



A Season of Stories

Local Voices Take Center Stage at Meadowlark

by Melanie Nord, Spiritual Life Leader

As the cold and dark winter months approach, I gain a deeper appreciation for the stories that brighten our lives. Meadowlark Hills invites you to celebrate the power of storytelling with a new Storyteller Series, held Tuesdays in November and December from 6:30 to 7 p.m. in the Community Room. Featuring local authors, journalists, media personalities, and familiar community voices, the series will explore the stories that inspire us, connect us and shape our lives. In the light of spring and summer, nature and time spent outdoors bring joy. During the quieter winter months, stories offer a different kind of warmth, reminding us of the experiences and connections that weave our community together.

Nov. 3: Linda Puntney is a life-long storyteller who taught Magazine Article and Feature Writing at Kansas State University from 1989 to 2010. An Emeritus Professor in Journalism, she was Executive Director of

the national Journalism Education Association and director of Student Publications, Inc. at K-State. Linda is an inductee in the National College Media Advisors Hall of Fame.

Nov. 10: Mike Matson is a lifelong Kansan whose career has touched various aspects of communications: DeeJay, radio news, TV news, press secretary to a governor, systems advocacy, newspaper columnist, podcast/radio talk show host, and author. He is the author of two books, *Spifflicated* and *Courtesy Boy*, that will be available in the Meadowlark Library following his talk.

Nov. 17: A traditional Blue Christmas is focused on gathering those who are experiencing grief during the holiday season. We will look at preserving the the stories of our loved ones who are no longer with us during the Holidays. Led by Social Worker Linda Montgomery and Spiritual Life Leader Melanie Nord.

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Nov. 24: Tyler Jackson is the publisher of the Manhattan City Lifestyle Magazine which highlights all the things that make Manhattan "Manhappiness." Tyler has previous experience in radio with Manhattan Broadcasting. He looks forward to sharing how gratitude shapes all the best stories!

Dec. 1: Ned Seaton is a career journalist, serving the Manhattan Mercury since 1996. The Seaton Family has owned the Mercury since 1915. He currently serves as the Editor-in-Chief of the paper and the General Manager of Manhattan Broadcasting.

Dec. 8: Dr. Katie Olsen is an associate professor of advertising and public relations at Kansas State University and an advocate for more inclusive workplaces and creative industries. Her research explores career pathways, leadership barriers, organizational culture, and the changing role of diversity and representation in media and communication.

Dec 15: Tim "Fitz" Fitzgerald is a sportswriter, frequent radio guest, podcast host, and publisher of GoPowercat.com. In Manhattan, Kan., everyone knows his name and instantly relates it to the following of Kansas State University Athletics.

Dec 22: Meadowlark Residents are invited to share a favorite Christmas memory or story as we prepare for our Christmas Eve and Day celebrations later in the week.

Dec 29: Ted T. Cable Ph.D. is a Professor Emeritus of Park Management and Conservation at KSU. Ted also is the author of 15 books about birds, nature and travel. He has the upcoming "Christian Communicator's Handbook" releasing in 2027. You may know him from his birding classes offered at Meadowlark!

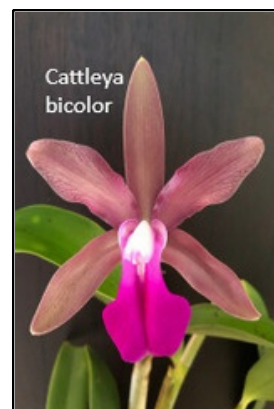
Known, Grown, or Killed

submitted by Richard Vanderlip, resident

I have shown a number of hybrid orchids, so I thought I would show the parentage of one I had in the Meadowlark Library in June: *Brassocattleya* A. C. Oliveros. It is now in bloom again.



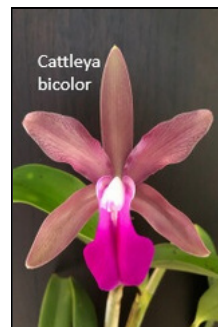
Brassocattleya A. C. Oliveros is a cross made June 20, 2011, by B. Oliveros. The parents are *Brassocattleya* Star Ruby (which we have had) and *Cattleya* bicolor, a species.



Brassocattleya Star Ruby is a cross of *Brassavola* nodosa (I have one in bud now) and *Cattleya* Batolinii.



Cattleya Batolinii is a cross of *Cattleya* bicolor and *Cattleya* intermedia, both species. I think you can see that *Brassavola* nodosa did not change the *Cattleya* form very much.



EVENTS & OPPORTUNITIES

Water Media Painting, Oct. 20

The Water Media Painting group will not meet Tuesday, Oct. 20.

From Our Hearts to Theirs

submitted by the Staff Appreciation Fund

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 once a year by giving to the Staff Appreciation Fund.

The value of the help we receive is a determination each person must make individually. The committee is asking everyone connected to Meadowlark to help build the Appreciation Fund, which will be divided among staff based on the hours they have worked in the past year. Examine your ability to give and then **SEND YOUR CHECK TO SHOW YOUR APPRECIATION.**

You may use the Hospitality Desk lockbox or mail your gift to the Staff Appreciation Fund, 2121 Meadowlark Road, Manhattan KS 66502. The identity of donors and the amounts they give are not tracked by the Gift Committee or Meadowlark administration. Please give this the priority it deserves.

Medicare Open Enrollment: Oct. 15–Dec. 7

It's almost time for Medicare Open Enrollment, which runs from Oct. 15 through Dec. 7, 2026. This annual enrollment period is an important opportunity to review your Medicare coverage and make changes for 2027. Changes made during Open Enrollment generally take effect Jan. 1, 2027.

Even if you are happy with your current coverage, it's a good idea to review your plan each year. Medicare Advantage and prescription drug plans can change their costs, benefits, provider networks, drug coverage, or availability from one year to the next. Pay close attention to notices you receive from your current insurance plan this fall.

If your Medicare Advantage plan will no longer be offered in 2027, you will have options. You may select another Medicare Advantage plan or return to Original Medicare. If you return to Original Medicare, you may need to select a separate Part D prescription drug plan and may want to consider Medicare Supplement Insurance (Medigap). Special enrollment periods and certain Medigap protections may apply when a Medicare Advantage plan is discontinued, so it is important to review your individual situation before making changes.

The Meadowlark Finance Team is here to help residents navigate Medicare Open Enrollment. We are fortunate to have James Beck, Meadowlark resident and trained SHICK (Senior Health Insurance Counseling for Kansas) volunteer, available to work individually with residents utilizing Medicare. Jim's availability is listed in the Blue Book at the Hospitality Desk; please sign up for a date and time that works for you.

Residents attending a Medicare Clinic appointment should come prepared. Please bring your Medicare card, a current list of medications, your Medicare.gov log-in information, a smartphone, and a valid photo ID.

The Finance Team also will be available to assist residents during the Open Enrollment process. Making sure you understand your options and have the coverage that meets your needs is important, so please don't hesitate to ask for assistance.

Take a Chance on \$50,000!

There's still time to take a chance on \$50,000! Tickets are on sale for Meadowlark Foundation's \$50,000 Raffle, benefiting 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.

The Grand Prize drawing is Dec. 1, so don't wait to get your ticket! Tickets are available at the Hospitality Desk, from Becky Fitzgerald, Sarah Gido, or Karen Matthews, 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 host Meadowlark's Great Art Festival and Sale on Oct. 24, 2026, at Prairie Star Event Center, and we 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, and 2D (watercolor, photography, oil, etc.). Based on interest, a selection criteria may apply. Those interested should contact the Meadowlark Hospitality Desk by tomorrow, Oct. 16. All participating artists must have their own method of taking payment for art and follow all necessary tax regulations.

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EVENTS & OPPORTUNITIES

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Pat Brensing: Celebration of Life

Friday, Oct. 16, at 9:30 a.m.

The family of Pat Brensing invite you to a Celebration of Life service at 9:30 a.m. Friday, Oct. 16. The service will be held in Prairie Star Restaurant's Event Center at Meadowlark. The family will be honored to have you celebrate with us so we can truly celebrate with family and friends the loving, caring, and wonderful woman who provided an example of how to live. Attendees are invited to stay for a reception following the service.

Pink Diva & The Jazz Masters

Friday, Oct. 16, at 7 p.m.

Get ready to swing! Pink Diva & The Jazz Masters take the stage Friday, Oct. 16, at 7 p.m. in the Event Center. Featuring vocals, keys, drums, bass, and saxophone, the group blends classic jazz favorites with a fresh, modern flair.

Enjoy timeless tunes like "All of Me," along with contemporary favorites reimaged with a jazzy twist. Join us for an entertaining evening celebrating the sounds of jazz, old and new!

Shopping at Target & Dollar Tree

Saturday, Oct. 17, at 10:30 a.m.

The next scheduled trip is Saturday, Oct. 17, 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. 21. Please sign up in the Blue Book to participate.

KSU Football Watch Party!

Saturday, Oct. 17, at 11 a.m.

All are invited on Saturday, Oct. 17, to the Kansas Room and Prairie Star to watch our K-State Wildcats take on their rivals, the Kansas Jayhawks. The time of the game is 11 a.m. The game will be shown on FOX.

Worship Services

Sunday, Oct. 18, at 10 & 11 a.m.

Join Rev. Melanie Nord, at 10 a.m. or 11 a.m. on Sunday, Oct. 18, in the Community Room/Chapel for Worship Service, "Elective: Death & Dying." Coffee and fellowship will be available in the lobby between 9:30 a.m. and noon. All are welcome.

Reflection Connections

Monday, Oct. 19, at 9:30 a.m.

In conjunction with the Memory Caregiver Support Group, Reflection Connections provides a welcoming

and engaging space for individuals living with memory loss, cognitive changes, or dementia to enjoy meaningful activities and social connection. The next gathering is Monday, Oct. 19, at 9:30 a.m. at St. Thomas More Catholic Church.

If you are new to Reflection Connections and would like to participate, please contact Michelle Haub with the Meadowlark Memory Program at (785) 323-3899 prior to attending.

Adapting to Life Changes Education Program

Tuesday, Oct. 20, at 1 p.m.

Life brings many changes, and you don't have to navigate them alone. Adapting to Life Changes is an educational and supportive series focused on understanding changes related to aging, health, and loss while building resilience and emotional well-being.

Sessions will explore topics such as grief, changes in identity and health, managing emotions, coping skills, relationships, and finding meaning. Each gathering includes education, simple activities, discussion, and connection with others experiencing life changes.

The group meets Tuesdays, now through Dec. 1, from 1 to 2 p.m. in the Flint Hills Room. To learn more or sign up, contact Linda Montgomery at (785) 320-7299 or lmontgomery@meadowlark.org.

Prairie Star Writing Group

Tuesday, Oct. 20, at 1 p.m.

Interested in joining Meadowlark's writing group? Prairie Star Writers, led by Cathy Hedge, meets on the first and third Tuesdays of each month. The next gathering is at 1 p.m. Tuesday, Oct. 20, in the Patriot Room.

This session, "Games We Play: Then and Today," invites writers to recall favorite childhood games and activities they enjoy today. From Monopoly and paper dolls to backyard games and modern technology, what games brought you joy? Come share your memories of fun, friendly competition, and games through the generations!

Coffee Corner & Handpan Dan

Tuesday, Oct. 20, at 2:30 p.m.

You're invited to special edition of Coffee Corner! Experience the unique and relaxing sounds of the handpan when Handpan Dan visits Meadowlark on Tuesday, Oct. 20, at 2:30 p.m. in the Event Center. Come ready to sing along to familiar favorites from Dan's repertoire of more than 130 cover songs, along with some of his original compositions.

A Derby, Kan., native, Dan began playing handpan in 2017 and now shares the instrument therapeutically

EVENTS & OPPORTUNITIES

in healthcare, education, and community settings. Inspired by the Caribbean steelpan, the handpan produces a peaceful, harp-like sound.

Join us for an afternoon of music, singing, and a one-of-a-kind instrument!

Vesper Devotion Series

Tuesday, Oct. 20, at 6:30 p.m.

Join us this Tuesday, at 6:30 p.m., in the Event Center, for evening Vesper Services led by Rev. Melanie Nord. This week's message is titled, "The Gospel According to Peter Safar." All are welcome.

Memory Café

Wednesday, Oct. 21, 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, Oct. 21, at 11:30 a.m.

Join the Page Turners Book group for our final discussion of *The Thursday Murder Club* by Richard Osman. We will discuss the book and the movie which will show in the Grosh Cinema, on Tuesday, Oct. 20, at 1, 4, and 7 p.m. You do not have to attend every session to participate, come when you are able, whether you read the book or watched the movie! If you have questions, please contact Katie Sigman at (785) 323-3899.

Volunteer & Tech Helper

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

Deborah Goins will be available to provide in-home technology support to residents on Wednesday, Oct. 21. Please sign up in the Blue Book at the Hospitality desk for a time to meet with her for an in-home visit.

Caring Conversations for People with PD

Thursday, Oct. 22, 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, Oct. 22, in the Flint Hills Room.

PD Care Partners Social

Thursday, Oct. 22, 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 second and fourth Thursday of each month starting at 11:30 to 1 p.m.

Knitting & Crocheting Group

Thursday, Oct. 22, 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 Kansas Room at 2:30 p.m. Thursday, Oct. 22, for a fun, social, creative opportunity. All skills level welcome!

Volunteer & Tech Helper

Thursday, Oct. 22, at 4 p.m.

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Thursday, Oct. 22, in the Flint Hills Room. Deborah looks forward to building connections through this opportunity and meeting others, so be sure to stop by during her visits every month!

S'mores & Cowboy Poetry

Thursday, Oct. 22, at 6 p.m.

Saddle up for an evening of s'mores and cowboy poetry! Join us in the Courtyard on Thursday, Oct. 22, at 6 p.m. for complimentary s'mores, followed by cowboy poetry from Hank Letourneau at 6:30 p.m.

Hank, father of Meadowlark's Katie Sigman, has farmed in North Central Kansas for more than 50 years. He turned countless hours on farm machinery into inspiration for humorous and heartfelt poetry, earning second- and third-place honors at the Kansas Cowboy Poetry Contest. Hank published a collection of his poems last year, and copies will be available for \$12. Come enjoy an evening of country storytelling, laughter, and sweet treats!

The Great Art Festival and Sale

Saturday, Oct. 24, at 11 a.m.

Calling all art lovers! You're invited to celebrate creativity, discover local talent, and shop one-of-a-kind treasures at Meadowlark's Great Art Festival & Sale!

This special event will showcase the artistic talents of Meadowlark residents, Passport members, and employees, with a variety of original artwork and handcrafted creations available for purchase.

Explore an inspiring collection of art, including woodworking, fiber arts, ceramics, jewelry, paintings,

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EVENTS & OPPORTUNITIES

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ephotohraphy, and more! Whether you're searching for the perfect gift, a statement piece for your home, or simply enjoy admiring beautiful artwork, there's something for everyone.

Best of all, you'll have the opportunity to meet the artists, hear the stories behind their creations, and support talented individuals who are part of the Meadowlark community. The Great Art Festival & Sale is open to the public, so invite your friends and family and join us for a celebration of art and creativity.

KSU Football Watch Party!

Saturday, Oct. 24, at TBD

All are invited on Saturday, Oct. 24, to the Kansas Room and Prairie Star to watch our K-State Wildcats take on the Arizona State Sun Devils. The time of the game has not been announced.

Grieving at Family Events in November

Tuesday, Nov. 4, at 5 p.m., or Sunday, Nov. 15, at 2 p.m.

As you prepare for the holiday season, it can be difficult to live in your new reality while honoring

your loved one who has passed. Not every family member grieves the same. Join Melanie Nord for a grief group focused on facing the holiday season as a family after a death. Whether your loved one has died recently or years ago, this group is for you. There are two date options: Wednesday, Nov. 4, at 5 p.m., or Sunday, Nov. 15, at 2 p.m., at Yorgensen-Meloan-Londeen Funeral Home, 1616 Poyntz Ave. Transportation is available by signing up in the Blue Book.

Recycling Reminder: Keep It Loose!

Help keep Meadowlark's recycling efforts on track by placing only accepted materials in the commingled recycling bins. Acceptable items include paper, phone books, cereal boxes, glass bottles and jars, plastic bottles and jugs, and aluminum cans.

Please rinse out all containers before recycling, and remember not to bag your recyclables. Place items directly into the bins, loose and unbagged. No garbage, please!

Thank you for doing your part to keep our recycling bins clean and free of contamination!



Fall Drink Menu

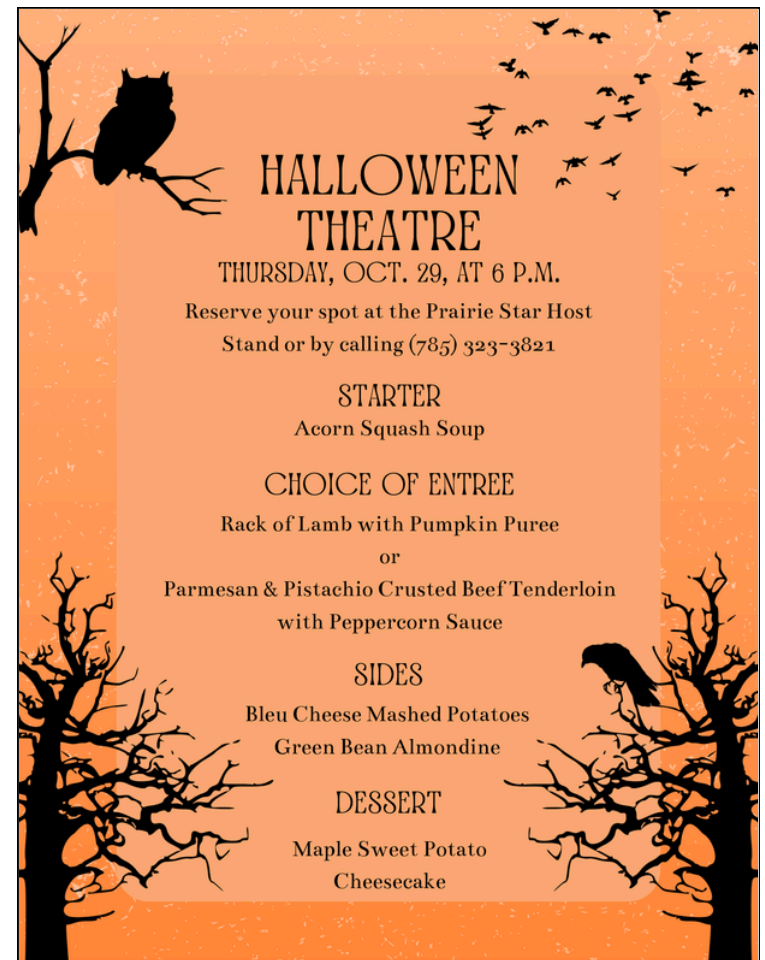
PUMPKIN SPICE LATTE
Pumpkin spice flavoring added to a shot of espresso and your choice of milk, topped with whipped cream and pumpkin pie spice, \$4.25+

CARAMEL APPLE CIDER
Apple cider topped with caramel sauce, served hot or cold, \$3.50+

PUMPKIN CHAI
Pumpkin spice flavoring added to oregon chai tea \$5.00+ add espresso and make it a dirty Chai +\$1

SMORES ICED AMERICANO
toasted marshmallow and milk chocolate added to an americano and topped with marshmallow cold foam, \$4.00+

WHITE PUMPKIN MOCHA
White chocolate and pumpkin spice flavoring added to a shot of espresso and your choice of milk topped with whipped cream and pumpkin pie spice, \$4.75+



HALLOWEEN THEATRE

THURSDAY, OCT. 29, AT 6 P.M.
Reserve your spot at the Prairie Star Host
Stand or by calling (785) 323-3821

STARTER
Acorn Squash Soup

CHOICE OF ENTREE
Rack of Lamb with Pumpkin Puree
or
Parmesan & Pistachio Crusted Beef Tenderloin with Peppercorn Sauce

SIDES
Bleu Cheese Mashed Potatoes
Green Bean Almondine

DESSERT
Maple Sweet Potato Cheesecake



Clothing Drive

Hosted by the Meadowlark Ambassadors

**Friday,
October 23, 2026
10 a.m. to Noon**

Clothing must be clean, and in either new or gently used condition. Items with holes and/or stains will not be accepted.

Local Donation Beneficiaries:
Be Able
The Budget Shop
Encore Shop
Ogden Friendship House
United Methodist Thrift Shop

Most Needed Items:
Jeans, athletic pants, and sweatpants
Long sleeve t-shirts, blouses, & sweatshirts
Shoes (athletic shoes, boots, etc)
Underwear & Socks
Kid's Clothing
Blankets, Bags, and Belts
Coats & Jackets (hats, gloves & scarves)

Donations will be accepted in the Event Center



Gifts benefiting Collins House, Good Samaritan Fund, Helping Hands Fund, Meadowlark Cancer Program, Meadowlark Memory Program, Meadowlark Parkinson's Program, and Purpose in Motion capital campaign were received by Meadowlark Foundation during the month of September.

Memory of:

Imogene Lamb Bolls

Dorothy Buller

James Ferguson

Linda Ferguson

Orris Kelly

Honor of:

Gail's Galloping Gala*

Dolly Gudder

Nyle Larson

Amon "Max" Maxwell

We Are Family*

**Speedy PD team*



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



Oct. 17, at 11 a.m.

KSU vs. KU, **HOME**
Channel: FS1

Oct. 24, TBD

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

Oct. 31, TBD

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

Nov. 7, TBD

KSU vs. OK State, **HOME**
Channel: TBD

Nov. 14, TBD

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

RESTAURANT **SPECIALS**

Sunday, Oct. 18	Sunday Brunch Brunch Menu available from 9 a.m. to 2 pm.	\$15 Dinner Beef Tips Mashed Potatoes & Gravy Broccoli
Monday, Oct. 19	\$11 Lunch Pesto Chicken Melt Tomato Bisque	\$14 Dinner Fried Pork Cutlet Mashed Potatoes & Gravy Green Beans
Tuesday, Oct. 20	\$11 Lunch French Dip Onion Rings	\$16 Dinner Bacon-Wrapped Meatloaf <i>stuffed with Cheese</i> Cheesy Potatoes Peas & Pearl Onions
Wednesday, Oct. 21	\$10 Lunch Tuna Melt Loaded Potato Soup	\$15 Dinner Blackened Chicken Tacos Black Beans & Rice
Thursday, Oct. 22	\$10 Lunch Pulled Pork Nachos (tortilla chips topped with queso, pulled pork, Pico de Gallo, sour cream, and guacamole)	\$15 Dinner Fried Chicken Mashed Potatoes & Gravy Corn
Friday, Oct. 23	\$11 Lunch Pizza Bar	\$28 Dinner Lobster Thermidor Risotto Asparagus
Saturday, Oct. 24	KSU Game Day Menu See page 2	KSU Game Day Menu See page 2

Weekly Opportunities Calendar Oct. 18 to Oct. 24

Sunday • Oct. 18

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 • Oct. 19

Trash & Recycle pick-up.

9:30 a.m. ~ Seated Strength, CR/**1960**
 9:30 a.m. ~ Memory Care Partner Group, **STM**
 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**
 1:45 p.m. ~ Parkinson's Voice Class, CR
 5:30 p.m. ~ 5th Floor Supper, MR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Oct. 20

Community Room Closed for Carpet Replacement

10:00 a.m. ~ Memory Activities Class, EC
 10:00 a.m. ~ Mat Yoga, KSU CL
 10:30 a.m. ~ Steady Yourself, **1960 only**
 11:15 a.m. ~ Chair Yoga, KSU CL/**1960**
 1:00 p.m. ~ Adapting to Life Change, FHR
 1:00 p.m. ~ Prairie Star Writers Group, PR
 2:00 p.m. ~ 10-Point Pitch Group, GR
 2:00 p.m. ~ Social Circles, PS
 2:30 p.m. ~ Coffee Corner & Handpan Dan, EC
 5:30 p.m. ~ 2nd Floor Supper, BR
 6:30 p.m. ~ Vespers, EC

Wednesday • Oct. 21

Community Room Closed for Carpet Replacement

8 a.m. to 5 p.m. ~ Medicare Open Enrollment, PR
 9:30 a.m. ~ Seated Strength, **1960 only**
 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, **1960 only**
 11:30 a.m. ~ Page Turners Book Club, FHR
 11:30 a.m. ~ West Monarch Luncheon, BR
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-a-Long, FHR
 4:00 p.m. ~ Tech Help, **in-home sign-ups only**

Thursday • Oct. 22

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, EC/**1960**
 1:00 p.m. ~ PD Care Partner's Support Group, FHR
 2:30 p.m. ~ Knitting & Crocheting, KR
 3:00 p.m. ~ Fanny & Furby, KR
 4:00 p.m. ~ Meadowlark Singers Practice, CR
 4:00 p.m. ~ Tech Help, FHR
 6:00 p.m. ~ Cowboy Poetry & S'mores, CY

Friday • Oct. 23

7:30 a.m. ~ Rock Steady Boxing, **PF**
 9:30 a.m. ~ Seated Strength, CR/**1960**
 10:00 a.m. ~ Ambassadors Clothing Drive, EC
 10:00 a.m. ~ Riddle's Jewelry Cleaning, KR
 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 • Oct. 24

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**
 TBD. ~ KSU Football Watch Party, KR/PS
 11 a.m. to 4 p.m. ~ The Great Art Festival, 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: Oct. 18

SNOW WHITE & THE HUNTSMAN (2012) PG-13, 2 hr. 7 min. *Fairy Tale, Action, Drama*

Cast: Kristen Stewart, Chris Hemsworth, & Charlize Theron

In a twist to the fairy tale, the Huntsman ordered to take Snow White into the woods to be killed winds up becoming her protector and mentor in a quest to vanquish the Evil Queen.

MONDAY: Oct. 19

HOCUS POCUS (1993) PG, 1 hr. 36 min. *Fantasy, Comedy, Family*

Cast: Bette Midler, Sarah Jessica Parker, Kathy Najimy

A teenage boy named Max and his little sister move to Salem, where he struggles to fit in before awakening a trio of diabolical witches that were executed in the 17th century.

TUESDAY: Oct. 20

PAGE TURNER REQUEST

THE THURSDAY MURDER CLUB (2025) PG-13, 1 hr. 58 min. *Mystery, Comedy*

Cast: Helen Mirren, Pierce Bronson, & Ben Kingsley

Four irrepressible retirees spend their time solving cold case murders for fun, but their casual sleuthing takes a thrilling turn when they find themselves with a real whodunit on their hands.

WEDNESDAY: Oct. 21

DARK WATERS (2019) PG-13, 2 hr. 6 min. *Docudrama, Thriller*

Cast: Mark Ruffalo, Anne Hathaway, & Tim Robbins

A corporate defense attorney takes on an environmental lawsuit against a chemical company that exposes a lengthy history of pollution.

THURSDAY: Oct. 22

THE DARK KNIGHT (2008) PG-13, 2 hr. 32 min. *Comedy, Drama*

Cast: Christian Bale, Heath Ledger, & Aaron Eckhart

When a menace known as the Joker wreaks havoc and chaos on the people of Gotham, Batman, James Gordon, and Harvey Dent must work together to put an end to the madness.

FRIDAY: Oct. 23

THE RETURN OF PINK PANTHER (1975) G, 1 hr. 53 min. *Comedy, Crime*

Cast: Peter Sellers, Christopher Plummer, & Catherine Schell

Inspector Clouseau is on the case when the Pink Panther diamond is stolen from a highly secured museum, with the Phantom's trademark glove as the only clue. Clouseau is convinced the Phantom did it, but things are not what they seem to be.

SATURDAY: Oct. 24

THE MUMMY (1999) PG-13 2 hr. 4 min. *Adventure, Action*

Cast: Brendan Fraser, Rachel Weisz, & John Hannah

At an archaeological dig in the ancient city of Hamunaptra, an American serving in the French Foreign Legion accidentally awakens a mummy who begins to wreak havoc as he searches for the reincarnation of his long-lost love.