



Viva Las Vegas! **A Very Vegas** **Christmas Carousel**

Mark your calendars for Meadowlark's favorite free event: Christmas Carousel! This year we celebrate Christmas Vegas style with a "trip" to Sin City on Friday, Dec. 10.

Our Vegas event will feature five carousel rooms, a live band finale, and plenty of food, drinks, and fun for everyone. All carousel rooms begin promptly at 5 p.m. Advance sign-up at the Hospitality desk is required, and those participating should select which room they wish to start his or her carousel experience. Each room will feature food, alcoholic and non-alcoholic beverages, and entertainment by Meadowlark employees with a few "celebrity" surprises!

Following the carousel, Margo Martinez and Essence will perform in the Prairie Star Event Center starting at 7 p.m., along with Casino games and a Vegas-worthy buffet. No advance sign-up is required to attend the post-carousel party in the Event Center.

Cash & More

New venue, raffle ricket tally add to **HOGtoberfest** success

by Becky Fitzgerald, Development Director

Happy HOG's sunny disposition was shared by many during the 2021 HOGtoberfest, with hundreds enjoying delicious FOOD, meeting FRIENDS at a new venue, and upping the donation total at our 8th annual FUNdraising event.

With nearly all of the expenses recorded, the celebration is on track to boost Meadowlark Foundation's Good Samaritan Fund by about \$8,000. This total is a combination of sponsorship fees, raffle ticket sales, and 10% of the day's proceeds at Kite's Aggieville Draft House.

Scott Sieben, the restaurant's owner, considers the day something to "squeal" about in terms of the restaurant's food/beverage sales, and the opportunity to put donations towards a good cause.

"This was a big Thursday for us, and we like being able to support Meadowlark," Sieben said. Dine-in and to-go purchases at Kite's Bar & Grill and the lunch and dinner buffets at Draft House were counted toward the day's total.

The centerpiece of the evening buffet was a whole hog that had been slow-roasted for nearly 12 hours, and several diners heaped compliments on Bud and

See CASH, page 6

EVENTS & OPPORTUNITIES

New menu items

As announced at the November Town Meeting, Prairie Star Restaurant has added a variety of new and former favorite items to its menu. Prairie Star Restaurant will continue to offer daily lunch and dinner specials.

- ~ Honey Bourbon Pork Chop (6 oz)
- ~ Lemon Linguine with choice of grilled chicken or grilled shrimp
- ~ Fried Chicken Sandwich
- ~ Grown-Up Grilled Cheese
- ~ Apple Craisin Salad
- ~ Charcuterie Board
- ~ Sides: Roasted Corn & Black Bean Salad, Carrots, and Roasted Red Potatoes

Thanksgiving Dinner Reservations

Prairie Star Restaurant is now accepting reservations for the Thanksgiving Dinner. The meal will be served between 11 a.m. and 2 p.m. in Prairie Star Restaurant on Thursday, Nov. 25. Please sign up for your reservation by visiting the host stand in Prairie Star Restaurant.

The meal will cost \$17 per person and will include a choice of butternut squash soup or ambrosia salad; roasted turkey; green bean casserole; mashed potatoes with turkey gravy; sausage sage dressing; cranberry sauce; rolls with honey and butter; and a choice of pumpkin or pecan pie for desert.

Prairie Star will be closed for the evening meal.

Baby Time!

Sarah Duggan, Community Relations Director, and her husband are expecting their third daughter! Her arrival is anticipated for early to mid-November. Sarah plans to be gone on maternity leave following baby's arrival through the end of December. She anticipates returning the first week of January. In her absence, Kesiah Winter will take the lead on compiling the weekly Meadowlark Messenger. If you have a submission for the Messenger during this time, please contact Kesiah at kwinter@meadowlark.org. You can also contact Monte Spiller with questions at (785) 323-3801 or via email at mspiller@meadowlark.org.

Homebound Library Program

Unable to get to the Manhattan Public Library to check out materials? The library can bring them to you every month, for free!

You will need a Manhattan Public Library library card and complete a homebound program application. By completing a homebound program application, library staff can discover your reading or viewing preferences. Yes, the library can send out DVDs as well! With the assistance of Meadowlark staff, a library staff member will deliver materials to your door every month. One month later, we will bring new materials and collect the previous ones to return to the library. If you are interested, call Bryan at the library (785) 776-4741 ext. 320.

In addition, if you have a digital reader, such as a Kindle, or maybe an audio player, similar to a smartphone or iPad, keep an eye out for a future library post detailing how to get and use free eBooks and audiobooks through the library's digital resources.

Prairie Star Writers Group

submitted by Nancy Kopp

Have you ever thought about putting your memories in writing, but never seem to get around to doing it? The Prairie Star Writers Group can help. The group meets at 2 p.m. on the first and third Tuesday of each month in the Patriot Room. Moderated by Cathy Hedge, this is a friendly group meant for sharing memories through writing. This is a group for everyone. Special writing skills are not needed. We chat, we write on a topic, then those who want to can share what they have written. There is no pressure. We hear some wonderful tales and have a lot of fun. Please join us.

Contractors on Campus

There will be contractors here on Thursday, Nov. 11, and Friday, Nov. 12, weather permitting, to repair some damaged soffits in the East wing and Bramlage. They plan to complete the work by end of the day Friday.

EVENTS & OPPORTUNITIES

Christmas Cards Available

There are Christmas and other cards available to purchase at the Hospitality Desk. Pricing is as follows: Large card + envelope for \$1; Small card + envelope for \$0.75.

Dementia Friendly Manhattan Community Survey

Dementia Friendly Manhattan is a Flint Hills Wellness Coalition initiative working towards making our community a more supportive, inclusive, and engaging place for people living with dementia and their care partners. Please take about 15 minutes to help us learn more about the strengths and gaps in our community's dementia-friendliness by completing the survey at: www.surveymonkey.com/s/011antigena
<https://us01.lantigena.com/l/lt08mSwk0zvga0bbhyFoSuZPVt3kxM8pf-mhbTmGVT70kV0wEJDDsXeNhj~kZRUaG1S~LnUNuuKjXUbQQ1mXOvr1yxw33Abauj8bdmktDvJnkxN~ILb0UO1AAf~1XVdNRMRI~wl>
Please complete the survey no later than Nov. 15.

Changes to Group Exercise Classes

All group exercise classes will be cancelled on Thursday, Nov. 25, and Friday, Nov. 26 for the Thanksgiving holiday. The schedule for the early part of that week will remain unchanged from normal scheduling.

Tom's Gab & Games

Friday, Nov. 12, at 2 p.m.

Join Tom Barcellina, former Hospitality team member turned Meadowlark volunteer, in an exciting game of Yahtzee! Each week, Tom will be conducting friendly games of Yahtzee from 2 to 3 p.m. on Fridays in the Flint Hills Room.

Transportation to KSU Football Game

Saturday, Nov. 13, at 9 a.m.

Transportation will be provided for the K-State home football game on Saturday, Nov. 13. The bus will leave at 9 a.m. from the Village Entrance. Please sign up in the Blue Book. Cost of transportation is \$3 per person.

Kansas State Football Watch Party

Saturday, Nov. 13, at 11 a.m.

K-State will host the West Virginia Mountaineers on Saturday, Nov. 13! Join us at 11 a.m. in the Game Room, Prairie Star Pub, and the Bison Room for snacks and to cheer on the Cats! Light refreshments will be served.

Artist Profile of Grandma Moses

Wednesday, Nov. 17, at 4 p.m.

Join Kim Richards from the Beach Museum of Art for "Grandma Moses: An American Folk Artist" at 4 p.m. on Wednesday, Nov. 17, in the Bison Room.

Grandma Moses (1860 -1961) is a self-taught artist. Her paintings are colorful, whimsical representations of life in rural America. In over 20 years, she painted about 1,500 artworks. We will learn about how she started painting and view some of Grandma Moses' charming American scenes.

Roots Run Deep on the Santa Fe Trail

Wednesday, Nov. 17, at 6:30 p.m.

UFM Lifetime Learning and Meadowlark present *Roots Run Deep on the Santa Fe Trail* with Marcia Fox, Charter Member of the Santa Fe Trail Association. The second and third sessions will meet Wednesday, Nov. 17, and Nov. 24, from 6:30 to 8 p.m. in Meadowlark's Community Room. Prior enrollment is required.

Coffee Creations in Café

Thursday, Nov. 18, at 2:30 p.m.

Join Brittany and Geoffrey in the Café at 2:30 p.m. on Thursday, Nov. 18, to learn about all of the different coffee drinks offered in Verna Belle's and enjoy samples of our favorite fall specialty coffee drinks! Sign up is not required.

Prairie Star Menu Suggestion Meetings

Friday, Nov. 19, at 9 a.m.

Prairie Star Restaurant will begin hosting open forums for residents to give menu suggestions. The first meeting is scheduled for 9 a.m. on Friday, Nov. 19. This reoccurring meeting will be held on the first and third Friday of every month.

Voice Recital

Continued on page 4

Friday, Nov. 19, at 7 p.m.

All are invited to come listen to students of Dr. Amy Rosine Underwood for a vocal recital of classical standards, and a few holiday favorites as well in Meadowlarks Event Center, at 7 p.m. on Friday, Nov. 19. Along with vocal directing the K-State Broadway Musicals, Dr. Rosine has served as music director for area theatres, including Junction City Little Theatre, Columbian Theatre in Wamego, and Marysville Area Community.

Shopping at Hobby Lobby & Dollar Tree

Saturday, Nov. 20, at 10:30 a.m.

The next scheduled trip is Saturday, Nov. 20, 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.

Next month's trip will travel to Target and Dollar Tree West on Saturday, Dec. 18. Please sign up in the Blue Book to participate in these opportunities.

Transportation to KSU Football Game

Saturday, Nov. 20, at 2:30 p.m.

Transportation will be provided for the K-State home football game on Saturday, Nov. 20. The bus will leave at 2:30 p.m. from the Village Entrance. Please sign up in the Blue Book. Cost of transportation is \$3 per person.

Kansas State Football Watch Party

Saturday, Nov. 20, at 4:30 p.m.

K-State will be at home as they take on the Bears Baylor University on Saturday, Nov. 20! Join us at 4:30 p.m. in the Game Room, Prairie Star Pub, and the Bison Room for snacks and to cheer on the Cats! Light refreshments will be served.

Winter Birdwatching: UFM Class

Tuesday, Nov. 30, at 9:00 a.m.

UFM Lifetime Learning and Meadowlark present *Winter Birdwatching* with Ted Cable, Professor Emeritus of Park Management & Conservation at Kansas State University. This three-session course will begin Tuesday, Nov. 30, from 9 to 11 a.m. in Meadowlark's Community Room. The second and third sessions will meet Wednesday, Dec. 1, and Thursday, Dec 2.

Participants will be introduced to birds that

spend their winters in the Manhattan area. Winter birds include many types of waterfowl, raptors, finches, and sparrows. This course will include both classroom sessions and field trips to observe birds at local birding locations. Bird walks will be leisurely with frequent stopping to look, or listen, to the birds. Bringing binoculars to class is highly recommended, but not necessary for participation.

Enrollment is now open and can be completed by calling (785) 539-8763. If the office is not open, leave a message and staff will call you back. This class is offered at no charge to Meadowlark residents and Passport members may attend with a 20-percent discount.

Reminder: Meadowlark does not have a partnership agreement with Osher Lifetime Learning.

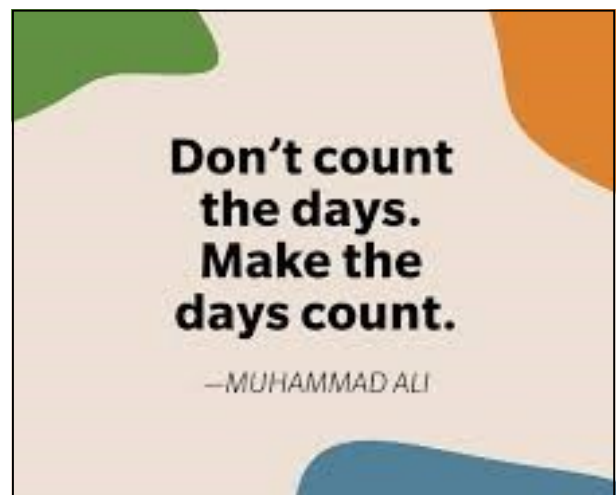
Little Apple Barbershop Chorus

Sunday, Dec. 12, at 3 p.m.

The Little Apple Barbershop Chorus presents "Back Home for the Holidays" at the KSU Student Union's Forum Hall on Sunday, Dec. 12. The auditorium doors will open at 2:30 p.m. and the program will begin at 3 p.m. There will be a guest appearance by Heartland Harmony.

Tickets can be purchased from Cam Beatty and they are \$15 for adults and \$50 for families.

Meadowlark has **eight adult tickets** available for residents. If you are interested in one or more of these tickets, please contact the Hospitality Desk at (785) 323-3847. These tickets will be given away on a first-come-first-served basis.



News of Afghans in Manhattan

Submitted by Harriette Janke

Kansas State graduate in Apparel and Design will be arriving in Manhattan soon. She and her husband from Afghanistan are hoping to get to work right away, but will need a good sewing machine, cutting board, scissors iron, thread, and FABRIC! And many other things, like buttons, snaps, and hooks and eyes, if they are making garments.

News about the work of locals on this project: There are about 40 people working on making the transition possible for those coming here. There are 12 people in Virginia cleared to come here, but they are waiting on transportation arrangements in Virginia to be completed.

Securing housing, food, household items for kitchen, bedroom, and bathrooms, providing transportation, taking a lady soon to be a new mother to an Obstetrician for a checkup, gathering up items to store until people arrive, all have specific volunteers who are responsible for a certain task.

Matching skills to job offers: Payless Shoes has offered jobs and a cleaning company has openings.

Each family will have a case manager to help them manage all the details of coming here to start a new life.

This is an amazing project, and I am glad people from Meadowlark had a chance to clean out their cupboards to help these new young couples get started here in our town.

On Guess Who?

By Helen Roser

Sometimes “high end” stores have heavy losses from employees’ dishonest “side business.” So I was hired by the store’s owner, instead of the usual channel. To facilitate a possible need for authority beyond the store, I was made a temporary Los Angeles Deputy Sheriff. I was introduced as a “regular store detective” and moved throughout the store in the usual routine.

I cruised the store, to give employees the impression I was “a regular store detective.” So it was that, as I was cruising the counter of special items on the main floor, I heard a woman loudly complaining: “your store should have those nice store detectives like the May Company has! They wear their nice red jackets, and they make me feel safe!”

I was all but leaning on top of her. I leaned harder and stretched my arms across in front of her to pick up an item by her on the counter. As I reached, I said: “Excuse me.”

She didn’t even notice. The sales lady, who knew who I was, was having a hard time not to laugh. She said calmly: “I believe the store has store detectives.” The complaining lady shouted: “Well! I have never seen any!”

A wicked thought crossed my mind. Should I flash my badge at her? Or should I hold up my handcuffs, jingle them, and purr: “Guess who?”

I did neither. Soon after, the in-house thief was put out of his stolen fur business, and I left. It was an interesting short assignment.

LEADER OF THE PACK

Congratulations to Meadowlark's Leader of the Pack for November 2021: Angela Gerena! Angela is the Home Health Office Manager. She goes above and beyond for her staff and is always available to help. One of her team members said, “I am so thankful I applied to work at Meadowlark and have Angela as my supervisor in home health!” Angela is hardworking and if something comes up, she has a solution to fix the issue. Meadowlark is delighted to have her as part of the team! Thank you, Angela!





CASH, from page 1

Bobby Cox in between tender, juicy bites of the “other white meat.” Potato salad, baked beans, Southern-style coleslaw, and apple cobbler filled the buffet tables.

The event’s Cash & More Raffle attracted the most buyers ever with 1,377 tickets sold. At \$5 each, that’s \$6,885 in revenue! Meadowlark volunteers, throughout the day, sold hundreds of tickets, but the majority were sold beginning in late September by Meadowlark employees, Meadowlark board members, and Sieben’s restaurant employees.

Congratulations to this year’s winners:

1st Prize, \$2000: 4 Meadowlark employees – Amy Bise, Sloan House; Anastasia Brown, Miller Place; Brook Marcotte, Dining Services Leader, and Karina Tretto, Collins House.

Note: CEO Lonnie Baker purchased raffle tickets at the event from Meadowlark resident and volunteer Karen Matthews. Lonnie asked that Karen write “Employee” on his tickets with the thought that one or more Meadowlark staff members receive a prize should one of his tickets be drawn. Sure enough, one of his tickets was the first to be pulled from the ticket tumbler!

For the past two months, Meadowlark employees have been entered into a random drawing to win great prizes as part of the organization’s effort to retain and attract employees in this competitive job market. It was determined that four employees win \$500 each. The next drawing for employee prizes is planned for the week of Dec. 6.

2nd Prize, \$500 Meadowlark Market Shopping Spree:

Cheryl Grice, Manhattan, wife of a Meadowlark Board of Trustee member

3rd Prize, YETI Hopper Flip 12 Cooler and \$50 Fridge Liquor gift card:

Whitney Webster, Wamego, granddaughter of IL resident Kay Shanks

4th Prize, \$50 gift cards for Kite’s Aggieville Draft House, Mr. K’s, and Rockin’ K’s:

Jeff Heidbreder, Fitness Services Leader

Karen Matthews won a \$100 Visa gift card because she sold the winning \$2000 ticket. Taylor Wheelock, Bramlage House Coordinator, won a \$100 Amazon gift card for selling the most tickets.

In addition to Kite’s Aggieville Draft House, Meadowlark Foundation also appreciates these sponsors: Meritrust Credit Union, BHS Construction, Burnett Automotive, Blueville Nursery, Flint Hills Beverage, and Academy Sports + Outdoors.

Local radio personality Dave Lewis deserves HOG-size praise for playing recorded polka tunes at the event at a greatly-reduced hourly rate. In fact, he asked to be paid in \$5 Kite’s Aggieville Draft House gift certificates, so he could share them with friends and spread the word about this relatively new restaurant.

If YOU purchased food, bought or sold raffle tickets, and/or were one of the 13 HOGtoberfest volunteers, thank you for joining the fun and supporting the Good Samaritan Fund! This fund assists persons in Meadowlark healthcare households who have outlived their financial resources. About 51% of healthcare residents benefit from the fund, continuing to receive Meadowlark’s high quality care and service.



According to resident Kay Shanks, her granddaughter Whitney Webster was “thrilled to pieces” to win a YETI Hopper Flip 12 cooler and \$50 gift card to Fridge Liquor.

Work That Brain!

1				5			6
	5			9			
		7		3			
	4					8	9
7						3	6
3	9			6	2		
			3	4			5
	3	4	2		1		
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				3				8
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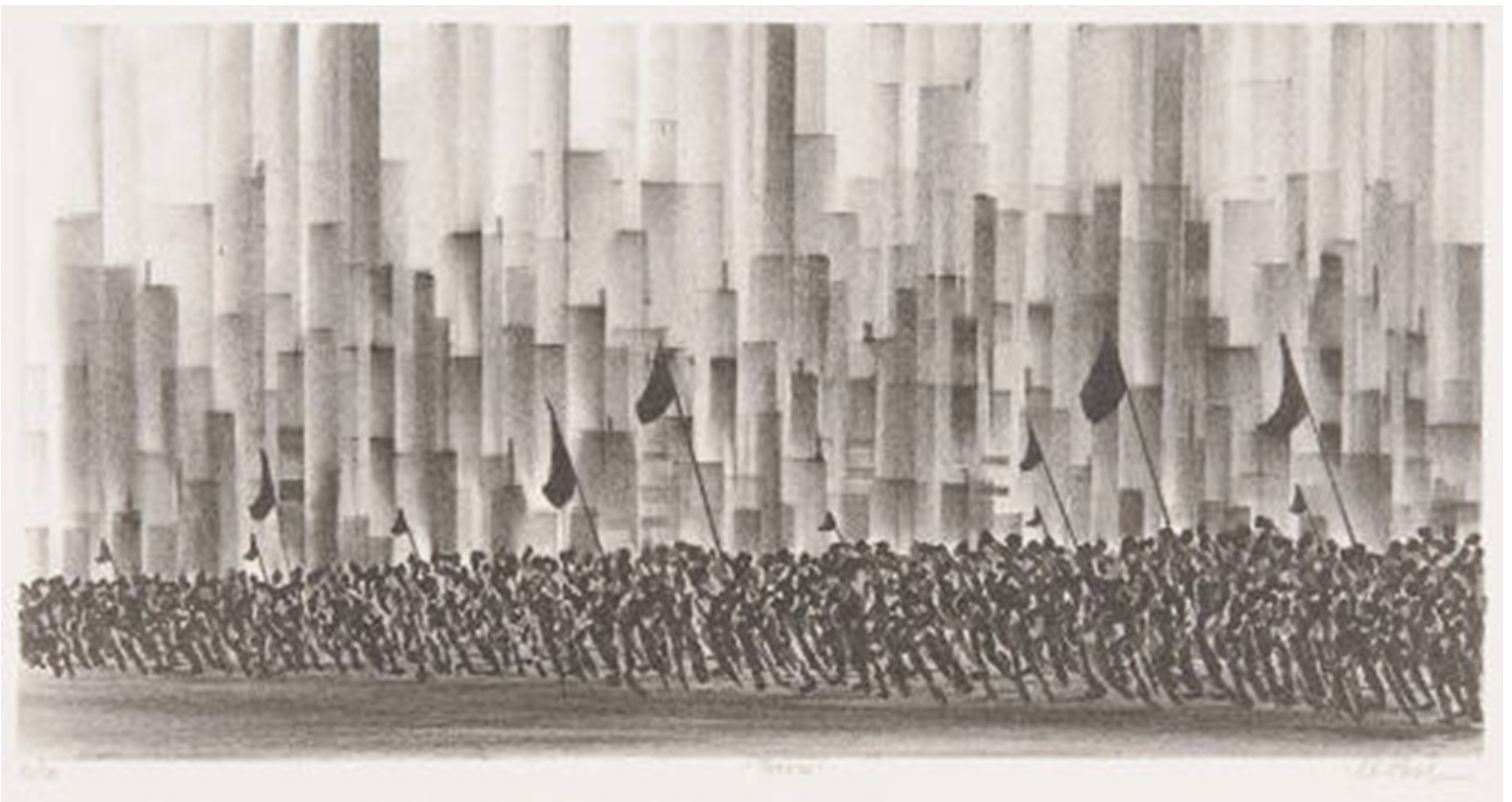
Sea Animals

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K	C	R	A	B	O	E	E	L	L	P	G	P	N
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N	R	W	W	R	I	U	K	L	L	R	I	R	D
S	E	A	P	Y	T	H	O	N	A	L	O	S	I
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- SHARK
- PLANKTON
- OYSTER
- CLAM
- ALLIGATOR
- SEA LION
- CARP
- PRAWN
- TURTLE
- URCHIN
- SCALLOPS
- PIRANHA
- SEA RATTLESNAKE
- SEA PYTHON
- PENGUINS
- WHALE
- EEL
- MUSCLES
- WALRUS
- SQUID
- CRAB
- GROPER

Art Engagement *from the* Beach Museum of Art

Rhythm ... President Woodrow Wilson declared Nov. 11, 1919, as Armistice Day, recognizing the end of World War I. This holiday has seen a change in name, a change in day (which was not successful), and a change in what is being recognized. It is again observed on Nov. 11, and is a day to celebrate and honor veterans from all wars. Many communities celebrate Veterans Day with a parade. As you look closely at this print of a parade, let's think about the artist's use of visual rhythm. An artist can create rhythm by establishing a pattern of repeating lines, color, or shapes. What repeating patterns do you notice throughout this print? How do they help your eye move through the artwork and experience rhythm? Extra challenge: Do you identify these patterns as regular or irregular?



Richard Florsheim, *Parade*, 1977, Lithograph on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Donald J. Mrozek and Scott Dorman, 2012.172



Breakfast & Lunch Specials

Mon. to Fri., 7 a.m. to 2 p.m. / Sat. & Sun., 7 to 11 a.m.

Monday, Nov. 15

Breakfast: Biscuits & Gravy, \$2.50 / \$4.50

Lunch: Jambalaya, \$4.50 / \$6.50 sausage, red bean, rice, peppers & onions in a Cajun-seasoned stew with a corn bread muffin

Tuesday, Nov. 16

Breakfast: Banana Pancakes with Sausage and Fruit, \$4.50 / \$6.50

Lunch: Beef & Bean Burrito, \$4.50 / \$6.50 seasoned ground beef, black beans, & shredded cheese wrapped in a flour tortilla, served with rice.

Wednesday, Nov. 17

Breakfast: Breakfast Burrito with Fruit, \$4.50 / \$6.50

Lunch: Creamy Cheese Tortellini, \$4.50/\$6.50 cheese tortellini in a creamy sauce with mushrooms, onions, tomatoes, and spinach, served with your choice side

Thursday, Nov. 18

Breakfast: Biscuits & Gravy, \$2.50 / \$4.50

Lunch: Chicken Teriyaki Rice Bowl, \$6.50 shredded chicken, stir-fry vegetables, and teriyaki sauce on a bed of wild rice, served with your choice side

Friday, Nov. 19

Breakfast: Blueberry French Toast Casserole with Fruit, \$4.50 / \$6.50

Lunch: Fried Bologna Sliders, \$4.50/\$6.50 bologna, provolone cheese, pickles and a roasted garlic aioli on a slider bun, served with your choice side

Saturday, Nov. 20, and Sunday, Nov. 21

Breakfast: Ala Carte Menu Options

Egg (cooked to order), omelet, bacon, sausage, toast, & fruit



Weekly Opportunities Calendar Nov. 14 to Nov. 20

Sunday • Nov. 14

10:30 a.m. ~ Worship Service, EC
 10:30 a.m. ~ Transportation to FUMC, VE

Monday • Nov. 15

9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 10:30 a.m. ~ Technology Assistance, GR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:30 p.m. ~ Contemporary God Talk, BR
 1:45 p.m. ~ Parkinson's Voice Class, CR
 2:00 p.m. ~ Change & Loss Support Group, FHR
 5:30 p.m. ~ 5th Floor Supper, BR
 7:00 p.m. ~ Bingo Night, EC

Tuesday • Nov. 16 *Trash & recycling pick-up*

7:00 a.m. ~ Rock Steady Boxing, **BF**
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 2:00 p.m. ~ Prairie Star Writers Group, PR
 2:00 p.m. ~ Memory Activities Class, KSU CL
 2:00 p.m. ~ 10-Point Pitch, GR
 4:00 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ 2nd Floor Supper, BR

Wednesday • Nov. 17

9:30 a.m. ~ Seated Strength, CR
 9:30 a.m. ~ Courtyard Communion, BR
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ Memory Care Partner Group, FHR
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Memory Cafe, KSU CL
 3:00 p.m. ~ Sing-A-Long, EC
 3:00 p.m. ~ Rock Steady Boxing, CR
 4:00 p.m. ~ Artist Discussion, BR
 6:30 p.m. ~ UFM Class: Roots Run Deep, CR

Thursday • Nov. 18

9:00 a.m. ~ Messenger Team, KSU CL
 10:30 a.m. ~ Steady Yourself, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ PD Care Partner Support Grp, FHR
 2:30 p.m. ~ Coffee Creations, Verna Belle's Cafe
 5:30 p.m. ~ Meadowlark Circle Dinner, BR
 7:00 p.m. ~ Voice Recital, EC

Friday • Nov. 19

9:00 a.m. ~ Prairie Star Menu Forum, EC
 9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Meadowlark Market, 1217 and 1221 Meadowlark Cir.
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Rock Steady Boxing, **BF**
 2:00 p.m. ~ Tom's Gab & Games, FHR

Saturday • Nov. 20

10:00 a.m. ~ Meadowlark Market, 1217 and 1221 Meadowlark Cir.
 10:30 a.m. ~ Depart for Shopping Trip, VE
 2:30 p.m. ~ Depart for KSU Football Game, VE
 4:30 p.m. ~ KSU Watch Party, PS & Pub

Room Abbreviations

BF, Body First	GR, Game Room
BR, Bison Room	HD, Hospitality Desk
CR, Community Room	KSU CL, KSU Classroom
CY, Courtyard	MR, Manhattan Room
EC, Event Center	PR, Patriot Room
FHR, Flint Hills Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	VE, Village Entrance

Zoom Opportunities Calendar Nov. 15 to Nov. 18

E-mail Michelle at michelle.haub@meadowlark.org for log-in information unless otherwise noted below.

Monday, Nov. 15

1 p.m.	Parkinson's Exercise Class
1:45 p.m.	Parkinson's Voice Class
2 p.m.	Change & Loss Support Group

Tuesday, Nov. 16

2 p.m.	Memory Activities Class
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Wednesday, Nov. 17

10 a.m.	Memory Care Partner Support Group
1 p.m.	Memory Cafe
2 p.m.	Drama Therapy Class

Thursday, Nov. 18

1 p.m.	Parkinson's Exercise Class
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CHANNEL 1960 Entertainment Guide

Sunday, Nov. 14

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	NEW! Worship Service with Chaplain Patty Brown-Barnett
2:00 p.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
3:00 p.m.	Progressive Muscle Relaxation with Bridget Larkin, LMSW
3:30 p.m.	Chair Yoga

Monday, Nov. 15

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:15 a.m.	Sit & Be Fit Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Solution from 11/4.

M	O	D	A	L		M	E	M	O		C	O	R	K
A	X	I	L	E		A	V	I	D		O	P	E	N
G	E	N	O	A		R	E	N	D		N	A	V	E
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G	A	G	A		P	A	R	A	G	O	N			
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Tuesday, Nov. 16

10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class

Wednesday, Nov. 17

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
1:00 p.m.	Sit & Be Fit Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Thursday, Nov. 18

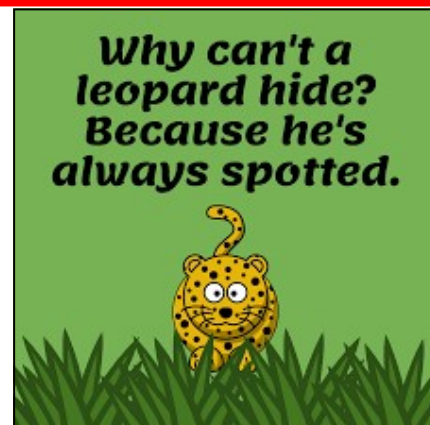
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class

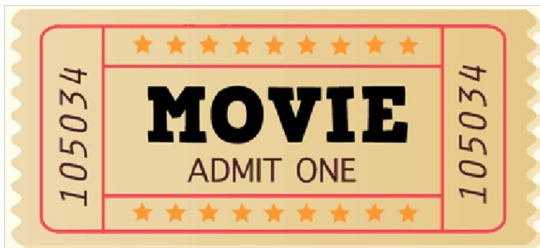
Friday, Nov. 19

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:15 a.m.	Sit & Be Fit Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Saturday, Nov. 20

9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class





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.

SEASONAL SUNDAY: Nov. 14

HOME FOR THE HOLIDAYS (1995) PG-13, 1 hr. 43 min. *Romantic, Witty, Quirky*

Cast: Anne Bancroft, Holly Hunter, & Robert Downey Jr.

After losing her job, making out with her soon-to-be former boss, and finding out that her daughter plans to spend Thanksgiving with her boyfriend, Claudia Larson faces spending the holiday with her family.

MUSICAL MONDAY: Nov. 15

MEET ME IN ST. LOUIS (1944) NR, 1 hr. 53 min. *Musical, Romantic, Sentimental*

Cast: Judy Garland, Margaret O'Brien, & Mary Astor

Young love and childish fears highlight a year in the life of a turn-of-the-century family.

TRUE TUESDAY: Nov. 16

TRICKY DICK & THE MAN IN BLACK (2018) TV-14, 58 min. *Inspiring*

This documentary chronicles Johnny Cash's 1970 visit to the White House, where Cash's emerging ideals clashed with Richard Nixon's policies.

WILD WEDNESDAY: Nov. 17

WILD HEARTS CAN'T BE BROKEN (1991) TV-Y7, 1 hr. 29 min. *Drama, Biographical*

Cast: Gabrielle Anwar, Michael Schoeffling, & Kathleen York

A runaway orphan mucks stables in a traveling stunt show. Her ultimate dream is to become a death-defying horse "diving girl," but various forces conspire against her in this inspirational true story about dreams, friendship and fate.

THRILLER THURSDAY: Nov. 18

Synchronic (2003) R for drug content, language, and some violent/bloody images, 1 hr. 41 min. *Mind-Bending, Suspenseful*

Cast: Anthony Mackie, Jamie Dornan, & Katie Aselton

Two paramedics begin to question their realities after coming across several bizarre deaths linked to a new narcotic with mind-bending effects.

FEATURE FRIDAY: Nov. 19

LADY BIRD (2017) R for language, sexual content, brief graphic nudity and teen partying, 1 hr. 33 min. *Offbeat, Understated*

Cast: Saoirse Ronan, Laurie Metcalf, & Tracy Letts

An intrepid high school student in Sacramento undergoes the trials of love, family and self-discovery as she dreams of escaping to college on the East Coast.

SWEET SATURDAY: Nov. 20

GRUMPY OLD MEN (1993) PG-13, 1 hr. 44 min. *Feel-Good, Romantic*

Cast: Jack Lemmon, Walter Matthau, & Ann-Margret

A lifelong feud between two neighbors since childhood only gets worse when a new female neighbor moves across the street.