

From Our Hearts to Theirs

submitted by the Staff Appreciation Fund

Every year, we open our hearts to thank our wonderful Meadowlark team for their tireless efforts and deep devotion to our community. As residents, we know that our daily comfort, health, and happiness are truly a reflection of their skill and incredible dedication.

This November, Meadowlark residents will come together to reward our employees with a monetary gift to express our appreciation. Because of Meadowlark's no tipping policy, this is the best way we can recognize them. Residents have received a letter requesting support for the annual Staff Appreciation Fund. We ask everyone to consider giving and be as generous as possible.

We are fortunate to have the best staff here at Meadowlark and we want to retain them. We can do that by "giving our best to keep the best." Please bring your contribution to the Hospitality Desk, or mail it to Staff Appreciation Fund, 2121 Meadowlark Rd, Manhattan, KS 66502.



Meadowlark Named 2026 Business of the Year



[left] *left to right:* Sarah Duggan and Lonnie Baker pictured with a representative of WTC Fiber, which sponsored the award.

Meadowlark was honored as the 2026 Business of the Year by the Manhattan Area Chamber of Commerce during its annual Business Awards luncheon on Sept. 15. Lonnie Baker, CEO, and Sarah Duggan, Community Relations Director, accepted the award on behalf of Meadowlark.

The Business of the Year Award recognizes a Manhattan-area business that exemplifies both business and civic leadership, with community involvement, management practices, and overall financial performance among the primary criteria. Meadowlark was honored to be named a finalist alongside two outstanding local organizations, No Stone Unturned and Blueville Nursery.

For Meadowlark, the recognition is especially meaningful because of the organization's deep roots in the Manhattan community.

More than 45 years ago, local citizens came together with a vision for creating something different for retirees in the Manhattan area. That vision became Meadowlark, which today remains a local, not-for-profit organization. While Meadowlark has grown and evolved considerably over the decades, its commitment to serving the community continues to guide where the organization invests its time, energy, and resources.

Today, about 400 people call Meadowlark home, but Meadowlark's impact reaches well beyond its campus.

Through the Meadowlark Parkinson's Program, Meadowlark Memory Program, Meadowlark Cancer Program and Vital Connections, Meadowlark provides education, support, connection and resources to more

than 1,000 people throughout the region who may have no other association with the organization.

The Parkinson's, Memory, and Cancer Programs offer free opportunities designed to support individuals and families navigating those experiences. Vital Connections takes a different approach to strengthening the region by investing in the future of its healthcare workforce. The program connects students and job seekers with healthcare careers, education, employers and hands-on opportunities—not only for positions at Meadowlark or in senior living, but also for careers needed across the healthcare landscape, including surgical technicians, physical therapists, speech therapists, lab technicians and many others.

Together, these efforts reflect a broader belief that Meadowlark's responsibility to the community extends beyond its campus—and that a stronger regional healthcare system benefits everyone.

Receiving the Business of the Year Award also is a reflection of the many people and organizations who make Meadowlark's work possible. We are grateful to the Manhattan Area Chamber of Commerce for this recognition and to our team members, residents, families, volunteers, community partners, businesses, healthcare providers, schools, fellow not-for-profits and neighbors who continue to partner with and believe in Meadowlark.

We were created by this community more than 45 years ago. We are proud to continue serving it today, and we are excited about what we can accomplish together in the years ahead.



September 25-27, 2026
Eisenhower Library & Museum
& K-State Student Union

Register at: flinthillsmilitary.com

Sponsored by:
Kansas State University Department of History

SAVE the DATE!

10.02.26

11 a.m. to 8 p.m.

**Prairie Star Restaurant
& Event Venue**

**Special HOGtoberfest
menu available
Sept. 28 - Oct. 1**

Oct. 2

**Lunch: Small-Bite
Stations**

**Dinner: Buffet
Live Music!**



HOGTOBERFEST

*Proceeds benefit the
Good Samaritan Fund.
Prairie Star is donating
10% of proceeds
to the Fund.*



GAME DAY

Beef Nachos

Fried tortilla chips topped with creamy queso, seasoned ground beef, red onions, tomatoes & shredded lettuce, \$9

Bacon Cheeseburger Sliders

Two 3-oz. burgers with bacon & cheddar cheese on mini buns served with a side of fries, \$11.50

Mac & Cheese Bites

Eight fried mac & cheese bites filled with smoked gouda, macaroni, & bacon in a crunchy coating. Served with ranch dipping sauce, \$9

Boneless Wings

Six boneless wings tossed in your choice of buffalo or BBQ sauce with celery sticks, \$7

Chili Cheese Fries

French fries topped with housemade chili, shredded velveeta cheese, and diced green onions, \$7

Willie's Ranch Water

Jose Cuervo tequila, soda water, lime juice, and a splash of blue curacao, \$5

Grape Ice Cream Float

Two scoops of vanilla ice cream and grape soda served in a pint glass topped with whipped cream, \$5



Sept. 19, 11 a.m.

KSU vs. Tulane, **HOME**
Channel: ESPN 2

Sept. 26, 6 p.m.

KSU vs. Cincinnati, **AWAY**
Channel: TBD

Oct. 10, TBD

KSU vs. Houston, **HOME**
Channel: TBD

Oct. 17, TBD

KSU vs. KU, **HOME**
Channel: TBD

Oct. 24, TBD

KSU vs. Arizona St., **AWAY**
Channel: TBD

EVENTS & OPPORTUNITIES

Take a Chance on \$50,000!

Tickets are on sale for Meadowlark Foundation's \$50,000 Raffle, benefiting the Meadowlark Cancer Program and Meadowlark Memory Program. For just \$50 per ticket, you'll have a chance to win big while helping keep both community programs free and accessible to adults throughout the region.

Purchase your ticket by Sept. 30 and you'll also be entered to win the \$1,000 Early Bird Prize. Even better, the Early Bird winner remains eligible for the \$50,000 Grand Prize drawing on Dec. 1!

Tickets are available at the Hospitality Desk, from Becky Fitzgerald or Sarah Gido, during Meadowlark Market sales, or online at meadowlark.org. Payment may be made by cash, check, or credit card.

\$50 could win you \$50,000, and help two worthy causes along the way!

Call for Artists!

Meadowlark will be hosting Meadowlark's Great Art Festival and Sale on Oct. 24, 2026, at Prairie Star Event Center and are looking for resident, passport, and employee artists who are interested in selling their artwork. Artists are sought in the mediums of woodwork, fiber, ceramic, jewelry, 2D (watercolor, photography, oil, etc.). Based on interest, a selection criteria may apply. Those interested should contact the Meadowlark Hospitality Desk by Oct. 16. All participating artists must have their own method of taking payment for art and follow all necessary tax regulations.

Parkinson's Connection Café

Friday, Sept. 18, at 10 a.m.

Are you new to the Meadowlark Parkinson's Program? Have you been involved and want to learn more? Join us in the Flint Hills Room at Meadowlark to learn more about the Meadowlark Parkinson's Program. Come and go as your schedule allows between 10 and 9 a.m., grab coffee or a snack, and make connections with other participants.

Prairie Rose DJ

Friday, Sept. 18, at 7 p.m.

Get ready for an evening of great music when Johnny Cyrene, better known as the Prairie Rose DJ, returns to Meadowlark at 7 p.m. Friday, Sept. 18, in the Event Center or Courtyard, weather permitting.

Johnny began playing dance music in 2006 as a fundraiser for the American Legion and quickly discovered a love for entertaining. He specializes in classic country and favorites from the '50s and '60s and welcomes requests from the audience. Come listen, dance, request a favorite tune, and enjoy!

Shopping at Hobby Lobby & Dollar Tree

Saturday, Sept. 19, at 10:30 a.m.

The next scheduled trip is Saturday, Sept. 19, 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. Please sign up in the Blue Book to participate.

KSU Football Watch Party!

Saturday, Sept. 19, at 11 a.m.

All are invited on Saturday, Sept. 19, to the Kansas Room and Prairie Star to watch our K-State Wildcats take on Tulane. The time of the game is 11 a.m. The game will be shown on ESPN 2.

Worship Services

Sunday, Sept. 20, at 10 & 11 a.m.

Join Rev. Melanie Nord, at 10 a.m. or 11 a.m. on Sunday, Sept. 20, in the Community Room/Chapel for Worship Service, "Church and Community." Coffee and fellowship will be available in the lobby between 9:30 a.m. and noon. All are welcome.

Piano with Barbara Rees

Sunday, Sept. 20, at 2 p.m.

Join us Sunday, Sept. 20, at 2 p.m. in the Community Room for a special afternoon of music with Meadowlark resident Barbara Rees. Barbara will share old favorites and selections from composers she loves, including George Gershwin, Cole Porter, and Richard Rodgers.

Barbara began playing piano at age 6, when her mother bought her a piano, and has continued sharing her love of music throughout her life. After more than 10 years at Meadowlark, she is a familiar and admired member of our community. Come enjoy a delightful afternoon at the piano!

Social Circles

Tuesday, Sept. 22, 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.

Vesper Devotion Series

Tuesday, Sept. 22, at 6:30 p.m.

Join us each Tuesday at 6:30 p.m. in the Community Room for evening Vesper Services led by Rev. Melanie Nord. This week's message is titled, "Fall Equinox Observance." All are welcome.



EVENTS & OPPORTUNITIES

Memory Café

Wednesday, Sept. 23, at 10 a.m.

Memory Café meets every Wednesday from 10 to 11 a.m. in the KSU Classroom at Meadowlark and virtually via Zoom. Memory Café is led by Linda Montgomery, Licensed Social Worker, and features story sharing, reminiscing and social engagement.

Page Turners Book Club

Wednesday, Sept. 23, at 11:30 a.m.

Join the Page Turners Book group for our first discussion of "The Thursday Murder Club" by Richard Osman. A group of pensioners attempt to solve the mystery of the murder of a property developer in the luxurious Cooper's Chase retirement village near the fictitious seaside village of Fairhaven in Kent. This laugh-out-loud, "whodunit" novel was recently turned into a Netflix film starring Pierce Brosnan and Helen Mirran.

You do not have to attend every session to participate, come when you are able. If you have questions or would like to borrow a copy of the book, please contact Katie Sigman at (785) 323-3899.

Meadowlark U: Fraud & Scam Prevention

Wednesday, Sept. 23, at 1 p.m.

Stay one step ahead of scammers by attending the next Meadowlark University session on Wednesday, Sept. 23, from 1 to 2 p.m. in the Event Center. Det. Derek McKee, Cpl. Spencer Parsons, and Lt. Pat Tiede with the Riley County Police Department will discuss fraud and scams and share information to help you better recognize and avoid potential threats.

Scams continue to evolve, making education an important tool for protecting yourself and those you care about. Bring your questions and join us for this timely and practical Meadowlark U course.

ARTFul Making

Wednesday, Sept. 23, at 1:30 p.m.

Get creative at ARTFul Making, a monthly collaboration between Meadowlark Community Programs and K-State's Marianna Kistler Beach Museum of Art. Kim Richards, Education Specialist with the Beach Museum, leads this informal class featuring a different art-making experience each month.

Join us Wednesday, Sept. 23, from 1:30 to 2:30 p.m. in the KSU Classroom to try a new technique, work with the watercolor materials always available, and enjoy conversation while creating. All materials are provided, and no registration or art experience is required—just come and create!

Caring Conversations for People with PD

Thursday, Sept. 24, at 11:30 a.m.

Join this opportunity to share your experiences and receive support from others with a Parkinson's or Parkinsonian diagnosis. It is open to all with a diagnosis at any stage of your journey. The next meeting is at 11:30 a.m. Thursday, Sept. 24, in the Flint Hills Room.

PD Care Partners Social

Thursday, Sept. 24, at 11:30 a.m.

This is an informal opportunity for PD Care Partners to join one another for lunch at Prairie Star Restaurant while your loved one with PD is participating in Caring Conversations Lunch Group. The cost of food and drinks are the responsibility of each care partner. Meet other care partners on the 2nd and 4th Thursday of each month starting at 11:30 to 1 p.m.

Joshua Lightfoot Band

Saturday, Sept. 26, at 7 p.m.

Meadowlark is pleased to welcome back the Joshua Lightfoot Band on Saturday, Sept. 26, at 7 p.m. in the Event Center.

Joshua, an Oklahoma native, grew up surrounded by music and became a multi-instrumentalist, playing banjo, mandolin, and fiddle, including a banjo that once belonged to his grandfather. His wife, Tove Thunell, grew up in the Swedish seaport city of Gothenburg and developed a love for American folk music at just 13 years old. Join us for an enjoyable evening of live folk music!

Phi Mu Alpha Sinfonia

Sunday, Sept. 27, at 12 p.m.

Meadowlark is pleased to welcome back the Tau Chapter of Phi Mu Alpha Sinfonia at K-State on Sunday, Sept. 27, at noon. The musical fraternity is dedicated to building connections through music and using its talents to uplift others.

This group will perform as part of its Mills Music Mission, a longstanding Phi Mu Alpha tradition of sharing music with others in the community. The K-State chapter has visited Meadowlark for the past several years, and we're happy to welcome them back for another special performance.

Riddles Jewelry Free Cleaning Visit

Thursday, Oct. 8, at 10 a.m.

Is your wedding set or favorite necklace looking a bit dull? Visit Riddle's Jewelry in the Kansas Room from 10 to 11 a.m. on Thursday, Oct. 8, for a complimentary professional cleaning and inspection. Their expert team will be checking for loose prongs and restoring your pieces to their original brilliance!

RESTAURANT **SPECIALS**

Sunday, Sept. 20	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$13 Dinner Swedish Meatballs Egg Noodles Buttered Carrots
Monday, Sept. 21	\$11 Lunch Maple-Bacon-Chicken Sandwich Watergate Salad	\$17 Dinner Shrimp Pad Thai Osumashi
Tuesday, Sept. 22	\$11 Lunch BBQ Riblette Sandwich Curly Fries	\$14 Dinner Chicken Alfredo Garlic Bread Caesar Salad
Wednesday, Sept. 23	\$11 Lunch Lobster Roll Cucumber Salad	\$19 Dinner Braised Short Ribs Loaded Mashed Potatoes Green Beans
Thursday, Sept. 24	\$5 Lunch New York Pizza <i>by the slice</i> <i>(Pepperoni or Margherita)</i>	\$14 Dinner Ham Loaf Mashed Sweet Potatoes Creamed Peas
Friday, Sept. 25	\$11 Lunch Potato Bar	\$16 Dinner Pot Roast <i>with Carrots, Celery, & Onions</i> Mashed Potatoes & Gravy Fresh Green Beans
Saturday, Sept. 26	KSU Game Day Menu <i>See page 7.</i>	KSU Game Day Menu <i>See page 7.</i>

Weekly Opportunities Calendar *Sept. 20 to Sept. 26*

Sunday • Sept. 20

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/**1960**
 10:30 a.m. ~ Transportation to FUMC, ME
 11:00 a.m. ~ Worship Service, CR/**1960**

Monday • Sept. 21

Trash & Recycle pick-up.

9:30 a.m. ~ Seated Strength, CR/**1960**
 10:00 a.m. ~ Tuttle Creek Ladies Group, BR
 10:00 a.m. ~ Tuttle Creek Mens Group, MR
 10:30 a.m. ~ Weights 101, CR/**1960**
 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
 5:30 p.m. ~ 5th Floor Supper, MR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Sept. 22

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**
 11:30 a.m. ~ Memory Program Social, 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
 6:30 p.m. ~ Vespers, CR

Wednesday • Sept. 23

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
 11:30 a.m. ~ Page Turners Book Club, PR
 1:00 p.m. ~ Meadowlark U, EC
 1:30 p.m. ~ ARTful Making, KSU CL
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-a-Long, FHR
 5:30 p.m. ~ 1st Floor Supper, MR

Thursday • Sept. 24

9:00 a.m. ~ Messenger Team, KSU CL
 10:00 a.m. ~ Wamego Memory Caregiver Grp, **WPL**
 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 Partner Group, FHR
 2:30 p.m. ~ Knitting & Crocheting, KR
 3:00 p.m. ~ Fanny & Furby, KR
 4:15 p.m. ~ Meadowlark Singers Practice, CR
 6:30 p.m. ~ UFM CClass: Civil War West of Miss., CR

Friday • Sept. 25

7:30 a.m. ~ Rock Steady Boxing, **PF**
 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**

Saturday • Sept. 26

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**
 6:00 p.m. ~ KSU Football Watch Party, KR/PS
 7:00 p.m. ~ Joshua Lightfoot Band, EC

Room Abbreviations

1960, TV Channel 1960	ME, Main Entrance
BR, Bison Room	MM, 120 N. Scenic Drive
CR, Community Room	MR, Manhattan Room
CY, Courtyard	PF, Peakform Wellness
EC, Event Center	PR, Patriot Room
FHR, Flint Hills Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	STM, St. Thomas More
KR, Kansas Room	VBL, Verna Belle's Lounge
KSU CL, KSU Classroom	WPL, Wamego 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: Sept. 20

PLEASE DON'T EAT THE DAISES (1960) Approved, 1 hr. 52 min. *Comedy, Romance*

Cast: Doris Day, David Niven, & Janis Paige

Drama professor turned theater critic balances his home life and career after he moves to the country with his wife and their four sons.

MONDAY: Sept. 21

REMARKABLY BRIGHT CREATURES (2026) PG-13, 1 hr. 51 min. *Comedy, Drama*

Cast: Sally Field, Lewis Pullman, & Colm Meaney

Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.

TUESDAY: Sept. 22

9 TO 5

(1980) PG, 1 hr. 49 min. *Farce, Comedy*

Cast: Dolly Parton, Jane Fonda, & Lily Tomlin

Three secretaries turn the tables on their obnoxious boss.

WEDNESDAY: Sept. 23

GONE GIRL (2014) R for strong violence, strong sexual content, & language, 2 hr. 29 min.

Cast: Ben Affleck, Rosamund Pike, & Neil Patrick Harris *Psychological Thriller, Suspense*

The husband of a missing woman becomes the main suspect in her disappearance.

THURSDAY: Sept. 24

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

Cast: Shirley MacLaine, Olympia Dukakis, Sally Field, & Dolly Parton

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.

FRIDAY: Sept. 25

SHE'S HAVING A BABY (1988) PG-13, 1 hr. 46 min. *Coming-of-Age, Romantic Comedy*

Cast: Kevin Bacon, Elizabeth McGovern, & Alec Baldwin

Young newlyweds find out just how unprepared they are for their future together.

SATURDAY: Sept. 26

THE MAP THAT LEADS TO YOU (2025) PG-13, 1 hr. 36 min. *Drama, Romance*

Cast: Madelyn Cline, KJ Apa, & Sofia Wylie

Heather's European adventure takes a turn when she meets Jack, sparking an unexpected emotional journey neither of them saw coming.