



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



Everyone's future is unknown; take care of your health and well-being and do the things that make life meaningful. For some, this means scheduling their

As a caregiver, it can be really hard to ask for help. This is normal. We encourage you to practice asking for, and accepting, help. Research has proven that care partners who take breaks provide better care. It helps you be a better care partner and improves outcomes for the care recipient as well. Care

See CARING, page 2

If you are not the primary caregiver, but are a friend or family member who wants to help, here are some tips for reaching out to provide support.

- ☐ Ask the caregiver to share their list of help needed with you.
- ☐ Don't hesitate to offer help. If you have heard about the situation, then it is no secret and your friend or loved one most likely needs your encouragement.
- ☐ Avoid generic gestures like, "Let me know if I can do anything."
- ☐ Be specific in your offer to help, like: "I'm headed to the grocery store today, can I pick anything up for you?" or "I am free from 2 to 4 on Sunday, I'd love to come be with your loved one and you can do whatever you want."
- ☐ Offer to do typical things with the person with a diagnosis—like going to for a walk or grabbing a cup of coffee. Think beyond medical appointments.
- ☐ Listen and validate. You don't need to offer solutions. Avoid adding additional "shoulds" to the caregiver's list.
- ☐ Don't be afraid to make mistakes. Showing up is appreciated.
- ☐ End your time with your caregiving friend or family member by reinforcing that you are glad they are taking care of themselves and you are happy they are allowing you to help and be part of their journey.

recipients have improved health outcomes, fewer hospital visits, and remain living in their homes longer when their caregivers take regular breaks. We encourage friends and family to offer specific types of help, and we encourage you, the caregivers, to ask for specific help. Make a list of things you would like others to do for you and update it regularly. Then, when someone offers help, you can suggest two to three options.

Something caregivers often struggle with is motivating and holding their care partners accountable. Too often the caregiver falls into a "nagging" role that deteriorates the relationship. If possible, outsource the reminding and accountability roles. Is there a grown child who can call each day with a medication reminder? Is there a friend who would exercise each week with your loved one? We have heard often from caregivers that their care partner will do what others say more readily than if the caregiver instructs them. Outsourcing these motivators and reminders may alleviate your own stress and increase accountability with your loved one.

Here is a list of ways friends and family can help. We encourage you to personalize this list for you and your needs and to have it ready when someone offers help.

- ~ Bring kindness and continue to treat me and my loved one as you would have before the disease or handicap.
- ~ Play cards with my loved one for an hour. Start slow and build up the length of time.
- ~ Check the air in my vehicle's tires and load a winter travel kit in the car.
- ~ Help put clean sheets on the bed.
- ~ Pick up groceries and put away.
- ~ Buy a box of Christmas cards and book of stamps. Address the envelopes.
- ~ Bring over some food (we all love snacks!) or drinks and watch TV with my loved one.

Society often depicts self-care as a bubble bath and a glass of wine, but it is multi-faceted. Areas of self-care include physical, spiritual, social, relationships, mental, and emotional. Try to diversify your self-care and do activities from time to time in each of these areas. Examples of *physical self-care* are going to your own medical appointments and making time for rest. *Spiritual self-care* can include prayer or spending time in nature. *Social self-care* is connecting with family and friends or having meaningful conversations.

Relationships can be particularly hard to care for, as they change through the caregiving journey. Sharing something with someone you trust can nurture your relationship. It is also important to continue to spend time with your partner, as a partner, not just as a caregiver. By asking for help and outsourcing some of the caregiving tasks, you can have more

time to spend with your partner in a social or romantic way.

Mental and emotional self-care can come in many forms. It might be learning something new or participating in comforting activities, like re-watching your favorite movie or TV show. Journaling can be extremely beneficial as a safe emotional outlet. Allow yourself the time and space to process and grieve how your life has changed.

Only you can know what type of self-care is most important to you and how often you need each different form. This list and the few examples

provided are there to give you a variety of self-care options and to encourage balance. Find more ideas for a variety of self-care activities by visiting the Hospitality Desk at Meadowlark or reach out to us via email at info@meadowlark.org.

Finally, try reframing your “shoulds” as “coulds.” There’s no one right way to practice self-care, only what feels right for you in your unique caregiving situation. Each person and family is different. Give yourself grace as you learn, grow, and discover what truly helps you recharge.



Healthy Aging: Basmati Rice

by John Walters

I decided 30 years ago that I had better do what I could to stay healthy, or I could be an invalid for a decade or more at the end of my life. My parents lived to be more than 90 years of age, so I may also live that long. I decided to do what I could to stay out of a wheelchair. I cannot guarantee success, but I can do my best to extend my active years.

I recognize that we as human beings come with a wide variety of genetics, body shapes, and sizes. My health history and activities are not the same as others. I am hoping that my experiences in this life may give you some insight into yours. My personal plan involves four areas of effort: physical, mental, diet, and spiritual.

Physical: Find a suitable exercise program that pushes you, but does not injure you. Make it a regular program and stick to it!

It has always been true that “if you rest you rust” (I read that somewhere). When I was young, physical activity was a large part of my life. Until I was 35, I had good muscle tone without effort. After that I tried jogging 4 ½ miles three times a week. Also, there was all that hiking. The four children grew up, and we needed all my vacation time to visit them. My hiking came to an end, but I always had a large garden and large yard which required a lot of physical effort (at one time shoveling 10 tons of topsoil in 4 hours!).

After retirement, I became a potter, which is very physical! When Karen died and I moved to California, the yards were small, and the garden was only 10x10 ft and my pottery came to an end. Janet insisted on me keeping fit, so I started going to the gym. My trainer was a rigorous taskmaster

See HEALTHY, page 4



HEALTHY, from page 3

who kept me healthy without injuring me.

At Meadowlark I do Weights 101, which I estimate is good enough to keep me basically physically healthy. There are other good programs to suit the needs of those with various limitations. I still lift the weights in the Meadowlark gym, but under the supervision of my trainer who keeps me from overdoing it. I walk on a regular basis and do some gardening. I recognize that we are all different, and are of different ages, but we should do what is best for us: always push out of the comfort zone but not into the pain zone!

Mental: Look for mental activities that are challenging. Make it a regular practice.

We need to exercise our brains as well. In my younger years, my life was always mentally challenging. My research job often involved new tasks which would be totally new to my experience. Plenty of brain exercise there! At age 69, I learned a new language! Now, I must search for tasks which are challenging. There are various puzzles, some of which are hard! Reading challenging articles is good, also.

Diet: Find the best whole food diet that works for you and stick to it. You don't have to 100% but make it a high percentage.

The American diet is NOT the one which our ancestors ate. Our bodies were developed for people who ate a varied diet and who did not always get enough to eat. It was advantageous to gain weight in times of feast, which then would

sustain through times of famine. Whether you look at that from the point of view of being created by a loving God or look at it from the point of view of evolution, our bodies are designed for a varied whole food diet!

The present American diet is of refined carbs such as white flour, polished rice and sugar and low on fruits and vegetables. This change came only about 200 years ago with white flour, polished rice, and sugar. It is good for gaining weight, but we almost never have time of famine. We just keep "piling it on!"

I got along with the American diet if I had the metabolism of a jet engine, but at

age 40, things slowed down. My weight

started to climb, and my cholesterol skyrocketed!

At first, we tried using fat moderately and cut salt in half. That worked better, but not well

enough. My cholesterol was good, but my weight

continued to climb. I tried eating somewhat less. If I

was disciplined enough, I could get rid of my

surface fat. But my visceral fat would not go away! I

read an article by a NorthBay Health

(California) dietitian in the Winter 2016 issue of

their "Wellspring". She said when blood sugar is

too high, our bodies change over to the

fat storing mode. Her plan would get rid of visceral

fat if you would follow her diet. It looked like her

diet was essentially eliminating refined carbs while

retaining normal sources of protein.

Janet and I decided to give it a try for eight weeks

in October and November. **No white flour, white**

rice, potatoes or sugar. We substituted whole

wheat flour and brown rice and just eliminated

potatoes and sugar. I was skeptical, but after the

eight weeks, my waist had shrunk by 4 inches and

Janet lost 10 pounds! I did not eat less but ate

differently. For the first two of the eight weeks, my

body asked, "Where are the calories?" But then my

body got used to the slower arrival of the calories

in my blood stream.

After the eight-week trial, I had a backlog of two

pounds of white bread in the freezer. I decided to

make white bread stuffing for the turkey. I ate my

usual LARGE helping, and I felt awful! I still make

stuffing, but use whole grain whole wheat bread. It

tastes very good, but it does not make me feel

awful.

Spiritual: Find a regular spiritual routine and stick to it!
The spiritual side of my life helps me greatly. When I am in tune with God, I feel His love. This greatly reduces my anxieties. Stress of all kinds is damaging to our bodies including our brains. Being happier is more fun as well. I practice daily prayer and scripture reading. The daily prayer part, which started when I was in my mid-30s, changed my life.

FRIDAY, NOVEMBER 14TH, 2025



- Rice
- Soups
- Canned fruits/vegetables
- Peanut Butter/Jelly
- Oatmeal/Hot Cereal
- Tuna/Canned Chicken

- Dish Soap
- Bar Soap or Shower Gel
- Toothpaste
- Blank Greeting Cards
- Dishcloths

 **Prairie Star Event Center**
10:30 a.m. to 12:30 p.m.

A collection jar will be available for monetary donations as well (i.e. check or cash)

Choice of Starter

Entree

Choice of Dessert

PUMPKIN PIE
PECAN PIE



EVENTS & OPPORTUNITIES

Community Grocery Carts

So that everyone can benefit and keep our halls clear, please do not keep grocery carts in your apartment or leave them in resident hallways. Return carts to the Main Entrance or the West Entrance after use. Thank you for your cooperation!

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.

The Music of Kennedy Anne Wichman

Friday, Nov. 7, at 7 p.m.

Join us in the Event Center on Friday, Nov. 7, at 7 p.m. for an evening of heartfelt music with Kennedy Anne Wichman. Hailing from Green, Kan., Kennedy is a self-taught guitarist whose style blends traditional country and gospel. Whether performing solo or alongside her dad, her music reflects her faith and passion. Come enjoy this uplifting performance!

Worship Services

Sunday, Nov. 9, at 10 & 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, Nov. 9, in the Community Room/Chapel. This week, Melanie will explore the lessons of faith from Meadowlark'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.

Veteran's Day Observance

Tuesday, Nov. 11, at 11 a.m.

All are welcome to join a traditional Veteran's Day Service on Tuesday, Nov. 11, at 11 a.m., in the Event Center, as a way of honoring those who

have served our country. We will share a litany, hymn, and moment to honor veterans both in attendance and in our family/community.

Creative Arts Therapy Group

Tuesday, Nov. 11, at 2 p.m.

Drama games, music, and art activities are all great ways to exercise your brain, learn new art forms, and connect with others. A Creative Arts Therapy Group will meet in the Community Room from 2 to 3:15 p.m. every Tuesday through Dec. 2.

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.

Social Circles

Tuesday, Nov. 11, at 2 p.m.

All residents are invited to attend Social Circles each Tuesday at 2 p.m. in Prairie Star Restaurant. This is an informal opportunity to gather with others who call Meadowlark home and get to know one another. Join us!

Memory Program Connections Cafe

Wednesday, Nov. 12, at 11:30 a.m.

Are you new to the Meadowlark Memory Program? Have you been involved and want to learn more? Do you want to make connections with other Meadowlark Memory Program participants? Join Memory Program leadership on Wednesday, Nov. 12, at 11:30 a.m., in the Flint Hills Room to ask your questions and make connections.

Big Why Lecture Series

Wednesday, Nov. 12, at 1 p.m.

Spiritual Life Leader Melanie Nord continues a fall lecture series. Four "Big Why" Lectures are planned for 1 to 2 p.m. on Wednesdays, 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 next session, "Why Aren't People Going to Church?" is Wednesday, Nov. 12, at 1 p.m. The featured speaker will be Rev. Melanie Nord.

The final lecture date is Wednesday, Nov. 19,

EVENTS & OPPORTUNITIES

and is titled “Why Aren’t More People Getting into Geriatric Nursing?” No registration required to attend.

Ladies Luncheon

Thursday, Nov. 13, at 11:30 a.m.

All Meadowlark ladies, Passport ladies, and their guests are invited to the November Ladies Luncheon, on Thursday, Nov. 13, at 11:30 a.m.

Our speaker Cindy Lerick, MA, CFEE, CED, Professor of Practice in the Event and Hospitality Management Program at Kansas State University will be discussing hospitality and etiquette as we are joined by Women and Business community members. With over 30 years of experience leading nationally celebrated festivals and mentoring future leaders, Cindy brings her trademark humor and expertise to a timely topic: business lunch and event etiquette. From the subtle pitfalls of client lunches to the do’s-and-don’ts of holiday celebrations, she’ll share practical, polished insights to help you make every professional encounter memorable for all the right reasons.

The meal will be your choice of a Greek salmon salad or garlic parmesan chicken with roasted red potatoes and green beans, with heath bar ice cream for dessert for \$12.

When you register in the Blue Book, please note your meal preference by circling your choice on the sign-up line. As usual, if for some reason you cannot eat one of the planned menu items, please indicate an option you can eat next to your name when you sign up to attend. Please register by Tuesday, Nov. 11, in the Blue Book at the Hospitality Desk to join us for the meal. Come meet new people and talk with old friends!

Blood Pressure Check

Thursday, Nov. 13, at 1 p.m.

Meadowlark Home Care hosts a monthly Blood Pressure Clinic on the second Thursday at 1 p.m. in the Kansas Room. The next clinic is Thursday, Nov. 13, at 1 p.m. No registration required.

Youth Piano Passion Group Recital

Friday, Nov. 14, at 7:00 p.m.

Ella Xin, younger sister of Ethan Xin, is excited to bring to Meadowlark the 5th annual, “Youth Piano

Passion Group.” This group is composed of performers from a variety of age groups. Their mission is to serve and spread the love of music throughout the community. All are welcome to be a part of this wonderful youth movement on Friday, Nov. 14, at 7 p.m., in the Community Room. All are welcome!

Shopping at Hobby Lobby & Dollar Tree

Saturday, Nov. 15, at 10:30 a.m.

The next scheduled trip is Saturday, Nov. 15, with transportation going to Hobby Lobby and Dollar Tree East. 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 Target and Dollar Tree West on Saturday, Dec. 20. Please sign up in the Blue Book to participate.

KSU Football Watch Party!

Saturday, Nov. 15, at 11 a.m.

All are invited to the Kansas Room, Prairie Star Restaurant Bar, and Event Center, at 11 a.m. Saturday, Nov. 15, to watch the K-State Wildcats take on the Oklahoma State Cowboys in Stillwater! Light refreshments will be served during the game. Go Cats!

Prairie Star Writing Group

Tuesday, Nov. 18, at 1 p.m.

Join Cathy Hedge and fellow writers at 1 p.m. in the Patriot Room for this session’s theme: “Brrr! Winter’s Coming—How to Prepare?” Share memories or tips on braving the cold and finding comfort through the season. All are welcome to write, reflect, and stay cozy together!

Heart Strings Band

Friday, Nov. 21, at 7 p.m.

Friday, Nov. 21, at 7 p.m., in the Event Center, Meadowlark welcomes back the Heartstrings Band! 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.

Monopoly Escape

by Polly Ferrell

Starting in 1941, an increasing number of British Airmen found themselves as the involuntary guests of the Third Reich, and the Crown was casting about for ways and means to facilitate their escape.

Now obviously, one of the most helpful aids to that end is an useful and accurate map, one showing not only where stuff was, but also showing the locations of “safe houses” where a POW on-the-lam could go for food and shelter.

Paper maps had some real drawbacks—they make a lot of noise when you open and fold them, they wear out rapidly, and if they get wet, they turn into mush.

Someone in MI-5 got the idea of printing escape maps on silk. It’s durable, can be scrunched-up into tiny wads, and unfolded as many times as needed, and makes no noise whatsoever.

At the time, there was only one manufacturer in Great Britain that had perfected the technology of printing on silk, and that was John Waddington, Ltd. When approached by the government, the firm was only too happy to do its bit for the war effort.

By pure coincidence, Waddington was also the U.K. Licensee for the popular American board game, Monopoly. As it happened, “games and pastimes” were a category of item that qualified for insertion into “CARE packages,” dispatched by the International Red Cross to prisoners of war.

Under the strictest secrecy, in a securely guarded and inaccessible old workshop on the grounds of Waddington’s, a group of sworn-to-secrecy

employees began mass-producing escape maps, keyed to each region of Germany or Italy where Allied POW camps were located. When processed, these maps could be folded into such tiny dots that they would actually fit inside a Monopoly playing piece.

As long as they were at it, the clever workmen at Waddington’s also managed to add the following:

- ~ a playing token containing a small magnetic compass
- ~ a two-part metal file that could easily be screwed together
- ~ useful amounts of genuine high-denomination German, Italian, and French currency, hidden within the piles of the Monopoly money

British and American air crews were advised, before taking off on their first mission, how to identify a “rigged” Monopoly set by means of a tiny red dot, on cleverly rigged to look like an ordinary printing glitch, located in the corner of the Free Parking square.

Of the estimated 35,000 Allied POWs who successfully escaped, an estimated one-third were aided in their flight by the rigged Monopoly sets. Everyone who did so was sworn to secrecy indefinitely, since the British government might want to use this highly successful ruse in still another, future war.

The story wasn’t declassified until 2007, when the surviving craftsmen from Waddington’s, as well as the firm itself, were finally honored in a public ceremony.

Veterans Day Quiz: Submit this form with your answers to the Hospitality Desk by Friday, Nov. 14, for the chance to win a prize!

Where was the first Veterans Day celebrated? _____

Who was the US President to sign into the law the bill declaring 11-11 to be Veterans Day?

What is the significance of “11-11-11?” _____

What was the original name for the 11-11-11 day? _____

Letter to Editor

Veterans Day is Nov. 11. It's a day to remember our nation's veterans. Thank a veteran and wear a poppy!

Did you know that in the southeast corner of Peace Memorial Auditorium (City Hall) is a Memorial to the 2,600 who served and the 101 boys from Riley County who died in WW II? Have you visited the Memorial Wall? It was dedicated in November 2018, and it is open to visitors anytime city offices are open. It should be viewed by all school children and other residents of Riley County, as it reflects the human and financial cost of war.

The Memorial Wall lists the names of each of the 101 boys from Riley County who died in that war. Also documented on the wall are the names of individuals, committees, City Commissioners, and many others who have worked for over four years on this project, as well as names of over 400 individuals and organizations who contributed financially to its completion. A kiosk (for your use) is also located at the Memorial and has a treasure trove of information about the history of how Manhattan/Riley Co was impacted by the death of 101 boys, war rationing, and shortages during WW II.

If you wish to visit the memorial, a Meadowlark bus will leave the main entrance at 10 a.m. Monday, Nov. 10, and return around 11:30 a.m. Sign up in the Blue Book at the Hospitality Desk. If you cannot visit the site, you can reach the database of information from your home computer, using the search words peacememorial101.

Pray for Peace!

Jim Sharp, WW II veteran
Chair, WW II Veterans Committee
PMA

Art Engagement *from the* Beach Museum of Art

Let us compare the watercolor (reproduced as a postcard) and the porcelain bowl shown here. The two artists have used quite different mediums to interpret the same subject. Whether the artwork is two or three dimensional the same art elements are applied. Compare how the artists used the elements of line, color, shape, form, space, texture, and value. Which elements did both artists apply? Do you notice any element in use in one artwork and not in the other? Where in the works do you notice the differences?



Clark Fulton
(United States,
born 1951)
*Harvest
Moon*, 1997
Kansas Artists'
Postcard Series
XX
Photomechanical
reproduction on
paper
KSU, Marianna
Kistler Beach
Museum of Art,
CM18i.2023



Fukumoto Fuku (Japan, born 1973)
YUFUDUKUYO: The Evening Moon, 2004
Glazed porcelain
KSU, Marianna Kistler Beach Museum of Art, gift of the artist,
2005.449

RESTAURANT **SPECIALS**

Sunday, Nov. 9	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$16 Dinner Pot Roast
Monday, Nov. 10	\$11 Lunch Shrimp Po' Boy Coleslaw	\$15 Dinner Maple-Roasted Pork Tenderloin Sweet Potato Mash Roasted Broccoli
Tuesday, Nov. 11	\$11 Lunch Cuban Sliders Macaroni Salad	\$13 Dinner Stuffed Bell Pepper Cheesy Potatoes Glazed Carrots
Wednesday, Nov. 12	\$11 Lunch Indian Taco Refried Beans	\$16 Dinner Chicken Florentine Vodka Cream Pasta Peas & Onions
Thursday, Nov. 13	\$13 Lunch Meatball Sub Coleslaw	\$14 Dinner Salisbury Steak Mashed Potatoes Green Beans
Friday, Nov. 14	\$11 Lunch Pasta Bar	\$16 Dinner Baked Catfish Cheese Grits Coleslaw
Saturday, Nov. 15	\$10 Lunch Chili Dogs Pub Chips Fried Pickle Spear	\$24 Dinner 4 oz Filet & Garlic Shrimp Baked Potato Asparagus

Weekly Opportunities Calendar Nov. 9 to Nov. 15

Sunday • Nov. 9 *Put your trash at the curb!*

8:45 a.m. ~ Transport to College Ave UMC, ME
 9:30 a.m. ~ Sunday Morning Fellowship, ME
 10:00 a.m. ~ Transport to College Ave UMC, ME
 10:00 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, ME
 11:00 a.m. ~ Worship Service, CR

Monday • Nov. 10 *Trash pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**
 9:30 a.m. ~ Memory Care Partners Group, **STM**
 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. ~ Tai Chi, **1960 only**
 4:15 p.m. ~ Hable Espanol, FHR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Nov. 11

10:00 a.m. ~ Memory Activities Class, EC
 10:00 a.m. ~ Mat Yoga, KSU CL
 10:30 a.m. ~ Steady Yourself, CR/**1960**
 11:00 a.m. ~ Veteran's Day Observance, EC
 11:15 a.m. ~ Chair Yoga, CR/**1960**
 12:00 p.m. ~ 4th Floor Luncheon, MR
 2:00 p.m. ~ Creative Arts Therapy, PR
 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

Wednesday • Nov. 12

9:30 a.m. ~ Seated Strength, CR/**1960**
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, ME
 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**
 11:30 a.m. ~ Lutheran Luncheon, BR
 11:30 a.m. ~ Mem. Prog. Connections Café, FHR
 1:00 p.m. ~ Big Why Lecture Series, EC
 2:00 p.m. ~ Tai Chi, **1960 only**

Wednesday • Nov. 12, 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

Thursday • Nov. 13

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. ~ Ladies Luncheon, EC
 11:30 a.m. ~ PD Care Partner Social, PS
 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 Group, KR
 4:15 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ Eastside Supper, BR

Friday • Nov. 14

7:30 a.m. ~ Rock Steady Boxing, **BF**
 9:30 a.m. ~ Seated Strength, CR/**1960**
 10:30 a.m. ~ Weights 101, CR/**1960**
 10:30 a.m. ~ Food & Fund Drive, EC
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**
 2:30 p.m. ~ Fanny & Furby, KR
 7:00 p.m. ~ Youth Piano Passion Group Recital, CR

Saturday • Nov. 15

9:00 a.m. ~ Tai Chi, **1960 only**
 9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
 10:00 a.m. ~ Saturday Shopping Trip, ME
 11:00 a.m. ~ KSU Watch Party, PS

Room Abbreviations

1960 , TV Channel 1960	KSU CL, KSU Classroom
BF , Body First	ME, Main Entrance
BR, Bison Room	MM , 120 Scenic Drive
CR, Community Room	MR, Manhattan Room
CY, Courtyard	PR, Patriot Room
EC, Event Center	PS, Prairie Star Restaurant
FHR, Flint Hills Room	STM , St. Thomas More Church
GC, Grosh Cinema	VBL, Verna Belle's Lounge
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: Nov. 9

RESIDENT REQUEST

IT'S A MAD, MAD, MAD, MAD WORLD (1963) Approved, 3 hr. 30 min.

Adventure Epic, Slapstick

Cast: Spencer Tracy, Milton Berle, & Sid Caesar

Several different motorists witness a single car crash in the California desert and, after the driver's dying words indicate the location of a hidden stash of loot, turn against each other in a mad dash across the state to get to it.

MONDAY: Nov. 10

RESIDENT REQUEST

CHARADE (1963) Approved, 1 hr. 53 min. *Cozy Mystery, Romantic Comedy*

Cast: Cary Grant, Audrey Hepburn, & Walter Matthau

Romance and intrigue ensue in Paris as a woman is pursued by several men who want to get their hands on a fortune her murdered husband had stolen. She soon loses trust in those who claim they want to help her.

TUESDAY: Nov. 11

RESIDENT REQUEST

ALL QUIET ON THE WESTERN FRONT (2022) R for strong bloody war violence and grisly images, 2 hr. 28 min. *Period Drama, Epic, Tragedy*

Cast: Felix Kammerer, Albrecht Schuch, & Aaron Hilmer

A young German soldier's eagerness to serve his country quickly fades when he witnesses the horrors of combat on the Western Front during World War I.

WEDNESDAY: Nov. 12

RESIDENT REQUEST

DR. STRANGELOVE (1964) PG, 1 hr. 35 min. *Political Drama, Farce*

Cast: Peter Sellers, George C. Scott, & Sterling Hayden

A mentally unstable American general orders a hydrogen bomb attack on the Soviet Union, triggering a path to global nuclear holocaust that a war room full of politicians and generals frantically try to stop.

THURSDAY: Nov. 13

RESIDENT REQUEST

BRAVEHEART (1995) R for brutal medieval warfare, 2 hr. 58 min. *Action Epic, Period Drama*

Cast: James Robinson, Sean Lawlor, & Mel Gibson

Scottish warrior William Wallace leads his countrymen in a rebellion to free his homeland from the tyranny of King Edward I of England.

FRIDAY: Nov. 14

RESIDENT REQUEST

EVITA (1996) PG, 2 hr. 15 min. *Rock Musical, Biography, Drama*

Cast: Madonna, Antonio Banderas, & Jonathan Pryce

The hit musical based on the life of Eva Perón, a B-picture Argentinian actress who eventually became the wife of Argentinian president Juan Domingo Perón, and the most beloved and hated woman in Argentina.

SATURDAY: Nov. 15

LILO & STITCH (LIVE ACTION) (2025) PG, 1 hr. 48 min. *Buddy Comedy, Adventure, Sci-Fi*

Cast: Maia Kealoha, Sydney Agudong, & Chris Sanders

A lonely Hawaiian girl befriends a runaway alien, helping to mend her fragmented family.