadowlark is a successful, welcoming community. Staff members play a key role in achieving and maintaining that success. Residents, Passport members, and friends are given the opportunity to thank employees by giving to the Employee Appreciation Fund.

The value of the help is a determination each person must make individually. The committee is continually asking everyone connected to Meadowlark to help build the fund, which will be divided among staff based on the hours they have worked in the past year. Examine your ability to give and send your check to show your appreciation.

You may use the Hospitality Desk lockbox or mail your gift to the Employee Appreciation Fund, 2121 Meadowlark Rd., Manhattan, KS, 66502.

Note: The Employee Appreciation Fund gifts are not processed by Meadowlark Foundation.

Medicare Open Enrollment

Now to Dec. 7, 2025

It's time to review your Medicare coverage! Some insurance companies are dropping Medicare Advantage plans this year, so be sure to read any mail from your provider carefully. Dropped plans will roll into Original Medicare, but you may need to add Part D or a supplemental plan.

Meadowlark's Finance Team and resident SHICK volunteer, **James Beck**, are available to help you navigate changes. Check Beck's availability in the Blue Book at the Hospitality Desk to schedule a time.

Celebration of Life: Mary Lou Basham

Friday, Oct. 17, 3 to 5 p.m.

A celebration of Mary Lou Basham's life will be held on Friday, Oct. 17, from 3 to 5 p.m. at Prairie Star Restaurant at Meadowlark. All who knew Mary Lou, a longtime Meadowlark resident, are warmly welcome.

A service will be held at 10 a.m. Saturday Oct. 18,

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at Yorgensen-Meloan-Londeen Funeral Home in Manhattan. Interment will follow in the Sunrise Cemetery in Manhattan.

In lieu of flowers, the family suggests donations to Meadowlark Foundation to benefit the Good Samaritan Fund.

Heart Strings Band

Friday, Oct. 17, 7 p.m.

Meadowlark welcomes back the Heartstrings Band on Friday, Oct. 17, at 7 p.m., in the Event Center! Joe and Kathy Hopeck are a husband-wife duo who have been performing in Topeka, KC, Manhattan, and Wichita areas for the last 10+ years. They play a variety of songs from the 1950s, '60s, and '70s, including favorites from the Beatles, Elvis, Eagles, Jimmy Buffet, and many other artists.

Shopping at Target & Dollar Tree

Saturday, Oct. 18, at 10:30 a.m.

The next scheduled trip is Saturday, Oct. 18, 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, Nov. 15. Please sign up in the Blue Book to participate.

Meadowlark Art Festival

Saturday, Oct. 18, at 12 p.m.

Curious about what happens in the wood shop, the watercolor group, or in many residents' homes? Plan to come to the Meadowlark Art Festival on Saturday, Oct. 18, in the Event Center. You can talk to artists and view their work from 12 p.m. to 5 p.m. Some items will be for sale!

Artworks vary from photos and watercolor paintings to faceted gemstones, fiber art, jewelry, and, of course, creations in wood.

Questions can be addressed to the Hospitality Desk or the following Meadowlark residents: Steve Hall, Doug Tippin, or Judy Willingham. All are invited!

Worship Services

Sunday, Oct. 19, at 10 & 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, for

worship at 10 a.m. or 11 a.m. on Sunday, Oct. 19, in the Community Room/Chapel. This week, Melanie will explore the lessons of faith from Walgreen's company culture.

All are welcome to enjoy coffee and fellowship before or after worship in the lobby between 9:30 a.m. and 12 p.m.

Prairie Star Writing Group

Tuesday, Oct. 21, at 1 p.m.

Love to write or share stories? Prairie Star Writers, led by Cathy Hedge, meets the first and third Tuesdays of each month. The next session, "If I Had a Magic Portal," is at 1 p.m. Tuesday, Oct. 21, in the Patriot Room. Imagine where your own portal might take you, and come ready to explore new worlds through words!

Creative Arts Therapy Group

Tuesday, Oct. 21, at 2 p.m.

Meadowlark Community Programs and KSU Drama Therapy Graduate Program are offering a fall drama therapy group every Tuesday now through Dec. 2. Drama games, music, and art activities are all great ways to exercise your brain, learn new art forms, and connect with others. The group will meet in the Community Room every Tuesday afternoon from 2 to 3:15 p.m.

Registration is not required. If you have questions, please contact drama therapy graduate student Alex at agmcdonald@ksu.edu or Katie and Michelle at (785) 323-3899.

Volunteer & Tech Helper

Tuesday, Oct. 21, at 4 p.m.

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, Oct. 21, in the Kansas Room. Deborah looks forward to building connections through this opportunity and meeting others, so be sure to stop by during her visits on the first and third Tuesday of every month!

Page Turners Book Club

Wednesday, Oct. 22, at 11:45 a.m.

Join the Page Turners for high tea and our final discussion of *Rebecca* by Daphne Du Maurier. The discussion will take place on Wednesday, Oct. 22,

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at 11:45 a.m., in the Flint Hills Room. Please note the new time and location. At this discussion, we will be comparing the book to the 1940 Alfred Hitchcock film based on the novel. The film will show at Grosh Cinema at 1, 4, and 7 p.m. on Tuesday, Oct. 21. You do not need to attend every session to participate. Join us whether you read the book or saw the movie! Contact Katie Sigman with questions at ksigman@meadowlark.org or (785) 323-3899

College Avenue UMC Luncheon

Thursday, Oct. 23, at 12 p.m.

College Avenue United Methodist Church friends are invited to join in fellowship and lunch with Rev. John Collins at 12 p.m. Thursday, Oct. 23, in the Bison Room. **Please sign up by Tuesday, Oct. 21, in the Green Book at the Hospitality Desk.**

Knitting & Crocheting Group

Thursday, Oct. 23, at 2:30 p.m.

Are you interested in learning how to knit or crochet? Or maybe you have ongoing projects you'd like to work on? Whether you are just beginning or have years of experience, join other yarn creatives in the Bison Room at 2:30 p.m. Thursday, Oct. 23, for a fun, social, creative opportunity. All skill levels are welcome!

Bunco Time!

Friday, Oct. 24, at 1 p.m.

Friday, Oct. 24, at 1 p.m., in the Manhattan Room in Prairie Star Restaurant, all are invited for Bunco! The Kansas State University Gerontology and Pre-Nursing Programs are excited to play a few rounds of Bunco with Meadowlark residents. If you would like to participate, contact Monte Spiller, or RSVP to KMK3939@ksu.edu.

KSU Football Watch Party!

Saturday, Oct. 25, at 11 a.m.

Join us on Saturday, Oct. 25, at 11 a.m. in the Kansas Room and Event Center to watch our K-State Wildcats take on in-state rival the Kansas Jayhawks in the Sunflower Showdown. Light refreshments will be served during the game.

HOGtoberfest

Thursday, Oct. 30, all day

For the past two years and again in 2025, event planners opted for a HOG-size celebration at Prairie Star, featuring food and beer specials prior to the event as well as a day-long party. All are welcome to enjoy this FOOD, FRIENDS, and FUNdraising event on Oct. 30. A special HOGtoberfest menu, featuring pork as well as German-inspired fare, will be available beginning Oct. 24. The Prairie Star team will tempt us with schnitzel and gravy, bratwurst and sauerkraut, or a sausage trio platter, for example. A Bavarian-style pretzel with a German beer cheese dip will be added to the appetizer list, and for dessert, select apple strudel or Black Forest cake.

On Thursday, Oct. 30, stop by Prairie Star between the hours of 11 a.m. to 8 p.m. for lunch, dinner, or both. In addition to the special HOGtoberfest menu, a buffet is planned for lunch and dinner at a cost of \$16 for either buffet. Prairie Star has pledged 10 percent of the proceeds generated from the special event menu as well as the buffets on the 30th to the Good Samaritan Fund.

HOGtoberfest buffet menu will include German meatballs with spaetzle, red cabbage stuffed pork loin, schweinebraten with roasted vegetables, mashed potatoes and gravy, braised cabbage, German potato salad, pretzels with beer cheese, pumpernickel rolls, Black Forest cake, and apple strudel.

There's a way to join the HOGtoberfest fun prior to the big day: purchase **Cash & More Raffle** tickets. For \$5 a ticket, buyers will have the opportunity to win the following prizes:

1st prize: \$2000 cash

2nd prize: \$500 Meadowlark Market shopping spree

3rd prize: \$350 cash

4th prize: \$50 gift cards for Kite's Bar & Grill, Mr. K's, and Rockin K's. Value: \$150

Purchase a winning ticket TODAY at the Hospitality Desk, online at meadowlark.org, or by contacting a Meadowlark board member. Resident board members are Nelson Galle, Nyle Larson, Jo Lyle, and Karen Matthews. Help us reach our goal

Art Engagement *from the* Beach Museum of Art

Art can evoke emotions in a viewer. One of the techniques used by artists to convey mood is color. The warm glow of a sunset may feel tranquil. A dark, brooding sky may cause tension. As you look at this photomechanical reproduction of an oil painting what emotions are you experiencing? How would it be different if the color of the pavement was a light matte gray? How would it be different if the sky was a vivid pink? How would it be different if the trees were _____ ? (you fill in the blank)



Jane Pronko, United States, born 1935), *Near Night*, 1993, Kansas Artists' Postcard Series XVI, Photomechanical reproduction on paper, KSU, Marianna Kistler Beach Museum of Art, CM14d.2022

of selling 1400 tickets!

All proceeds support the Good Samaritan Fund, which assists residents in a Meadowlark healthcare household who have outlived their financial resources. The Fund bridges the gap between reimbursement from the state of Kansas and the cost of quality care and life enhancement. In addition to Prairie Star and the Alan and Karen Bell Foundation, Meadowlark Foundation appreciates the continued generous support of Steel & Pipe Supply, McCullough Development, BHS Construction, Burnett Automotive, and Flint Hills Beverage. Sir Speedy-Manhattan provides support for the first time.

Please watch future Messengers for more details. Questions? Contact Becky Fitzgerald at (785) 323-3843.

Trick or Treat on the Trail

Friday, Oct. 31, at 5:30 p.m.

Meadowlark will host *Trick or Treat on the Trail!* from 5:30 to 7 p.m. Friday, Oct. 31. 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 with helping with this event, contact Jayme Minton. Candy and treats will be provided by Meadowlark.

RESTAURANT **SPECIALS**

Sunday, Oct. 19	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$14 Dinner Swedish Meatballs <i>served over Egg Noodles</i> Buttered Carrots
Monday, Oct. 20	\$11 Lunch Maple-Bacon-Chicken Sandwich <i>served on a Croissant</i> Watergate Salad	\$14 Dinner Ham Loaf Roasted Red Potatoes Creamed Peas
Tuesday, Oct. 21	\$12 Lunch Steak Gyro Garlic Parmesan Fries	\$16 Dinner Chicken Alfredo Garlic Bread Side Caesar Salad
Wednesday, Oct. 22	\$10 Lunch Everything Bagel Sandwich <i>(Ham, Turkey & Swiss Cheese)</i> Macaroni Salad	\$16 Dinner French-Onion-Stuffed Pork Loin Roasted Brussel Sprouts Garlic Red Mashed Potatoes
Thursday, Oct. 23	\$9 Lunch Ham & Beans Cornbread	\$16 Dinner Pot Roast <i>with Carrots, Onions and Celery</i> Mashed Potatoes & Gravy Green Beans
Friday, Oct. 24	\$11 Lunch Mac & Cheese Bar	\$16 Dinner Pesto Grilled Shrimp Risotto Asparagus
Saturday, Oct. 25	\$12 Lunch Lobster Hoagie Cucumber Salad	\$18 Dinner Short Ribs Loaded Mashed Potatoes Green Beans

Weekly Opportunities Calendar Oct. 19 to Oct. 25

Sunday • Oct. 19 *Put your trash at the curb!*
8:45 a.m. ~ Transport to College Ave UMC, VE
9:30 a.m. ~ Sunday Morning Fellowship, VE
10:00 a.m. ~ Transport to College Ave UMC, VE
10:00 a.m. ~ Worship Service, CR
10:30 a.m. ~ Transportation to FUMC, VE
11:00 a.m. ~ Worship Service, CR

Monday • Oct. 20 *Trash & Recycle pick-up*
9:30 a.m. ~ Seated Strength, CR/**1960**
9:30 a.m. ~ Memory Care Partners Group, PR
10:00 a.m. ~ Tuttle Creek Women's Group, BR
10:00 a.m. ~ Tuttle Creek Men's Group, MR
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. ~ Tai Chi, **1960 only**
5:30 p.m. ~ 5th Floor Supper, MR
7:00 p.m. ~ Community Bingo, CR

Tuesday • Oct. 21
10:00 a.m. ~ Memory Activities, EC
10:15 a.m. ~ Mat Yoga, KSU CL
10:30 a.m. ~ Steady Yourself, CR/**1960**
11:15 a.m. ~ Chair Yoga, CR/**1960**
1:00 p.m. ~ Prairie Star Writers Group, PR
2:00 p.m. ~ Creative Arts Therapy, CR
2:00 p.m. ~ 10-Point Pitch Group, GR
2:00 p.m. ~ Social Circles, PS
2:00 p.m. ~ Water Media Painting, KSU CL
3:00 p.m. ~ Coffee Corner, EC
4:00 p.m. ~ Tech Help, FHR
5:30 p.m. ~ 2nd Floor Supper, BR

Wednesday • Oct. 22
9:30 a.m. ~ Seated Strength, CR/**1960**
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
10:00 a.m. ~ Memory Care Partners Group, 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**
11:45 a.m. ~ Page Turners Book Club, FHR
1:30 p.m. ~ ARTful Making, KSU CL
2:00 p.m. ~ Tai Chi, **1960 only**

Wednesday • Oct. 22, continued
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-a-long, FHR
4:00 p.m. ~ 4th Floor Social, FHR
5:30 p.m. ~ 1st Floor Supper, MR

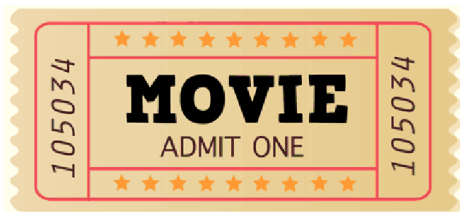
Thursday • Oct. 23
9:00 a.m. ~ Messenger Team, KSU CL
10:00 a.m. ~ Mat Yoga, KSU CL
10:30 a.m. ~ Steady Yourself, CR/**1960**
11:15 a.m. ~ Chair Yoga, CR/**1960**
11:30 a.m. ~ Caring Conv. For People w/ PD, FHR
11:30 a.m. ~ PD Care Partner Social, PS
12:00 p.m. ~ College Avenue UMC Luncheon, BR
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
1:00 p.m. ~ PD Care Partners Group, FHR
2:00 p.m. ~ Water Media Painting, KSU CL
2:30 p.m. ~ Knitting & Crocheting, KR
4:15 p.m. ~ Meadowlark Singers Practice, CR

Friday • Oct. 24
7:30 a.m. ~ Rock Steady Boxing, **BF**
9:30 a.m. ~ Seated Strength, CR/**1960**
10 a.m. to 3 p.m. ~ Meadowlark Market, **MM**
10:30 a.m. ~ Weights 101, CR/**1960**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
1:00 p.m. ~ KSU Gerontology Bunco, MR
2:30 p.m. ~ Fanny & Furby, KR

Saturday • Oct. 25
9:00 a.m. ~ Tai Chi, **1960 only**
9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
10 a.m. to 3 p.m. ~ Meadowlark Market, **MM**
11:00 a.m. ~ KSU 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	STM , St. Thomas More Church
FHR, Flint Hills Room	VBL, Verna Belle's Lounge
GC, Grosh Cinema	VE, Village Entrance
KR, Kansas Room	WPL , Wamego Public Library



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: Oct. 19

DAVE (1993) PG-13, 1 hr. 50 min. *Romance, Comedy*

Cast: Kevin Kline, Sigourney Weaver, & Frank Langella

An uncanny presidential lookalike named Dave is recruited by the Secret Service to become a momentary stand-in for the president of the United States.

MONDAY: Oct. 20

MARRY ME (2022) PG-13, 1 hr. 52 min. *Romantic Comedy, Music*

Cast: Jennifer Lopez, Owen Wilson, & Maluma

Music superstars Kat Valdez and Bastian are getting married before a global audience of fans. When Kat learns, seconds before her vows, that Bastian has been unfaithful, she instead decides to marry Charlie, a stranger in the crowd.

TUESDAY: Oct. 21

PAGE TURNER REQUEST

REBECCA (1940) Approved, 2 hr. 10 min. *Dark Romance, Psychological Thriller*

Cast: Lily James, Armie Hammer, & Kristen Scott Thomas

A self-conscious woman juggles adjusting to her new role as an aristocrat's wife and avoiding being intimidated by his first wife's spectral presence.

WEDNESDAY: Oct. 22

MURDER ON THE ORIENT EXPRESS (1974) PG, 2 hr. 8 min. *Suspense, Mystery*

Cast: Albert Finney, Lauren Bacall, & Martin Balsam

Returning home from Istanbul on the Orient Express, renowned Belgian detective Hercule Poirot is called upon to solve the murder of an American businessman aboard the train. The suspects are numerous, and the clues are confusing.

THURSDAY: Oct. 23

DARK WATER (2005) PG-13, 1 hr. 45 min. *Supernatural Horror, Drama*

Cast: Jennifer Connelly, Ariel Gade, & John C. Reilly

A mother and daughter, still wounded from a bitter custody dispute, hole up in a run-down apartment building, where they are targeted by the ghost of a former resident.

FRIDAY: Oct. 24

YOUNG FRANKENSTEIN (1974) PG, 1 hr. 46 min. *Farce, Comedy*

Cast: Gene Wilder, Peter Boyle, & Marty Feldman

An American grandson of the infamous scientist, struggling to prove that his grandfather was not as insane as people believe, is invited to Transylvania, where he discovers the process that reanimates a dead body.

SATURDAY: Oct. 25

STEEL MAGNOLIAS (1989) PG, 1 hr. 57 min. *Feel-Good Romance, Comedy*

Cast: Sally Field, Dolly Parton, & Shirley MacLaine

A young beautician, newly arrived in a small Louisiana town, finds work at the local salon, where a small group of women share a close bond of friendship and welcome her into the fold.