



Meet Me on Christmas Lane!

Independent living residents and Passport members are invited to Christmas Lane, Meadowlark's annual Christmas Carousel event, on Thursday, Dec. 11! This year's carousel will take a different format than previous events.

Participants are encouraged to explore Christmas Lane (aka Meadowlark Community Center from the Community Room to Verna Belle's Lounge) at their own pace between 4 and 6 p.m. The different establishments will offer a variety of food, drinks, and fun. Christmas Lane maps will be available at the Hospitality Desk after 12 p.m. on Thursday, Dec. 11.

All participants are encouraged to gather in Prairie Star's Event Center at 6 p.m. for live music and entertainment at the Oh What Fun Comedy Club. Prairie Star Pub will be open for drink purchases during the show. Christmas Carousel is free to attend and registration is not required.

Prairie Star Restaurant will close at 10 a.m. Thursday, Dec. 11, in preparation for Christmas Carousel. Pizza by the slice will be sold in the Kansas Room from 11 a.m. to 1 p.m. Additionally, Grosh Cinema will not have a movie showing that day.



I Remember My Rural One-Room School

by Carroll Hackbart

Beginnings in District 26

I began first grade in 1940 at Rauville District 26, a one-room schoolhouse 2.5 miles from our farm home. The white frame building with its gable roof had no electricity or plumbing. A wood-and-coal stove kept us warm, although on bitter January mornings, we often gathered in a circle around it, studying our lessons.

My mother had taught in a similar school just a few years earlier at Germanton District 61. Rural schools of that era relied on resourcefulness, community, and plenty of hard work.

A New WPA Schoolhouse

By fourth grade, we moved to the Ash Grove Srock farm, and I attended Rauville District 15, a newer school built by the Works Progress Administration during the Depression. It seemed modern compared to District 26: high ceilings, tall windows, cloakrooms with chemical toilets, and a floor furnace with a grate where we stood to warm ourselves after the cold walk to class. The basement held a playroom and a coal furnace, with rooms for storage.

My brothers, Dennis and Merlin, both completed

all eight grades there, and Merlin even had the same teacher for his entire schooling. He later liked to challenge his university students to remember the names of their grade-school teachers.

Life and Lessons

School days always began with the Pledge of Allegiance. In a one-room classroom, all ages learned together. Teachers juggled multiple lessons while older students helped the younger ones. Recess was a highlight — softball, tag, “anti-over” in the fall, and snow forts and fox-and-geese in the winter.

Without janitors, we all pitched in: building fires, washing blackboards, emptying wastebaskets, and beating chalk dust from erasers. Programs were community events, complete with skits, songs, raffle tickets, and pie-and-ice-cream à la mode. Our Young Citizens League gave every child the chance to serve as an officer and make decisions about programs and playground equipment.

Farm and Family Life

Growing up on a diversified family farm meant chores were as important as homework. We raised horses, milk cows, pigs, chickens, ducks, and geese,

while planting oats, corn, wheat, flax, and large gardens. By eighth grade, most boys were ready to be farmhands, and many girls worked as “hired girls” for neighbors, helping with housework and tending children.

Few country kids went on to high school — it meant going to a town that had one. When Watertown High School added Vocational Agriculture and FFA, more farm boys enrolled. Our family managed the 10-mile trip by staying with grandparents in town or, once we were tall enough to see over the steering wheel, by driving ourselves long before driver’s licenses were common.

Changes Over Time

My grandparents’ generation was considered educated if they knew the “three R’s” — reading, writing, and arithmetic — about a fourth-grade level. My father had been one of the first in his generation to graduate from eighth grade. He liked math and got a job helping the rural grain elevator manager, long before adding machines and calculators.

He was able to buy a used Model T Ford to drive the 4 miles to work instead of walking or taking a horse at the age of 14. He later married their school districts teacher — my mother, a farm girl — who managed to attend high school and then one year of normal school to qualify for teaching one-room rural schools.

By mid-century, rural schools were consolidated into city and town schools, with buses providing transportation. Though few farm kids went on to college, my brothers and I all graduated from South Dakota State University, continuing into agricultural and teaching careers that carried us far beyond our one-room school beginnings.

Looking Back

After retiring from a career in agricultural engineering, working across the U.S. and in Pakistan and Egypt, I found joy in woodworking,

gardening, volunteering, and building projects for my children, grandchildren, and community.

Reflecting now, I see that the one-room schoolhouse gave us more than reading, writing, and arithmetic. It built independence, resilience, and community spirit — qualities that carried us through farm chores, careers across the world, and into service in our communities today.



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Respite Care & Other Resources for Caregivers

by Linda Montgomery, LBSW, Social Services & Life Enhancement Leader

As we wrap up our caregiver series for National Caregiver's Month, we're returning to one of the themes at the heart of caregiving: taking a break. Last week, we highlighted the importance of self-care. This week, we focus on *how* you can find meaningful, restorative time away from caregiving responsibilities.

Why Respite Matters

Caregivers often struggle to make space for themselves, whether for self-care, errands, or even quiet thinking. Respite care offers short-term, planned, or emergency support that gives caregivers a temporary break from daily tasks. Taking time to rest and recharge is not only healthy but necessary, and respite allows you to step away with peace of mind knowing your loved one is safe and supported.

For caregivers who still work, respite provides a chance to meet professional obligations without guilt or feeling overwhelmed. It also opens opportunities for social connection, hobbies, or activities that refill your emotional energy.

Importantly, respite benefits *both* the caregiver and the care receiver. Caregivers sometimes say hiring help feels like "babysitting," and loved ones may feel the same. Try reframing respite as a chance for your loved one to enjoy new stimulation, a change of scenery, social opportunities, or meaningful activities with others. When viewed this way, respite becomes a win-win: you return refreshed, and your loved one enjoys a boost in mood, engagement, and companionship.

Finding the Right Type of Respite

Respite can last as little as a few hours or extend to several weeks, depending on your needs. Before asking for help, whether from family, friends, or professional providers, it's helpful to reflect on the kind of support that would make the biggest difference.

Start by listing the caregiving tasks you handle: bathing, laundry, medication management, transportation, appointments, meal prep, finances, housekeeping, and more. Then identify which tasks you feel comfortable keeping and with which ones you would welcome help. This exercise makes it

easier to know where to turn for support and how to communicate what you need.

Across most communities, support for caregivers may include home care services, adult day centers, home-delivered meals, respite stays in care facilities, transportation programs, volunteer networks, and skilled nursing services. If you are caring for a loved one from a distance, start by contacting local senior centers, county information and referral services, family service organizations, or hospital social workers. Area Agencies on Aging also are excellent hubs for local resources.

Personal Care Services at Home

Local home care agencies provide trained caregivers who can come directly to your home. Services may include help with bathing, dressing, feeding, toileting, meal preparation, companionship, housekeeping, laundry, or transportation. Most agencies offer flexibility — from a few hours once a month to daily or around-the-clock care. They also can arrange longer stays if you need several consecutive days or weeks of support.

Establishing a consistent schedule helps both you and your loved one adjust to having someone new in the home. Many caregivers start with a short weekly visit to give themselves predictable personal time, then increase the hours as needed. Agencies typically charge hourly or daily rates and will help determine a plan that meets your needs.

Home Health Care

Home health care involves skilled services provided by licensed professionals such as nurses, physical therapists, occupational therapists, speech therapists, and social workers. Insurance may cover this care, particularly following a hospitalization or during recovery from an illness or injury. Insurance-covered services are usually short-term, but many agencies offer private-pay options if you'd like to continue receiving support.

Adult Day Services

Adult day programs offer a safe, structured environment where care recipients can spend part or all of the day. Programs typically include social activities, exercise, games, personal care, medication assistance, and wellness checks. This can give caregivers several uninterrupted hours to

attend appointments, run errands, or simply enjoy personal time.

While adult day services are limited in some areas, many assisted living communities or long-term care facilities offer daytime programming or respite options that provide similar benefits.

Respite in Assisted Living or Long-Term Care

Some assisted living and long-term care facilities offer short-term respite stays lasting from a few days to several weeks. These stays give caregivers an extended break while offering loved ones a chance to meet new people, participate in structured activities, and enjoy a different environment. Short-term stays also can help ease the transition should long-term placement ever become necessary.

Volunteer Support

Many communities have volunteer programs that provide companionship, yard work, transportation, or help with errands. Local volunteer agencies, faith communities, or civic organizations are good places to inquire about these opportunities. While volunteers typically cannot provide medical care, they can offer meaningful social support and relieve smaller caregiving burdens.

Asking Friends and Family for Help

Asking for help is one of the hardest parts of caregiving. Friends and family often want to help but don't know how. Setting up a family meeting or having individual conversations can be an effective way to share your needs.

Provide a list of tasks and highlight where others' skills might fit. Someone who loves numbers may be willing to help manage finances. A sibling who enjoys card games might happily spend an afternoon playing with your loved one while you run errands. Ask people to look over the list and choose something they feel comfortable doing.

Another useful strategy is creating a shared calendar with the times you need support. Add medical appointments, social events, or self-care plans, then invite family and friends to sign up for the dates that work for them.

Other Helpful Resources

Support may also come from your faith community, therapy or counseling, caregiver support groups, and national or condition-specific organizations. Many groups offer information, emotional support, and referrals to local services.

If your loved one receives Medicaid, speak with their caseworker to learn whether home care, adult day services, or respite hours are covered. Some agencies offer sliding-scale fees based on income, and some nonprofits have grant funds to help with costs. If appropriate, consider discussing financial contributions from family members.

The Value of Support Groups

Caregiver support groups provide a different form of respite: a space where you can share your experiences, emotions, and challenges with others who understand. Many caregivers report feeling less alone and better equipped after attending support groups. Options vary widely. Some groups provide activities for care recipients at the same time, allowing both of you to receive support. If the first group isn't the right fit, try another. The facilitator, format, or group dynamic can make a big difference.

Finding Respite Resources

Meadowlark Hills has created a resource guide listing local respite care options for caregivers. You can find it at meadowlark.org by clicking on Resource Library and then For Friends and Family Members. You may also request a digital or mailed copy by contacting Katie or Michelle in Community Programs at (785) 323-3899.

Remember: Caregivers need care, too.

Respite is not a luxury. It's an essential part of sustaining your health and your ability to provide care. Taking a break is one of the best gifts you can give yourself and your loved one.

Signs of Caregiver Stress

- ☐ Distracted, Unable to focus
- ☐ Emotional and/or moody
- ☐ Depressed, Anxious
- ☐ Health issues
- ☐ Feelings of anger, resentment, guilt, or shame
- ☐ Being short-tempered or yelling at others or the care receiver
- ☐ Feeling overwhelmed
- ☐ Difficulty connecting with care receiver

EVENTS & OPPORTUNITIES

Hospitality Desk: Thanksgiving Day

The Hospitality Desk will be open from 8 a.m. to 12 p.m. on Thanksgiving Day.

Construction Start Date: Aster Building

Aster Construction will be starting on Monday, Dec. 1. Meadowlark residents will begin to see fencing placed around the construction site on or near the beginning of construction. Please remember that no one, other than the construction team, is allowed beyond the construction fencing.

Message from the Outdoor Committee

It is getting close to Christmas. If you are looking for a healthy and affordable gift, consider buying a cute teddy bear-shaped bottle filled with our extra special Meadowlark honey. Bottles are only \$6.45 each. Inquire at the Hospitality Desk!

Additional note from resident Sue Hunt: Meadowlark has bee hives on campus! They are located in the south meadow near Kimball Avenue. These hives are maintained and harvested by Valor Honey.

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.

KSU Football Watch Party

Saturday, Nov. 29, at 11 a.m.

Join us on Saturday, Nov. 29, at 11 a.m., in the Kansas Room, Prairie Star Restaurant Pub, and Event Center as our K-State Wildcats take on the Colorado Buffaloes. Go Cats!

Worship Services

Sunday, Nov. 30, 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. 30,

in the Community Room/Chapel. Beginning the four-part Advent series, this week's sermon title is Adventus.

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

Town Meeting

Monday, Dec. 1, at 9:30 a.m.

All Meadowlark residents are invited to attend December's Town Meeting at 9:30 a.m. Monday, Dec. 1, in the Event Center. Town Meeting is a great opportunity to hear Meadowlark updates from leadership team members, ask questions, and learn what to expect for activities and entertainment throughout the month!

Meadowlark Travelers Meeting

Monday, Dec. 1, at 10:30 a.m.

If you've registered to join the Meadowlark Travelers for the "Christmas in the City" adventure in December, plan to attend a meeting on Monday, Dec. 1, following the monthly Town Meeting. The meeting will begin at approximately 10:30 a.m. in the Bison Room. We'll review the itinerary and share information about the performances we'll see and the attractions we'll visit. Trip dates are Wednesday through Friday, Dec. 17-19.

If you paid a deposit of \$150, but have not paid the balance of the trip fee, the second payment is now due. The balance for single occupancy is \$872; the balance for double occupancy is \$648. Please pay by check or credit card. Residents may add the total trip fee or payment for the balance to their next monthly statements. Please contact Monte Spiller, Resident Services Leader, at (785) 323-3801 to submit payment or with any questions.

Carousel of Trees

Monday, Dec. 1, at 3:30 p.m.

Carousel of Trees

Join us on Monday, Dec. 1, from 3:30 to 5:30 p.m. for Meadowlark's festive Carousel of Trees. Stroll through campus to admire the beautifully decorated trees, each uniquely designed by Meadowlark's own Abby Cavender to spark holiday cheer.

EVENTS & OPPORTUNITIES

After touring the trees, gather in the Event Center to enjoy the lighting of the outdoor lights at approximately 5:16 p.m. All are welcome to share in this seasonal celebration!

UFM Class: Winter Birdwatching

Dec. 2, 3, & 4, at 9:30 a.m.

Explore the many birds that spend their winters in the Manhattan area, from waterfowl and raptors to finches and sparrows. This three-session course includes both classroom learning and relaxed field trips to local birding spots, with plenty of time to pause, look, and listen.

Binoculars are recommended but not required.

The class meets from 9:30 to 11:30 a.m. in the Event Center at Meadowlark on Dec. 2, 3, and 4.

The course is led by Ted Cable, Professor Emeritus at K-State, an award-winning author and interpreter who has birded in all 50 states and on every continent. Join him for an engaging introduction to winter bird life in Kansas.

Enrollment is now open and can be completed by calling (785) 539-8763. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

Prairie Star Writing Group

Tuesday, Dec. 2, at 1 p.m.

Join Cathy Hedge and fellow writers in the Patriot Room for this session's theme: "Feast, Feast, Feast!" With the holidays in full swing, come share memories of favorite gatherings, meals, cooks, and traditions, or reflect on what this season brings for you now. All are welcome!

The group meets on the first and third Tuesdays in the Patriot Room.

Social Circles

Tuesday, Dec. 2 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!

Volunteer & Tech Helper

Tuesday, Dec. 2, at 4 p.m.

Deborah Goins will be available to provide in-home technology support to residents on Tuesday, Dec. 2.

Please sign up in the Blue Book at the Hospitality desk for a time to meet with her for an in-home visit on the first Tuesday of every month!

Meadowlark Men's Social Supper

Wednesday, Dec. 3, at 5:30 p.m.

Prairie Star Restaurant invites Meadowlark's men to attend a social supper at 5:30 p.m. Wednesday, Dec. 3. Dinner can be purchased from the Prairie Star menu, or enjoy the daily special. Registration is not required, but please check in at the host stand when arriving. This opportunity will not feature a program.

Wild Catz Orchestra Performance

Wednesday, Dec. 3, at 7 p.m.

Join us on Wednesday, Dec. 3, at 7 p.m. in the Event Center for a performance by the Wild Catz Orchestra, featuring members of the K-State String Division. Enjoy chamber works by Beethoven, Corelli, and others, followed by festive holiday selections performed by the newly formed Wild Catz String Orchestra. A delightful evening of strings awaits. Santa hats are optional!

Dinner with The League

Thursday, Dec. 4, at 6 p.m.

Join in the Event Center for Dinner with The League of Women Voters. Former Senator Tom Hawk and Doug Sebelius, attorney, will present "Getting Informed for August 2026 Constitutional Amendment: How Do We Currently Choose Our Kansas Supreme Court Judges?"

Enjoy a cup of chili, house salad, roll and butter, plus a beverage, for \$15.

Please register for the meal in the Blue Book at the Hospitality Desk by Monday, Dec. 1. Dinner will begin at 6 p.m. and the program will start at 6:30 p.m.

Meadowlark Singers Concert

Friday, Dec. 5, at 7 p.m.

Join us on Friday, Dec. 5, at 7 p.m. in the Community Room to enjoy the beautiful voices of the Meadowlark Singers. Their program features a festive mix of classic holiday favorites, contemporary pieces, and the always-loved audience Christmas carol sing-along. Come share

See EVENTS, page 8

EVENTS, from page 7

in an evening of music, warmth, and holiday spirit!

Blue Christmas Service

Tuesday, Dec. 9, at 6:30 p.m.

This time of year can be overwhelming or bittersweet when you're not exactly filled with Christmas joy! Maybe you're missing a loved one, coping with a big life change, living with a tough diagnosis, or experiencing the winter doldrums? All are welcome to join Linda Montgomery, Social Worker, and Melanie Nord, Spiritual Life Leader, in a service that will provide tips and tricks for acknowledging and coping with the "winter blues" through readings, songs, and a practical video.

Carols & Cocoa

Tuesday, Dec. 16, at 3 p.m.

Get ready to sip, sing, and celebrate! Back by popular demand, the Meadowlark Ambassadors are teaming up once again with beloved music enthusiasts Jim Reed and Vera Williams to bring you a heartwarming holiday gathering: Carols & Cocoa!

Join us for this merry come-and-go celebration during our regular Coffee Corner time between 3 and 4 p.m. Tuesday, Dec. 16, in the Community Room. Enjoy joyful Christmas carols led by Jim, Vera, and the Ambassadors, along with delicious hot cocoa and cookies, to keep your spirits bright! All are invited to attend!

Page 8



Hello, Christmas Cactus!

Fourth floor residents are enjoying a special treat this holiday season! After 6 weeks of covering the plant each night to shield it from the additional light, the Christmas cactus has bloomed! Visit this marvel at the East end of 4th floor.

Food & Fund Drive

by Jana Armfield, Engagement Spec.

What an incredible day at Meadowlark! Last week's Food & Fund Drive reminded us just how powerful our community can be when we come together.

Residents and staff donated more than 20 boxes packed full of food staples — pancake mix, canned vegetables, peanut butter, Jell-O, canned meats, brownie mix, and so much more. For the first time, we added hygiene items such as soap, toothpaste, toothbrushes, and washcloths, helping us support families in even more meaningful ways.

There was a record number of monetary donations. The final total? **\$1,103!**

These donations will help in purchasing additional foods and

perishable items that are greatly needed for individuals and families who rely on the Breadbasket and are experiencing food insecurity.

Karla Hagemeister, Director of the Flint Hills Breadbasket, said they currently serve almost 800 to 900 households each week. She said just in milk alone, they spend about \$2,500 each week. Monetary donations can help purchase items such as yogurt, cottage cheese, and other much needed dairy and protein items that help fill the gaps, in addition to necessary costs that keep them open, such as utilities, fuel, insurance, and staff pay.

Thank you to everyone who participated and helped support the Flint Hills Breadbasket.



Meadowlark Ambassadors Jan Klink, Polly Ferrell, Joan Jones, Wanda Fulks, Don Dibble, and Marilyn Ray.



December Birthdays



Skilled Nursing

12/1 Donna Alexander
12/5 Barbara Lambert
12/6 Barbara Etienne
12/7 Claudia Zeller
12/8 Mary O'Laughlin
12/9 Joan Palmer
12/9 Barbara Hall
12/9 Lawrence Carroll
12/11 Mary Smith
12/21 James Tate
12/22 Claudene Emrich
12/25 Marsha Priller
12/27 Beverly Cable
12/28 Bob Robinson
12/29 Loriel Cross

12/30 John Silva Jr.

Assisted Living

12/3 Victoria Lawson
12/4 Barbara Hagemeister
12/9 Barb Lojka
12/26 Robert Anderson
12/29 Dick Rees
12/31 Walt Muller

Independent Living

12/1 Dixie Roberts
12/1 Raleigh Eggers
12/2 Betty Holder
12/4 Dean Spencer
12/4 Steve Hall
12/10 Mary Dibble

12/10 Karen Franz

12/12 Bob Pulford

12/12 Peter Wong

12/12 Opal Posler

12/13 Karen Halderson

12/14 Sue Hunt

12/14 Rosalind Center

12/17 Joan Jones

12/18 Lou Nell Gustavson

12/19 Claudia Robertson

12/21 Ella Umphrey

12/24 Mary Rickley

12/26 Janice Parsons

12/28 Orlan Buller

12/29 Noel Stanton

12/31 Marlene Dick

Bold denotes milestone birthdays!

Merry Christmas

Thursday, December 25th
Reserve your spot at Prairie Star
Seating's from 11:00 a.m. to 1:30 p.m.

Choice of Starter
SHRIMP BISQUE
CANDIED BACON & PECAN SPINACH SALAD

Choice of Entree
6OZ FILET & LOBSTER TAIL
SURF & TURF \$36
SURF \$30
TURF \$28

Sides
SMOKED GOUDA SCALLOPED POTATOES
HERB ROASTED VEGETABLE MEDLEY

Choice of Dessert
EGGNOG CHEESECAKE
GLAZED CHOCOLATE TART

Christmas Menu

PEPPERMINT MOCHA
Steamed milk, espresso, and peppermint syrup
with your choice of chocolate \$4.50/\$5.00

ICED GINGERBREAD CHAI
Chai tea, oat milk and gingerbread syrup,
topped with whipped cream \$5.00/\$5.50

CINNAMON DOLCE LATTE
Steamed milk, espresso, brown sugar
cinnamon and vanilla syrup topped with
whipped cream & cinnamon \$4.50/\$5.00

SUGAR COOKIE LATTE
Steamed milk, espresso, caramel and cookie
butter syrup topped with whipped cream &
sprinkles \$4.50/\$5.50

BISCOFF LATTE
Steamed milk, espresso, Biscoff cookie
butter, and vanilla syrup \$4.50/\$5.00

RESTAURANT **SPECIALS**

Sunday, Nov. 30	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, Dec. 1	\$11 Lunch Maple-Bacon-Chicken Sandwich <i>served on a Croissant</i> Watergate Salad	\$14 Dinner Ham Loaf Roasted Red Potatoes Creamed Peas
Tuesday, Dec. 2	\$12 Lunch Steak Gyro Garlic-Parmesan Fries	\$16 Dinner Chicken Alfredo Garlic Bread Side Caesar Salad
Wednesday, Dec. 3	\$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, Dec. 4	\$9 Lunch Ham & Beans Cornbread	\$16 Dinner Pot Roast <i>with Carrots, Onions and Celery</i> Mashed Potatoes and Gravy Green Beans
Friday, Dec. 5	\$11 Lunch Mac & Cheese Bar	\$16 Dinner Pesto Grilled Shrimp Risotto Asparagus
Saturday, Dec. 6	\$12 Lunch Lobster Hoagie Cucumber Salad	\$18 Dinner Short Ribs Loaded Mashed Potatoes Green Beans

Weekly Opportunities Calendar Nov. 30 to Dec. 6

Sunday • Nov. 30 *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 • Dec. 1 *Trash & Recycle pick-up*

8:30 a.m. ~ IL Resident Council, BR
9:30 a.m. ~ Town Meeting, EC
]9:30 a.m. ~ Seated Strength, CR/**1960**
9:30 a.m. ~ Memory Care Partners Group, **STM**
10:00 a.m. ~ Art Committee, BR
10:30 a.m. ~ Weights 101, CR/**1960**
10:30 a.m. ~ Meadowlark Travelers Meeting, BR
11:00 a.m. ~ Rock Steady Boxing, **PF**
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**
3:30 p.m. ~ Carousel of Trees, EC
5:30 p.m. ~ Tuttle Creek Dinner, MR
7:00 p.m. ~ Community Bingo, CR

Tuesday • Dec. 2

9:30 a.m. ~ UFM Class: Winter Birdwatching, EC
10:00 a.m. ~ Memory Activities Class, EC
10:00 a.m. ~ Mat Yoga, KSU CL
10:30 a.m. ~ Steady Yourself, CR/**1960**
11:15 a.m. ~ Chair Yoga, CR/**1960**
12:00 p.m. ~ Kimball Luncheon, BR
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, **In-home (by appt. only)**

Wednesday • Dec. 3

9:30 a.m. ~ UFM Class: Winter Birdwatching, EC
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**

Wednesday • Dec. 3, continued

11:30 a.m. ~ Sit & Be Fit, CR/**1960**
11:30 a.m. ~ North Monarch Luncheon, MR
2:00 p.m. ~ Tai Chi, **1960 only**
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-a-long, FHR
3:00 p.m. ~ Holiday Classic, EC
4:00 p.m. ~ 4h Floor Social, FHR
5:30 p.m. ~ Meadowlark Men's Social Supper, MR
7:00 p.m. ~ Wild Catz Orchestra, EC

Thursday • Dec. 4

9:00 a.m. ~ Messenger Team, KSU CL
9:30 a.m. ~ UFM Class: Winter Birdwatching
10:00 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. ~ Parkinson's Exercise Class, **1960 only**
2:00 p.m. ~ Water Media Painting, KSU CL
4:15 p.m. ~ Meadowlark Singers Practice, CR
5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Dec. 5

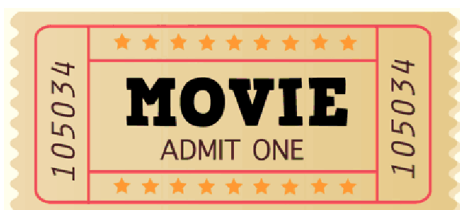
7:30 a.m. ~ Rock Steady Boxing, **BF**
9:30 a.m. ~ Seated Strength, CR/**1960**
10 a.m. to 3 p.m. ~ Meadowlark Market, **MM**
10:30 a.m. ~ Weights 101, CR/**1960**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
2:30 p.m. ~ Fanny & Furby, KR
3:00 p.m. ~ Catholic Mass, CR
7:00 p.m. ~ Meadowlark Singers Concert, CR

Saturday • Dec. 6

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**

Room Abbreviations

1960 , TV Channel 1960	ME, Main Entrance
BR, Bison Room	MM , 120 Scenic Drive
CR, Community Room	MR, Manhattan Room
CY, Courtyard	PF , Peakform Wellness Center
EC, Event Center	PR, Patriot Room
FHR, Flint Hills Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	STM , St. Thomas More Church
KR, Kansas Room	VBL, Verna Belle's Lounge
KSU CL, KSU Classroom	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. 30

RESIDENT REQUEST

GHOSTBUSTERS 2 (1989) PG, 1 hr. 48 min. *Fantasy, Comedy, Action*

Cast: Bill Murray, Dan Aykroyd, & Sigourney Weaver

The discovery of a massive river of ectoplasm and a resurgence of spectral activity allows the staff of Ghostbusters to revive the business.

MONDAY: Dec. 1

CHRISTMAS ON THE SQUARE (2020) TV-PG, 1 hr. 38 min. *Holiday Comedy, Family*

Cast: Dolly Parton, Jenifer Lewis, & Josh Segarra

An embittered scrooge of a woman plans to sell her small town, regardless of the consequences to the people who live there. However, a kindhearted angel arrives and shows her what would happen before she mends her ways and redeems herself.

TUESDAY: Dec. 2

PAGE TURNER REQUEST

THE BEST CHRISTMAS PAGEANT EVER (2024) PG, 1 hr. 39 min. *Adventure, Comedy, Drama*

Cast: Stanlee Arches, Vanessa Benavente, & Mariam Bernstein

Nobody is ready for the mayhem and surprises that ensue when six of the worst youngsters disrupt the town's yearly Christmas performance.

WEDNESDAY: Dec. 3

RESIDENT REQUEST

AMERICAN BEAUTY (1999) R *for strong sexuality, language, violence, and drug content*,
2 hr. 2 min. *Dark Comedy, Psychological Drama*

Cast: Kevin Spacey, Annette Bening, & Thora Birch

A sexually frustrated suburban father has a mid-life crisis after becoming infatuated with his daughter's best friend.

THURSDAY: Dec. 4

HOME ALONE (1990) PG, 1 hr. 43 min. *Holiday Comedy, Family*

Cast: Macaulay Culkin, Joe Pesci, & Daniel Stern

An eight-year-old troublemaker, mistakenly left home alone, must defend his home against a pair of burglars on Christmas Eve.

FRIDAY: Dec. 5

FOUR CHRISTMASES (2008) PG-13, 1 hr. 28 min. *Holiday, Rom-Com*

Cast: Vince Vaughn, Reese Witherspoon, & Robert Duvall

A couple struggles to visit all four of their divorced parents on Christmas.

SATURDAY: Dec. 6

RESIDENT REQUEST

HARRY POTTER & THE SOCRER'S STONE (2001) PG, 2 hr. 32 min. *Teen Fantasy, Adventure*

Cast: Daniel Radcliffe, Emma Watson, & Rupert Grint

An orphaned boy enrolls in a school of wizardry, where he learns the truth about himself, his family, and the terrible evil that haunts the magical world.