



A Search for Meaning

by Melanie Nord, Spiritual Life Leader

The season of Lent for Christians is a season of humility and reflection. It is a time to be aware of humanity's need for a higher power and/or purpose. In popular culture, some even take on the practice of giving up things for lent, ranging from chocolate to alcohol or other stereotypical "vices." For me, Lent inspires new educational and spiritual challenges.

This Lent, a second annual lecture series is planned to provide personal growth and reflection. Our 2026 theme is "A Search for Meaning." In the book of Ecclesiastes, a sacred text in the Jewish and Christian traditions, the ancient royal philosopher Qohelet and author of the book has many complaints. His primary one being that, unlike other animals, humans are uniquely cursed with desiring meaning to their life and "toils."

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**2026 Lenten Lecture Series
"A Search for Meaning"
Wednesdays, 1 to 2 p.m.**

Feb. 18: Brady Kappelmann,
KSU Student Body President

Feb. 25: Lisa Melander, Ph.D.
Professor of Sociology at KSU

March 4: Christine Benne,
Greater Manhattan
Community Foundation,
Director of Military Relations

March 11: Jeff Heidbreder,
Meadowlark Hills Fitness
Services Leader

March 18: Erin Freidline,
Deputy Director of Riley
County Police Department

March 25: Ali Goss & Matt
Goss, Owners & Founders of
Enamored by Ali and
Syndicate Tattoo

April 1: Patrick Schutter,
President of BHS
Construction

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He says, "I applied my mind to seek and to search out by wisdom all that is done under heaven; it is an unhappy business that God has given to human beings to be busy with. ¹⁴ I saw all the deeds that are done under the sun; and see, all is vanity and a chasing after wind."

If you've ever had to chase a runaway napkin or paper in the wind, you know how futile that feels! Qohelet reminds us that though it can be difficult, we humans must determine our meaning and purpose. Our foundational text for Lent will be Viktor Frankl's book "Man's Search for Meaning." Frankl, Austrian neurologist and psychiatrist, recounts his experience in Nazi concentration camps inspiring him to create the concept of "**logotherapy: creating healing through meaning in the midst of suffering.**"

Meadowlark Lenten Lecture booklets will be available starting Wednesday, Feb 18, for personal devotion throughout the season.

Some of our most accomplished and exciting lecturers, to date, have agreed to speak for this series. You won't want to miss learning from these community leaders.

EVENTS & OPPORTUNITIES

Thank you!

submitted by Rick "The Mailman" Gentry

I would like to thank all the residents and staff of Meadowlark for the kindness and friendship you have shown me in the 10 years I served you as your letter carrier. I was pleasantly surprised of the retirement party that the staff and residents put on for me. Thank you and blessings to all.

Come Sing with Meadowlark Singers

Meadowlark Singers is always welcoming new voices — no auditions or experience required. Whether you love to sing or simply enjoy making music together, this is a fun, supportive group focused on connection, laughter, and joy.

Rehearsals began Thursday, Jan. 15, and meet weekly from 4:15 to 5:15 p.m. Questions? Contact Heather Augustine at mickeyksu@gmail.com.

A Counterfeit, Errors, & a Letter Bomb

Friday, Jan. 23, at 7 p.m.

Tim Lindemuth, Meadowlark Passport member and longtime journalist for K-State, will discuss "A Counterfeit, Errors, and a Letter Bomb," seven treasures from his international gold-medal-winning stamp collection on Friday, Jan. 23, at 7 p.m. in the Event Center. His exhibit of the 20-cent Flag Stamp Over the Supreme Court has won awards at the international philatelic competitions at San Francisco 1997, Washington 2006, and New York 2016.

Lindemuth will be displaying the "20c Flag Spliced to the 17c Auto," the famous unique error of all U.S. postage stamp production that is pictured in four books.

The envelope that was X-rayed for containing a letter bomb involves Salman Rushdie, author of "The Satanic Verses," the fatwa of Iran's Shia leader, the Grand Ayatollah Khomeini, and Penguin Books of Great Britain.

Worship Services

Sunday, Jan. 25, at 10 & 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, Jan. 25, in the Community Room/Chapel. This week's sermon will review Revelations 9-11.

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

Kitchenware Donation Drive

Tuesday, Jan. 27, at 10:30 a.m.

Please consider donating your gently used or new kitchen items/tools to support Meadowlark Market and persons in need who receive starter kits from Kitchen Restore, a local outreach program, as well as the Cats Cupboard, which benefits K-State students, faculty, and staff.

EVENTS & OPPORTUNITIES

Proceeds from Meadowlark Market benefit our Good Samaritan Fund, which assists persons living in a Meadowlark healthcare household who have exhausted their financial resources.

This donation drive will be held from 10:30 a.m. until noon in the Event Center on Tuesday, Jan. 27. Items such as measuring spoons, cups, mixing bowls, baking dishes, cookie sheets, plates, utensils, glasses, and mugs are all items that will be accepted. Please note that due to insufficient storage, donations will only be accepted on the day of the event.

If you'd like to make a monetary donation to Kitchen Restore, checks can be made out to GMCF. Please write FFC/Kitchen Restore in the memo, and mail to P.O. Box 1127, Manhattan, KS 66505.

To donate online, you can visit www.nourishtogether.org and click the *Donation* button.

Grief & Loss Education Program

Tuesday, Jan. 27, at 1 p.m.

Meadowlark invites residents and guests to take part in a compassionate eight-week Grief & Loss Education Program designed to support anyone grieving the loss of a loved one. Each weekly session offers a meaningful blend of education, community connection, and practical tools to help participants navigate the emotional, physical, and spiritual impacts of grief at their own pace.

The program will continue to meet on Tuesdays through March 3, from 1 to 2 p.m. in the Flint Hills Room. This initial series is dedicated to healing after the loss of someone close.

Volunteer & Tech Helper

Tuesday, Jan. 27, at 4 p.m.

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, Jan. 27, in the Flint Hills Room. She had to push her usual third Tuesday of the month to a week later due to her schedule.

Page Turners Book Club

Wednesday, Jan. 28, at 11:30 a.m.

Join the Page Turners Book Club for our second discussion of *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. This non-fiction book tells the story of Henrietta Lacks, a poor Black woman

whose cervical cancer cells were taken without her consent in 1951 and became the first "immortal" human cell line (HeLa), revolutionizing medicine. In fast-paced, moving prose, the book explores the scientific, ethical, and racial issues surrounding the use of her cells, while also detailing her life and the impact on her family, who were unaware of her cells' significance for decades and received no compensation. Lack's story became a major HBO film starring Oprah Winfrey. If you have questions or would like to borrow a copy of the book, please contact Katie Sigman at (785) 323-3899. You don't have to attend every time to participate, come when you are able.

Line Dancing Lessons

Wednesday, Jan. 28, at 3 p.m.

Join us Wednesday, Jan. 28, in Verna Belle's Lounge for Line Dance lessons at 3 p.m. and 3:30 p.m. The classes will be led by the Scoot- A- Boot Country Dancers Association. They come highly recommended when it comes to line dance, two-step waltz, and more. All are welcome!

Kansas Day Happy Hour & Charcuterie

Thursday, Jan. 29, at 2:30 p.m.

Join us in the Event Center on Thursday, Jan. 29, from 2:30 to 4 p.m. as we celebrate Kansas's 164th birthday. Enjoy complimentary, locally sourced smoked sausage, cheeses, jams, and house-made flatbread. Kansas wines, whiskey, and beer will be available for purchase at the bar.

The video "Road Trip through Kansas (Our 42nd State)" will be shown at 2:30 and 3:15 p.m. No sign-up is required; come and go as you wish!

Parkinson's Program Connections Cafe

Friday, Jan. 30, at 10 a.m.

Are you new to the Meadowlark Parkinson's Program? Have you been involved and want to learn more? Do you want to make connections with other Meadowlark Parkinson's Program participants? Join Parkinson's Program leadership on Friday, Jan. 30, at 10 a.m., in the Bison Room to ask your questions and make connections.

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EVENTS & OPPORTUNITIES

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Manhattan Area Teachers Assoc.

Friday, Jan. 30, at 7 p.m.

Join us on Friday, Jan. 30, at 7 p.m. in the Community Room for an evening of piano music featuring members of the Manhattan Area Music Teachers Association (MAMTA). Enjoy a variety of piano solos and duets, along with performances by talented Kansas State University piano students from the KMTA student chapter. All are welcome to attend this celebration of music and community.

Prairie Star Writing Group

Tuesday, Feb. 3, at 1 p.m.

Join Cathy Hedge and fellow writers in the Patriot Room at 2 p.m. Tuesday, Feb. 3, for "Time for a Read-Aloud!" This session is all about listening and sharing—bring a favorite piece, something newly written, or simply come to enjoy others' stories. First-timers are welcome to listen or read. All are invited to celebrate the power of words together. Prairie Star Writers meet on the first and third Tuesdays at 2 p.m. in the Patriot Room.

FUMC Communion, NEW TIME!

Thursday, Feb. 19, at 11 a.m.

Join the pastors from First United Methodist Church Thursday, Feb. 19, at 11 a.m. in the Flint Hills Room to receive communion. This opportunity is open to anyone wanting to invite Christ into his or her heart.



**NEW
DAY/TIME**

3 TO 3:30 P.M.

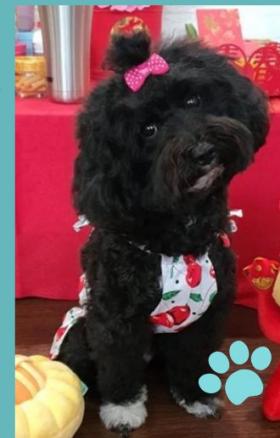
Thursdays

**Kansas Room
(aka Game Room)**

FURBY & FANNY

Fanny, and her loveable cockapoo and therapy dog, Furby, will now be visiting on Thursday afternoons, in the Kansas Room (aka Game Room) around 3 to 3:30pm.

Feel free to stop by and enjoy some fun conversation and doggie snuggles!



Sing-Along Soiree

Enjoy yummy refreshments and festive tunes during this special sing-along event.

Hosted by the Meadowlark Ambassadors with special musical guests Jim Reed & Vera Williams.

Tuesday, Feb. 17

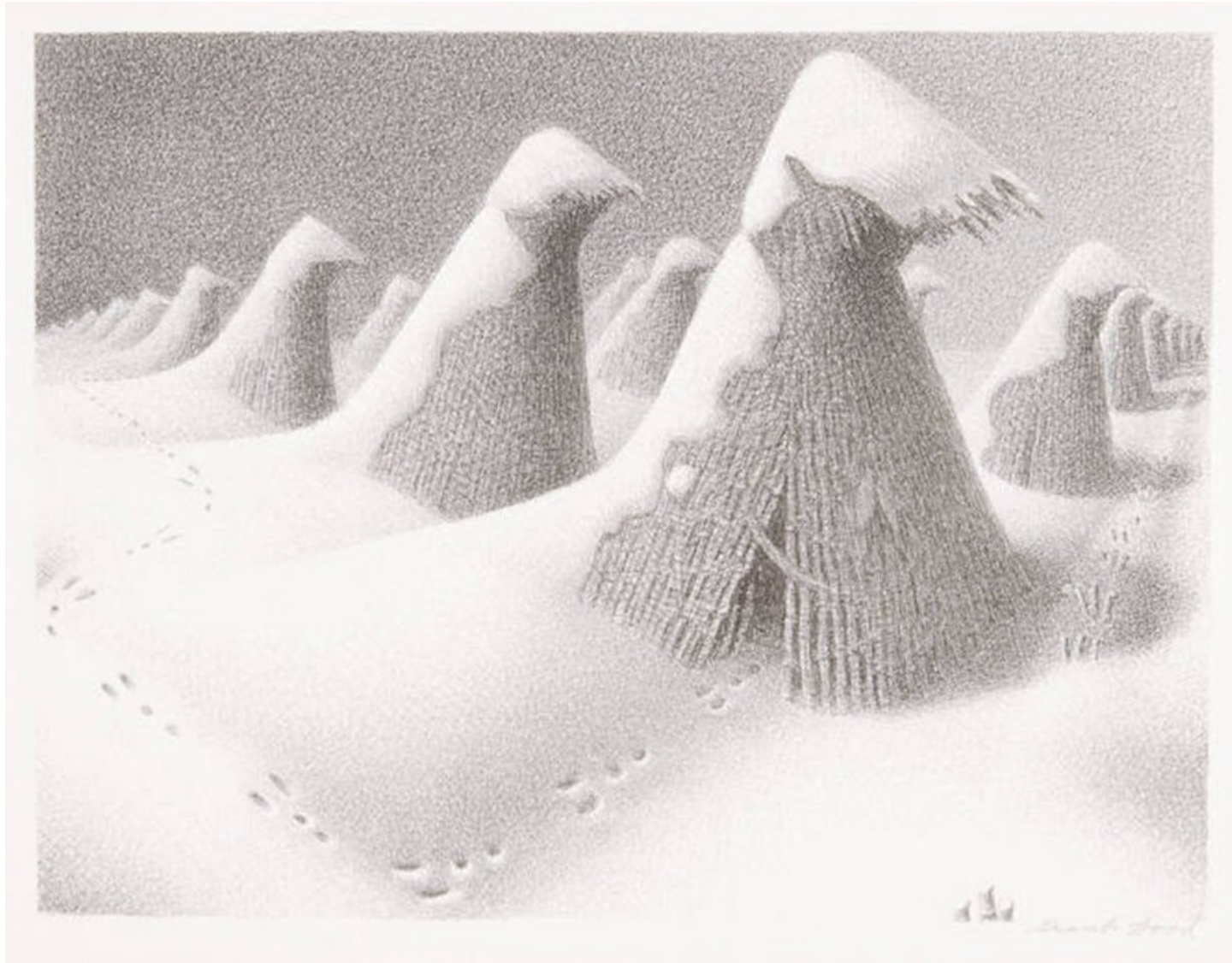
3 to 4 p.m.

Community Room

All are welcome to attend

Art Engagement *from the* **Beach Museum of Art**

An interesting way an artist may create movement in an artwork is to implement repetition. Using the same object, line, shape, texture, or form in a repeating manner creates rhythm which results in moving the viewer's gaze around the composition. As you reflect on the winter day shown in this print, where do you notice repeating elements employed by the artist? Do you find one repetition more engaging over another?



Grant DeVolson Wood (United States, 1891 - 1942)
January, 1938
Lithograph on paper
Published by Associated American Artists
KSU, Marianna Kistler Beach Museum of Art, 1985.1

RESTAURANT **SPECIALS**

<p>Sunday, Jan. 25</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>\$14 Dinner Homemade Chicken Tenders Herb-Roasted Potatoes Honey-Garlic Carrots</p>
<p>Monday, Jan. 26</p>	<p>\$11 Lunch Roasted Pork Sandwich Sweet Potato Fries</p>	<p>\$15 Dinner Chicken Parmesan <i>over Linguine</i> Garlic Bread Side Caesar Salad</p>
<p>Tuesday, Jan. 27</p>	<p>\$12 Lunch Beef & Broccoli Steamed Pork Dumpling</p>	<p>\$15 Dinner Bacon-Wrapped Cheese-Stuffed Meatloaf Cheesy Potatoes Peas & Onions</p>
<p>Wednesday, Jan. 28</p>	<p>\$11 Lunch Cowboy Burger French Fries</p>	<p>\$14 Dinner Swiss Steak Mashed Potatoes Honey-Glazed Carrots</p>
<p>Thursday, Jan. 29</p>	<p>\$11 Lunch Fried Chicken Sandwich Macaroni Salad</p>	<p>\$17 Dinner Chicken & Sausage Cajun Pasta Garlic Bread House Side Salad</p>
<p>Friday, Jan. 30</p>	<p>\$11 Lunch Taco Bar</p>	<p>\$18 Dinner Lemon-Pepper Baked Cod Rice Pilaf Sautéed Spinach</p>
<p>Saturday, Jan. 31</p>	<p>\$11 Lunch Sloppy Joe Tator Tots Broccoli Salad</p>	<p>\$15 Dinner Chicken-Fried Steak Mashed Potatoes & Gravy Corn</p>

Weekly Opportunities Calendar *Jan. 25 to Jan. 31*

Sunday • Jan. 25 *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 • Jan. 26 *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, **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
 4:15 p.m. ~ Hable Español, FHR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Jan. 27

10:00 a.m. ~ Memory Activities Class, EC
 10:00 a.m. ~ Mat Yoga, KSU CL
 10:30 a.m. ~ Steady Yourself, CR/**1960**
 10:30 a.m. ~ Kitchenware Donation Drive, EC
 11:15 a.m. ~ Chair Yoga (Video), CR/**1960**
 1:00 p.m. ~ Grief & Loss Education Program, FHR
 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. ~ Volunteer & Tech Help, FHR
 5:30 p.m. ~ 3rd Floor Supper, BR
 6:30 p.m. ~ Gerontology Class, CR

Wednesday • Jan. 28

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. ~ Page Turners Book Club, PR
 1:30 p.m. ~ Diabetic Wellness Group, FHR
 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. ~ Line Dancing Lessons, VBL

Wednesday • Jan. 28, *continued*

4:00 p.m. ~ 4th Floor Social, FHR
 5:30 p.m. ~ 1st Floor Supper, MR

Thursday • Jan. 29

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 (Video), CR/**1960**
 11:30 a.m. ~ Parkinson's Social, KSU CL
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
 1:00 p.m. ~ Parkinson's Care Partners Group, FHR
 2:00 p.m. ~ Water Media Painting, KSU CL
 2:30 p.m. ~ KS Day Charcuterie & Happy Hour, EC
 3:00 p.m. ~ Fanny & Furby, KR

Friday • Jan. 30

7:30 a.m. ~ Rock Steady Boxing, **PF**
 9:30 a.m. ~ Seated Strength, CR/**1960**
 10:00 a.m. ~ Parkinson's Connection Café, BR
 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**
 7:00 p.m. ~ Manhattan Area Teachers Assoc., CR

Saturday • Jan. 31

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: Jan. 25

SISTER ACT (1992) PG, 1 hr. 40 min. *Comedy, Family, Music*

Cast: Whoopi Goldberg, Maggie Smith, & Harvey Keitel

When a nightclub singer is forced to take refuge from the mob in a convent, she ends up turning the convent choir into a soulful chorus complete with a Motown repertoire, until the sudden celebrity of the choir jeopardizes her identity.

MONDAY: Jan. 26

RESIDENT REQUEST

HOW THE WEST WAS WON (1962) G, 2 hr. 44 min. *Classic Western, Epic, Action*

Cast: James Stewart, John Wayne, & Gregory Peck

A family saga covering several decades of Westward expansion in the 19th century, including the Gold Rush, the Civil War, and the building of the railroads.

TUESDAY: Jan. 27

HOUSE OF GUCCI (2021) R for language and sexual content, 2 hr. 38 min. *DocuDrama, True Crime*

Cast: Lady Gaga, Adam Driver, & Al Pacino

When Patrizia Reggiani, an outsider from humble beginnings, marries into the Gucci family, her unbridled ambition begins to unravel their legacy and triggers a reckless spiral of betrayal, decadence, revenge, and ultimately...murder.

WEDNESDAY: Jan. 28

ALWAYS BE MY MAYBE (2019) PG-13, 1 hr. 41 min. *Romance, Comedy*

Cast: Ali Wong, Randall Park, & James Saito

Everyone assumed that Sasha and Marcus would wind up together, except for Sasha and Marcus. Reconnecting after 15 years, the two start to wonder...maybe?

THURSDAY: Jan. 29

RESIDENT REQUEST

WICKED (2024) PG, 2 hr. 40 min. *Romance, Fantasy, Musical*

Cast: Cynthia Erivo, Ariana Grande, & Jeff Goldblum

Elphaba, a young woman ridiculed for her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads.

FRIDAY: Jan. 30

THE PROPOSAL (2009) PG-13, 1 hr. 48 min. *Feel-Good, Romantic Comedy*

Cast: Sandra Bullock, Ryan Reynolds, & Mary Steenburgen

When New York editor Margaret faces deportation, she convinces her assistant Andrew to marry her in return for a promotion. However, when she visits his hometown, the experience changes her in many ways.

SATURDAY: Jan. 31

DOUBLE TEAMED (2002) TV-G, 1 hr. 33 min. *Family, Drama, Sport Biography*

Cast: Poppi Monroe, Annie McElwain, & Teal Redmann

Based on a true story from the 1980s, two sisters become world-famous basketball players through their high school basketball team.