



Today, Jan. 29, Kansans across the state will celebrate Kansas Day, marking the anniversary of Kansas's admission to the Union on Jan. 29, 1861. This year, we honor 165 years of statehood and reflect on the history, resilience, and community spirit that define the Sunflower State.

Kansas Day has been celebrated since 1877, when schoolchildren in Paola began setting aside time to study Kansas history and geography. What started as a classroom tradition has grown into a statewide observance that encourages learning, storytelling, and appreciation for the land and people who shaped our state.

From sweeping prairies and winter skies to fertile farmland and close-knit towns, Kansas offers a deep sense of place. Its story is shaped by Indigenous peoples, pioneers, farmers, educators, artists, and leaders — each

contributing to a legacy of perseverance, civic pride, and care for community.

Meadowlark residents and guests are invited to celebrate together at a Kansas Day Happy Hour & Charcuterie on Thursday, Jan. 29, from 2:30 to 4 p.m. in the Event Center. 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.

During the celebration, 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; feel free to come and go as you wish.

Kansas Day is a time to pause, reflect, and celebrate what makes this state special: our shared history, enduring landscapes, and the communities we call home. We hope you'll join us in honoring Kansas and enjoying a festive afternoon together at Meadowlark.

EVENTS & OPPORTUNITIES

Chiller Replacement

Beginning Monday, Feb. 2, Meadowlark will begin installation of the next chiller, which will affect cooling in Collins, Stolzer, and Lyle houses. During the project, the west side of the road in front of Bramlage will be temporarily closed for several hours while a crane removes the old unit and sets the new chiller. The east side of the road will remain open to allow continued access for residents, visitors, and staff.

The chiller is expected to be operational by Wednesday. We appreciate your patience during this work and are happy to answer any questions or concerns.

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.

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.

Worship Services

Sunday, Feb. 1, at 10 & 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, Feb. 1, in the Community Room/Chapel. This week's sermon will review Revelations chapters 12 through 16.

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, Feb. 2, at 9:30 a.m.

All Meadowlark residents are invited to attend February's Town Meeting at 9:30 a.m. Monday, Feb. 2, 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!

Grief & Loss Education Program

Tuesday, Feb. 3, 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.

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.

Social Circles

Tuesday, Feb. 3, 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, Feb. 3, at 4 p.m.

Deborah Goins will be available to provide in-home technology support to residents on Tuesday, Feb. 3. Please sign up in the Blue Book at

EVENTS & OPPORTUNITIES

the Hospitality desk for a time to meet with her for an in-home visit on the first Tuesday of every month!

Line Dancing Lessons

Wednesday, Feb. 4, at 3 p.m.

Join us Wednesday, Feb. 4, 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!

Meadowlark Men's Social Supper

Wednesday, Feb. 4, at 5:30 p.m.

Prairie Star Restaurant invites Meadowlark's men to attend a social supper at 5:30 p.m. Wednesday, Feb. 4. 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.

Dinner with the League

Thursday, Feb. 5, at 6 p.m.

Join the League of Women Voters at 6 p.m. Thursday, Feb. 5, in the Event Center. The speaker will be Teresa Woody, former Litigation Director for Appleseed, a statewide advocacy organization. She will be discussing "Keeping Our Courts Fair: Just Say No to Politician Judges," which covers the way we select Supreme Court judges now, and why it is a better system than electing judges. On Aug. 6, 2026, the Kansas has a primary election, including this Constitutional Amendment question.

The meal will be a pesto chicken sandwich, coleslaw, and roasted red potatoes for \$15. Please register for the meal in the Blue Book at the Hospitality Desk by Monday, Feb. 2.

Biggs & Gustin Live!

Friday, Feb. 6, at 7 p.m.

Join us on Friday, Feb. 6, at 7 p.m. in the Event Center as Meadowlark welcomes back Biggs & Gustin Live! Chris Biggs and Ken Gustin return with their signature mix of original and traditional tunes, blending bluegrass, folk, country blues, Texas swing, and classic country. Enjoy an evening of award-winning music and great entertainment.

Watercolor Studio Show

Saturday, Feb. 7, at 11 a.m.

Watercolor Studio artists will showcase their works from 11 a.m. to 2 p.m. Saturday, Feb. 7, in the Event Center. This group meets to paint together two times a week at Meadowlark. All are invited to attend.

Tai Chi Classes Starting Soon!

Wednesday, Feb. 11, at 4 p.m.

We are excited to once again offer Tai Chi classes at Meadowlark. Join us on Wednesday, Feb. 11, at 4 p.m. in the Event Center for a Tai Chi demonstration led by Dennis Eickhoff, Certified Tai Chi for Arthritis Instructor. Learn about the benefits of Tai Chi and see sample movements ahead of spring classes.

Classes will be offered at no cost, thanks to funding from the North Central-Flint Hills Area Agency on Aging. Come meet the instructor and discover how Tai Chi can improve balance, flexibility, and overall wellness.

Ladies Luncheon

Thursday, Feb. 12, at 11:30 a.m.

All Meadowlark ladies, Passport ladies, and their guests are invited to the January Ladies Luncheon, on Thursday, Feb. 12, at 11:30 a.m.

The speaker for this month's Ladies Luncheon will be Graham Rose. Graham is a Meadowlark resident and he will speak about how he became interested in painting and show how he has developed into the artist he is now!

The meal will be cheese manicotti with meat sauce, green beans, and cherry crisp ala mode for \$13.

Please register by Tuesday, Feb. 3, in the Blue Book at the Hospitality Desk to join us for the meal. As usual, if for some reason you cannot eat one of the planned menu items, please indicate an option you can eat next to your name when you sign up to attend.

Blood Pressure Check

Thursday, Feb. 12, at 1 p.m.

Meadowlark Home Care hosts a monthly Blood Pressure Clinic on the second Thursday at 1 p.m. in the Kansas Room. The next scheduled clinic is Thursday, Feb. 12, at 1 p.m. No sign-up required.

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

COUNTRY SNOW

BY POLLY SCHONING,

Meadowlark Passport member

Alone; Isolated

Torn between the gray
beauty

And the panic of being
stranded

The snow is gently falling
And quietly piling up
The hay bales are capped
with snow

As are the scraggly trees and
the fat cedars

Other than distant utility
poles

There is no sign of
civilization

It is cold, very cold

Will my electric furnace stay
on?

Will my short driveway be
passable, or

Will I be dependent on a
neighbor to plow me out?

Soon it will be dark ...

Then until tomorrow

Both the beauty and my fear
will be hidden



February Birthdays



Skilled Nursing

2/1 Glenna Fogo
2/1 Sharon Adee
2/4 Vanna Pope
2/5 Beverley Dodds
2/11 Lois Deyoe
2/16 Sharon McCann
2/18 Loretta Burry
2/20 Earl Moegge
2/22 Aurelia Pacey

Assisted Living

2/2 Linda Graham
2/5 Doris Marsh

2/5 Mickey Bogart
2/7 Carl McKee III
2/16 Carroll Hackbart
2/17 Grant Gwinner
2/18 Wanda Fateley
2/21 Jane Meadows

Independent Living

2/1 Ruth Monical
2/2 Karis Woodward
2/4 Marilyn Ray
2/9 Kay Fiser
2/9 Marilyn Martin
2/11 Carol Dodderidge

2/12 Faralane Chase

2/12 Pearl Wilson
2/12 Kay Fritchon
2/14 Pam Hunt
2/16 Bob Crawford
2/16 Steve Monical
2/16 Sandra Warren
2/19 Russell Moors
2/24 Roger Brannan
2/24 James Hamilton
2/25 Betty Grubb
2/26 Cora DuChene

Bold denotes milestone birthdays!

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



RESTAURANT SPECIALS

Sunday, Feb. 1	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$16 Dinner Pot Roast
Monday, Feb. 2	\$11 Lunch Shrimp Po' Boy Coleslaw	\$15 Dinner Maple-Roasted Pork Tenderloin Sweet Potato Mash Roasted Broccoli
Tuesday, Feb. 3	\$11 Lunch Cuban Sliders Macaroni Salad	\$13 Dinner Stuffed Bell Pepper Cheesy Potatoes Glazed Carrots
Wednesday, Feb. 4	\$11 Lunch Indian Taco Refried Beans	\$16 Dinner Chicken Florentine Vodka Cream Pasta Peas & Onions
Thursday, Feb. 5	\$13 Lunch Meatball Sub Pub Chips	\$14 Dinner Salisbury Steak Mashed Potatoes Green Beans
Friday, Feb. 6	\$11 Lunch Pasta Bar	\$18 Dinner Parmesan-Crusted Salmon Wild Rice Broccoli
Saturday, Feb. 7	\$10 Lunch Chili Dogs Pub Chips Fried Pickle Spear	\$24 Dinner 4 oz Filet & Garlic Shrimp Baked Potato Asparagus

Weekly Opportunities Calendar Feb. 1 to Feb. 7

Sunday • Feb. 1 *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 • Feb. 2 *Trash & Recycle pick-up*
8:30 a.m. ~ IL Resident Council, BR
9:30 a.m. ~ Town Meeting
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**
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. ~ Tuttle Creek Dinner, MR
7:00 p.m. ~ Community Bingo, CR

Tuesday • Feb. 3
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 (Video), CR/**1960**
12:00 p.m. ~ Kimball Luncheon, BR
1:00 p.m. ~ Prairie Star Writers Group, PR
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. ~ Tech Help, FHR
6:30 p.m. ~ KSU Gerontology Class, CR

Wednesday • Feb. 4
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. ~ North Monarch Luncheon, BR
2:00 p.m. ~ Tai Chi, **1960 only**
3:00 p.m. ~ Rock Steady Boxing, CR

Wednesday • Feb. 4, continued
3:00 p.m. ~ Sing-a-long, FHR
3:00 p.m. ~ Line Dancing Lessons, VBL
4:00 p.m. ~ 4th Floor Social, FHR
5:30 p.m. ~ Meadowlark Men's Social Supper, MR

Thursday • Feb. 5
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**
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
2:00 p.m. ~ Parkinson's Education Group, CR
2:00 p.m. ~ Water Media Painting, KSU CL
3:00 p.m. ~ Fanny & Furby, KR
5:30 p.m. ~ Meadowlark Circle Dinner, MR
6:00 p.m. ~ Dinner with the League, EC

Friday • Feb. 6
7:30 a.m. ~ Rock Steady Boxing, **PF**
9:30 a.m. ~ Seated Strength, CR/**1960**
10:30 a.m. ~ Weights 101, CR/**1960**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
3:00 p.m. ~ Catholic Mass, CR
7:00 p.m. ~ Biggs & Gustin Live!, EC

Saturday • Feb. 7
9:00 a.m. ~ Tai Chi, **1960 only**
9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
11:00 a.m. ~ Watercolor Studio Show, EC

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

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.



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: Feb. 1

MEMORY PROGRAM REQUEST

ROBIN'S WISH (2020) NOT RATED, 1 hr. 17 min. *Documentary*

Cast: Susan Schneider, Shawn Levy, & John R. Montgomery

An intimate portrait of Robin Williams and his invulnerable spirit, Robin's Wish is the story of what really happened to one of the greatest entertainers of all time - and what his mind was fighting.

MONDAY: Feb. 2

12 YEARS A SLAVE (2013) R for violence/cruelty, some nudity, and brief sexuality, 2 hr. 14 min.

Cast: Chiwetel Ejiofor, Michael Fassbender, & Michael Kenneth Williams

In the antebellum United States, Solomon Northup, a free black man from upstate New York, is abducted and sold into slavery. Based on a true story.

TUESDAY: Feb. 3

ARE YOU THERE GOD? IT'S ME, MARGARET (2023) PG-13, 1 hr. 46 min. *Comedy, Drama, Family*

Cast: Abby Ryder Fortson, Rachel McAdams, & Kathy Bates

Eleven-year-old Margaret moves from the city to the suburbs and starts to contemplate everything about life, friendship and adolescence. She relies on her mother, Barbara, who offers loving support, and her grandmother, Sylvia.

WEDNESDAY: Feb. 4

THE KISSING BOOTH (2018) TV-14, 1 hr. 45 min. *Romance, Comedy, Teen*

Cast: Joey King, Jacob Elordi, & Joel Courtney

A high school student is forced to confront her secret crush at a kissing booth.

THURSDAY: Feb. 5

THE RIP (2026) R for violence and pervasive language, 1 hr. 53 min. *Crime, Drama, Thriller*

Cast: Matt Damon, Ben Affleck, & Steve Yeun

A group of Miami cops discovers a stash of millions in cash, leading to distrust as outsiders learn about the huge seizure, making them question who to rely on.

FRIDAY: Feb. 6

GHOSTBUSTERS: ANSWER THE CALL (2016) PG-13, 1 hr. 57 min. *Comedy, Fantasy, Action*

Cast: Melissa McCarthy, Kristen Wiig, & Kate McKinnon

Following a ghost invasion of Manhattan, paranormal enthusiasts Erin Gilbert and Abby Yates, nuclear engineer Jillian Holtzmann, and subway worker Patty Tolan band together to stop the otherworldly threat.

SATURDAY: Feb. 7

RESIDENT REQUEST

DOWNTON ABBEY: THE GRAND FINALE (2025) PG, 2 hr. 3 min. *Period Drama*

Cast: Michelle Dockery, Dominic West, & Hugh Bonneville

When Mary finds herself in a public scandal and the family faces financial trouble, the household grapples with the threat of social disgrace. The Crawleys must embrace change with the next generation leading Downton Abbey into the future.