

Festival of Trees Outing

It's that time of the year!

Thursday, Nov. 17, at 11 a.m.

You're invited to lunch at Early Edition Restaurant and the Festival of Trees display viewing Thursday, Nov. 17. Come enjoy a nice lunch and take a look at the Christmas trees submitted in this year's festival!

Each year the Flint Hills Volunteer Center hosts the Festival of Trees Gala where local area businesses and community members have the opportunity to donate decorated Christmas trees, front porch displays, entryway displays and mantel displays to be auctioned. The Meadowlark tree submission to the Festival of Trees will be displayed at this event.

The committee members who planned and



decorated the Meadowlark tree includes Kinzie Jo Nelson, Becky Fitzgerald, Magye Loya, Mary Harness and Bridget

Larkin. The theme of this year's Christmas tree is "Holiday Cheer!" The committee is hopeful of winning an award again this year. Be sure to vote your favorite tree in the "Peoples Choice Award" category!

Sign-up in the Blue Book located at the Hospitality Desk to go on this outing. Transportation will depart from the Village Entrance to Early Edition at 11 a.m. The cost of transportation is \$3 and lunch will be paid on your own.

Day Trip to the Discovery Center

Going Home: Hidden Histories of the Flint Hills

Wednesday, Nov. 16, at 9:45 a.m.

Meadowlark will be taking a day trip to the Flint Hills Discovery Center Wednesday, Nov. 16. The group will have the opportunity to experience their new fall exhibition, *Going Home: Hidden Histories of the Flint Hills*.

Flint Hills Discovery Center inspires people to celebrate, explore and care for the Flint Hills. The Discovery Center provides lifelong commitment of learning through exhibits and programs that engage visitors of all ages from all walks of life. By creating an engaging and educational atmosphere, Flint Hills Discovery Center generates substantial earned and donated revenue.

Laura Ingalls Wilder once said, "Home is the nicest word there is." What if your home or hometown no longer stands?

The Chapman Center for Rural Studies will host *Going Home: Hidden Histories of the Flint Hills*. The fall exhibit explores hidden or 'lost' towns within the Flint Hills and vintage photos and videos will be on display along with an opportunity for visitors to tell their story about their hometown.

Some highlighted towns featured within the exhibit include Broughton, Chalk, Maple City, Cedar Point, Volland, Big John Creek Village and Bodarc.

Cost for the trip is \$9 per person, which includes admission into the Discovery Center and transportation. Please sign up in the Blue Book located at the Hospitality Desk to attend this trip. The group will depart from the Village Entrance at 9:45 a.m.

UPCOMING EVENTS & ANNOUNCEMENTS

Craig Plotner Performance

Friday, Nov. 11, at 7 p.m.

Sharing his music throughout many Kansas communities for the past eight years, Craig will be here to take your requests from his extensive song list and introduce you to some of his own music creations.

For a fun night of great music and interaction, join us at 7 p.m. Friday, Nov. 11, in the Community Room.

Sweet, Sweet Honey for Sale

Verna Belle's Café is now selling 12 oz. bottles of honey for \$6 and 16 oz. bottles for \$8. Happy shopping!

November Diabetes Support Group

Wednesday, Nov. 30, at 1:30 p.m.

The Diabetes Support Group for November will be meeting at 1:30 p.m. Wednesday, Nov. 30, in the KSU Classroom. The guest speaker is Jeff Heidbreder, Fitness Leader, and will be discussing over "Physical Activity for Diabetes."

Jeff will be presenting over recommended amount of physical activity and go over different exercises that can be beneficial.

Jamin' Northstars Elementary Choir Presents: National Pearl Harbor Day Concert

Wednesday, Dec. 7, at 7 p.m.

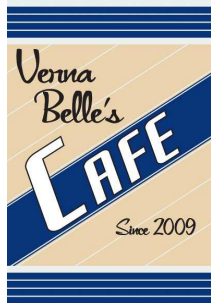
You are invited to a Bob Hope style U.S.O. Show extravaganza! There will be singing, dancing, jokes, fun costumes and great entertainment to honor our WWII Veterans at 7 p.m. Wednesday, Dec. 7, in the Peace Memorial (City) Auditorium.

Entertainers will be Blake Bunning presenting the National Anthem, the Thundering Cats Swing Band, Cadence, an acapella choir from Kansas State University and the Jamin' Northstars Choir.

All who enjoy good music from the 40's and want to be a part of honoring our WWII Veterans are welcome.

The Jamin' Northstars Elementary Choir will be accepting donations for renovations and repairs to the Peace Memorial Auditorium via checks or money orders made out to:

Friends of Peace Memorial Auditorium
P.O. Box 265
Manhattan, KS 66505-0265



Lunch Specials

Nov. 13 – Nov. 19

Hours: Monday—Friday, 8 a.m. to 5 p.m.
Saturday—Sunday, 9 a.m. to 1 pm.

Sunday, Nov. 13 – Ham Salad Sandwich with Side <i>(Ham salad on white or wheat bread with your choice of side)</i>	\$3.75/\$5.50
Monday, Nov. 14 – BBQ Chicken Panini with Cottage Cheese and Fruit <i>(Shredded Chicken, BBQ sauce & Swiss cheese on toasted Italian bread)</i>	\$3.75/\$5.50
Tuesday, Nov. 15 – Grilled Ham & Cheese with Tomato Soup <i>(Ham, American, Swiss & Cheddar cheese on grilled Italian bread)</i>	\$3.75/\$5.50
Wednesday, Nov. 16 – Quesadilla Day! <i>(Your choice of cheese, Chicken or shredded Beef in a crispy flour tortilla)</i>	\$3/\$4/\$5
Thursday, Nov. 17 – Turkey Club with Soup or Chips <i>(Turkey, Bacon, Swiss cheese on a toasted Italian bread with a roasted garlic aioli spread)</i>	\$3.75/\$5.50
Friday, Nov. 18 – Chili Cheese Dog with Broccoli Salad <i>(Hog Dog topped with chili & shredded cheddar cheese on a pretzel bun)</i>	\$5.50
Saturday, Nov. 19 – Tuna Melt with Side <i>(Tuna salad with American cheese on toasted white or wheat bread)</i>	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Kinzie Jo's Sparkly Sendoff

Tuesday, Nov. 22, at 3 p.m.

A sweet, sparkly ending to a brand new beginning! Kinzie Jo Nelson, Sales Leader, has accepted a position in Stillwater, Okla. as the Sales and Marketing Director of a new CCRC called The Ranch by Epworth Living. Kinzie's last day will be Wednesday, Nov. 23.

Let's celebrate and send her off in style! Kinzie Jo requests you to wear a little sparkle and stop by a special edition of Coffee Corner from 3 to 4 p.m. Tuesday, Nov. 22, in the Community Room. There will be lots of sweet creampuffs to celebrate... and maybe even a little entertainment, too!

Flint Hills Children's Choir

Monday, Nov. 14, from 6 to 6:30 p.m.

Meadowlark welcomes the Flint Hills Children's Choir (FHCC) for a thirty-minute performance starting at 6 p.m. Monday, Nov. 16, in the Community Room.

FCCC is open to girls and boys in third through tenth grade with rebel voices and offers an outstanding program of vocal training and music education taught by an experienced, caring staff.

Musically-talented and motivated young people come together to produce high-quality, beautiful music from a wide variety of genres and styles. The students learn the value of leadership, self-discipline, and teamwork as they join their voices in the pure, angelic tones that only talented children can achieve. Students in the choir currently represent the communities of Keats, Manhattan, St. George, Wamego, and Westmoreland.

They will be performing a few holiday pieces to get everyone started in the Christmas Spirit!

Thanksgiving Lunch

Thursday, Nov. 24, at 11 a.m. & 1:30 p.m.

Prairie Star Restaurant is hosting a Thanksgiving Lunch at 11a.m. and 1:30 p.m. Thursday, Nov. 24. Cost is \$15 per person and \$8 for children.

Reservations are required and can be made in Prairie Star Restaurant or by calling (785) 323-3820. Prairie Star Restaurant will be closed for all other orders during lunch and closed for dinner.

Box dinners will be available for dinner for those who sign up in the Blue Book located at the Hospitality Desk by Monday, Nov. 21. The box dinner includes a sandwich, chips, apple and pie. Verna Belle's Café will be closed on Thanksgiving.

Daniel Dissmore and the Jazz Ambassadors

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

Daniel Dissmore and the Jazz Ambassadors will be performing at 7 p.m. Friday, Nov. 18, in the Community Room.

The Jazz Ambassadors are one of the Little Apple's premier music groups! The band is led by trumpet player Daniel Dissmore. The group spreads the message, virtue and ideals of jazz wherever they perform. Playing original compositions and arrangements of classic standards, the Jazz Ambassadors keep true to the rich heritage and legacy of American's music!

Active Construction Reminders

Meadowlark has experienced several construction projects within the past year across our campus. Please remember to stay clear of areas where work is being completed. This includes standing next to the workers while they are working on a job. Keep in mind they may have tools, equipment and/or materials that could be harmful to those in close proximity to the construction area.

Apartments and cottages under renovation are not open for people to walk into unaccompanied or without prior permission. If you are interested in viewing an area in the process of being renovated or have questions, please contact Jon Bechtel, Project Manager, at (785) 323-3896.

Semi Annual Pool Tournament

Registration ends Friday, Nov. 11

It's that time again for a great tournament of pool! Register for Meadowlark's Semi Annual Pool Tournament in the Billards Room. Registration began Tuesday, Nov. 8, and ends Friday, Nov. 11.

Look for the bracket to be displayed the morning of Monday, Nov. 14. If you have any questions, contact Monte Spiller, Resident Services Leader, at (785) 323-3801.

Helpers needed for Messenger Ladies

The Messenger Ladies are searching for two committed individuals to assist them with folding Meadowlark Messengers on Thursday mornings.

If you are interested or would like more information about this opportunity, please contact Esther Sobering at (785) 320-7882.

TOWN MEETING MINUTES

Nov. 7, 2016

Welcome & Introduction, Monte Spiller

Monte welcomed the Town Meeting attendees. There were no new residents in attendance.

Campus Update, Lonnie Baker

Meadowlark has been positioning for a future the last several years. If we look back about five years ago — Meadowlark was watching cash dwindle, census numbers were not where we wanted them to be and rate increases were too high. The goal is to have a minimal rate increase every single year.

Additionally, we have been repositioning our campus. There have been renovations on second, third, fourth and fifth floors, concrete replacement and other behind-the-scene upgrades. Meadowlark has reached the point that we are now getting creative in what we do for capital projects!

Lonnie recently attended the LeadingAge National Conference in Indianapolis, Indiana. LeadingAge is a non-profit group that advocates for communities such as Meadowlark. There are all kinds of new and exciting things coming our way! CCRC's (continuing care retirement communities) have become a popular trend and are standing strong.

Support Services Update, Jayme Minton

Jayme invited Sandy Emley to speak. Sandy, Chair of the Employee Gift Committee, updated the attendees that the employee gifts are completed and the box located at the Hospitality Desk has been removed. If you know of anyone that has forgotten to donate or would still like to, it is not too late. If you would like to donate, please drop off your check at the Hospitality Desk. Sandy thanked those who have generously donated.

Patty Brown-Barnett, Chaplain, highlighted Holiday Bereavement support sessions. These sessions are an opportunity to share feelings and receive support. The next support session is scheduled from 3 to 4 p.m. Tuesday, Nov. 29, in the West Conference Room.

Nick Lundeen, Financial Analyst at Meadowlark, will be completing his MBA from Kansas State University in December. Nick is required to work on a project that collaborates with a business to help them look for opportunities for improvements.

Nick is working with Meadowlark's Prairie Star Restaurant to see if there is any opportunities for improvement. Part of his project is to have the businesses customers fill out a survey. Residents are encouraged to complete the survey. When completed,

please deliver the survey to the Hospitality Desk or the Finance Office, located across the hall from Verna Belle's Café. Nick will be hand delivering the surveys soon.

Kinzie Jo Nelson, Sales Leader, has accepted a position in Stillwater, Oklahoma as the Sales and Marketing Director of a new CCRC called The Ranch by Epworth Living. Her last day will be Wednesday, Nov. 23. Kinzie thanked Meadowlark for being her home the last five years and giving her the confidence to grow personally and professionally. Meadowlark will be hosting a "sparkly sendoff" for Kinzie from 3 to 4 p.m. Tuesday, Nov. 22, in the Community Room.

Community Relations Update, Sarah Duggan

It has almost been four years since marketing materials have been updated including commercials, radio, pictures and everything that goes along with the advertising and marketing piece of our organization. Sarah and Magye have been working together with New Boston Creative, a local marketing firm to complete a full makeover. A photoshoot was completed in October to update pictures and a video shoot is scheduled Monday, Nov. 21, for renewal of commercials. The new marketing materials will launch in early February of 2017. Sarah plans to present the new marketing makeover in March's Town Meeting. Along with the new updates, a refreshed logo will gradually be updated on printing materials. Look out for the brand new logo on this week's Messenger's flag.

We have seen a great participation at the LEAP! classes. In 2017, another LEAP! Class will be offered through the UFM. Keep your eye open in the spring Osher class catalog for that class.

Konza United Way, Mark Claussen

Konza United Way plans to partner with fifteen agencies this upcoming year to provide 21 programs throughout our area. Konza United Way's goal is to create long-lasting changes by addressing the underlying problems facing those in need. Mark asks for Meadowlark's help to donate to a great cause by picking up a brochure at the Hospitality Desk and filling out the brochure.

Events and Announcements, Monte Spiller

Monte highlighted the upcoming events for the month of November. For more details and information on those events, please check the weekly Meadowlark Messenger.

Members present: Sandra Emley, Jean Beatty, Jo Call, Orris Kelly, Pat Vogt, Polly Ferrell, Janice Parsons, Bea Rasmussen, Jo Lyle, Ivan Tompkins, Marilyn Ray, Alice Roper, Bob Crawford, Ruth Wells and Sharon Smith

Staff present: Lonnie Baker, Jayme Minton and Monte Spiller

Sandra welcomed all meeting attendees.

Updates

General Update: Lonnie recently attended the Leading Age Conference where there were several items discussed. It is becoming clearer that the Federal Government does not want to support nursing homes.

There is a lot of uncertainty with the government and with that uncertainty; Meadowlark Hills will focus on meeting the needs of others. There is opportunity in Manhattan and surrounding areas for Home Health and provider services. We are looking at it as a profitable situation and we will push to find growth within this area.

Approval of September Minutes:

Motion to approve minutes was moved and passed with corrections.

New Business:

A. N/A

Old Business:

- A. Addressing the purchase of additional shopping carts, Polly Ferrell reported about half of the cost to purchase five new carts has been raised. She also volunteered to keep residents informed on the dollar amount of what is needed to meet the goal with articles in the messenger.
- B. The Employee Gift Committee explained the first mailings of letters have been sent out and they are already receiving donations back ahead of schedule. The donation box will be at the Hospitality Desk and locked up every night at 5 p.m. in a secure location.

Additional Topics:

- A. A request brought up to look at the possibility of getting new microphones, with the headset option for presenters to be used in the Community Room.

UPCOMING EVENTS & ANNOUNCEMENTS

Pond Rides canceled

The asphalt company will be paving the pond trail starting today, Nov. 10. Due to this, pond rides are canceled for the rest of the week. With cooler weather temperatures, the last pond ride is scheduled to be Friday, Nov. 18.

If you are wanting to enjoy a pond ride after that time, please call transportation to schedule, with weather permitting.

Shopping Trip

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

Take advantage of the complimentary transportation to local shopping centers. Transportation now goes to the following locations: Dillons and Walmart. The next trip departs at 10 a.m. Wednesday, Nov. 23, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

Memory Activities Class

Wednesday, Nov. 16, at 10 a.m.

Memory Activities Class (MAC) provides education, activities and discussions about memory and cognition in an informal setting. This group will meet at 10 a.m. Wednesday, Nov. 16, in the KSU Classroom.

Flu Shot Clinic

Friday, Nov. 11, from 2:30 to 4:30 p.m.

The second Flu Shot Clinic for Independent Living Residents will be from 2:30 to 4:30 p.m. Friday, Nov. 11, in the KSU Classroom.

Hearing Aid Doctor

Monday, Nov. 14, 1:30 p.m.

The Hearing Aid Doctor will be at Meadowlark at 1:30 p.m. Monday, Nov. 14, in the West Conference Room. Please be sure to arrive early.

Vespers Services

Sunday, Nov. 13, at 7 p.m.

The Vespers service, led by Rev. Michael Schmidt from St. Luke's Lutheran Church, will be at 7 p.m. Sunday, Nov. 13, in the Community Room.

Painting for Fun

Saturday, Nov. 12, at 9:30 a.m.

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Nov. 12, in the KSU Classroom.

No experience needed, just come with a sense of fun and adventure!

ASK SARAH

Congrats, Dr. Matt!

Submitted by Sarah Duggan

Congratulations to Dr. Matt Floersch on receiving the Early Career Physician award at the annual American College of Physicians (ACP) Kansas chapter meeting on Oct. 13 in Kansas City.

Dr. Matt has practiced internal medicine in Manhattan for 11 years. In addition to his private practice at the Manhattan Medical Center, Dr. Matt also sees patients at our very own Meadowlark Medical Professionals clinic located on the Meadowlark campus. He has also served in leadership positions of the Kansas chapter of the ACP and is currently the medical director for Meadowlark.



After graduating from the University of Missouri-Kansas City School of Medicine, Dr. Matt completed his residency training at Johns Hopkins Bayview Medical Center.

I have enjoyed working alongside Dr. Matt in the past few years at Meadowlark and feel very fortunate to have him as a part of our team. He is passionate about his patients and supporting them to living their best possible lives.

If you are interested in learning more about Dr. Matt, his practice and the possibility of becoming a patient at the Meadowlark Medical Professionals clinic, meet-and-greet appointments are available. If you have any questions about the clinic, please contact Physician's Practice Leader, Mary Jo Eichman, RN, at 537-1900.

See you next week and thanks for stopping by!

UPCOMING EVENTS & ANNOUNCEMENTS

Memory Care Partner Support Group

Wednesday, Nov. 16, at 10 a.m.

Memory Care Partner Support Group is a group discussion that relates to challenges of a caregiver and ways to cope with the daily struggles of providing full time care to a loved one with memory and/or cognitive changes. This group will meet from 10 to 11 a.m. Wednesday, Nov. 16, in the Tranquility Room.

Canceled Exercise Classes

The following exercise classes are canceled Thursday, Nov. 17:

- Steady Yourself
- Chair Yoga

Memory Café

Wednesday, Nov. 16, at 10 a.m.

Memory Café will meet in the Kansas Room & Pub at 10 a.m. Wednesday, Nov. 16.

This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg. All are welcome to participate and snacks are provided.

Second Session of Grief Support Group

Tuesday, Nov. 15, from 2 to 3 p.m.

The second session of Grief Support Group begins at 2 p.m. Tuesday, Nov. 15, in the West Conference Room. This is an opportunity to discuss bereavement and healing in a supportive environment.

Friday Night Program

There will be no Friday night program Friday, Nov. 25, as it is the day after Thanksgiving.

Kansas State Football Watch Party

Saturday, Nov. 19

K-S-U Wildcats! Come and cheer your K-State Wildcats as they take on the Baylor University Bears Saturday, Nov. 19! The game time has yet to be announced. Please see upcoming Messenger for updates.

Holiday Bereavement

Tuesday, Nov. 29, from 3 to 4 p.m.

While the holiday season is a joyous time of the year, it can be difficult for individuals who have experienced loss. Holiday Bereavement support sessions are an opportunity to share feelings and receive support from Meadowlark's licensed social worker, chaplain and other individuals who have experienced loss. Sessions will be informal and individuals are welcome to stop by at any point during session.

The next support session is scheduled from 3 to 4 p.m. Tuesday, Nov. 29, in the West Conference Room. RSVP is not required to attend the sessions. For more information please contact Patty Brown-Barnett at (785) 532-8925 or via email at Patricia.Brown-Barnett@meadowlark.org

Video & Discussion

Wednesday, Nov. 16, at 4 p.m.

You are invited to watch a televised worship bible study at 4 p.m. Wednesday, Nov. 16, in the Living Room. All are welcome.

Dental Clinics canceled

Dental Clinics are canceled during the following dates:

- Monday, Nov. 21
- Monday, Dec. 19

First Presbyterian Church Choir Performance

Friday, Nov. 11, at 1 p.m.

The First Presbyterian Church Choir will be performing a group of songs at 1 p.m. Friday, Nov. 11, in the Community Room. All are welcome to attend!

DRINK SPECIAL



Nov. 14 to Nov. 19
Bulliet Manhattan

2 oz. Bulliet Rye
1 oz. Sweet Vermouth
Dash of Bitters
Cherry & a splash of juice

\$3.75

EVENTS & ANNOUNCEMENTS

Hale Library Concert Series

Friday, Nov. 11, at 6:45 p.m.

Meadowlark is a sponsor for the Hale Library Concert Series, which opens its sixth season Friday, Nov. 11, with a performance by Dr. David Littrell and Amanda Arrington.

The performance will start at 7:30 p.m. in the Hemisphere Room in the Hale Library. Transportation is available and will depart from the Village Entrance at 6:45 p.m. To register for transportation, please register in the Blue Book located at the Hospitality Desk.

Meadowlark Hills Singers Practice

Monday, Nov. 14, at 3 p.m.

Meadowlark Singers practice is scheduled at 3 p.m. Monday, Nov. 14, in the Community Room.

Center of Aging Lecture Series

Thursday, Nov. 10, from 4 to 5 p.m.

Dr. Kovar will introduce the Business Administration's new building in a lecture series titled "Companies, Students Faculty and Staff — The Place is About the People." The new business building is a 160,143 square feet with a large atrium, a 250-person lecture hall, 19 classrooms and 90 faculty offices.

Would you like to know more or see the pictures? Then you have to come! The lecture series is scheduled from 4 to 5 p.m. today, Nov. 10, in the Community Room.

K-State Women's Basketball Games

Starting Friday, Nov. 11

Another year of K-State Women's Basketball is upon us! A transportation sheet is now available in the Blue Book located at the Hospitality Desk to the women's basketball games. Cost of transportation is \$3 and will start Friday, Nov. 11.

Ladies Luncheon

Thursday, Nov. 10, at 12:30 p.m.

Meadowlark Ladies are invited to have a light lunch together in the Manhattan Room at 12:30 p.m. today, Nov. 10. We will be sharing stories about pets we have enjoyed.

FOUNDATION NEWS

In Honor of Those Living & Passed

October 2016

In Memory of:

*JoAnn Edwards
Evelyn Hawley
Margaret Jones
Chuck Niernberger
Team PopPop
Margaret Walker*

In Honor of:

*Susan Evans
Cam McConnell
John Parsley
Kyle Olson
Dave Rogers*

Meadowlark Hills Foundation has gratefully accepted gifts in October benefitting the Good Samaritan Fund, Parkinson's Flower Fund, Parkinson's Fun & the Shopping Cart Fund.

Jokes of the Week

Why was the turkey the drummer in the band?

Because he had the drumsticks.

Why do turkeys always go, "gobble, gobble"?

Because they never learned good table manners.

What kind of vegetable would you like on thanksgiving?

Beets me!

How can you make a turkey float?

You need 2 scoops of ice cream, some root beer, and a turkey.

What's the best dance to do on Thanksgiving?

The turkey trot.

What kind of music did the Pilgrims like?

Plymouth Rock.

PRAIRIE STAR RESTAURANT

Monday to Saturday, 10:30 to 8 p.m.
Sunday, 10:30 a.m. to 7 p.m.

Nov. 13 - Nov. 19

Includes beverage, starter and dessert.

The restaurant can accept up to four reservations per time, depending on party size. Reservations can be made in person or by calling 323-3820.

SUNDAY	November 13 ~ Lunch \$13	Dinner \$11
	Roasted Rosemary Pork Loin Green Chili Mashed Potatoes Vegetable of the Day	Beef Chili Cornbread Vegetable of the Day
MONDAY	November 14 ~ Lunch \$11	Dinner \$12
	Hot Turkey Sandwich Mashed Potatoes & Gravy Choice of Vegetable	Chicken Fairmont with Hunts Sauce Wild Rice Vegetable of the Day
TUESDAY	November 15 ~ Lunch \$7	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Beef Stir Fry Steamed Rice Vegetable of the Day
WED.	November 16 ~ Lunch \$10	Dinner \$12
	BBQ Pulled Pork Sandwich Coleslaw French Fries	Baked Chicken Thighs Baked Sweet Potato Vegetable of the Day
THURS.	November 17 ~ Lunch \$9	Dinner \$12
	Caesar Salad Bar (does not include drink, starter or dessert)	Polish Sausage Hot German Potato Salad Vegetable of the Day
FRIDAY	November 18 ~ Lunch \$10	Dinner \$14
	Fish & Chips French Fries Choice of Vegetable	Garlic Shrimp & Asparagus Penne Garlic Toast Vegetable of the Day
SAT.	November 19 ~ Lunch \$10	Dinner \$14
	Beef Tips Fettucine Choice of Vegetable	Braised Short Rib Roasted Red Potatoes Vegetable of the Day

*You may substitute an extra vegetable for the starch on any special for no additional charge.

Grosh Cinema Movies

Sunday, Nov. 13 - Saturday, Nov. 19

Show Times: 1, 4 and 7 p.m., Monday – Saturday

2 and 6 p.m., Sunday

Sunday, Nov. 13 – The Amazing Wizard of Paws (2015)

When a boy learns that his pet is truly an ancient dog whom belonged to a great wizard, he embarks on a wild adventure to fulfill his family's destiny.

Co-Starring: Cole Michaels, Tommy 'Tiny' Lister & Paula Devicq

Rated PG; 1 hr. 36 min.

Monday, Nov. 14 – XXX (2002)

A notorious underground rush-seeker deemed untouchable by the law is coerced into cooperating with the government to infiltrate a Russian crime ring.

Co-Starring: Vin Diesel, Asia Argento & Marton Csokas

Rated PG-13; 2 hrs. 4 min.

Tuesday, Nov. 15 – The Wedding Planner (2001)

Wedding planner Mary Fiore is saved from an accident by the man of her dreams — only to discover that he happens to be her latest client's fiancé.

Co-Starring: Jennifer Lopez, Matthew McConaughey & Bridgette Wilson-Sampras.

Rated PG-13; 1 hr. 43 min.

Wednesday, Nov. 16 – A Man Called Peter (1955)

Based on a true story, this drama centers on young Scotsman, Peter Marshall, who travels to America and eventually becomes chaplain of the U.S. Senate.

Co-Starring: Richard Todd, Jean Peters & Marjorie Rambaue

Not Rated; 1 hr. 59 min.

Thursday, Nov. 17 – Love & Friendship (2016)

In this adaptation of a Jane Austen novella, scheming widow, Lady Susan Vernon retreats to her in-laws' rural estate while waiting for scandalous rumors about her to subside. Soon, she's on the hunt for a husband — and one for her teenage daughter.

Co-Starring: Kate Beckinsale, Chloe Sevigny & Xavier Samuel

Rated PG; 1 hr. 32 min.

Friday, Nov. 18 – Pleasantville (1998)

Teens David and Jennifer get sucked into the black-and-white world of a 1950s TV sitcom. But Jennifer's attitude literally brings color into the show.

Co-Starring: Tobey Maguire, Reese Witherspoon & Jeff Daniels

Rated PG-13; 2 hrs. 4 min.

Saturday, Nov. 19 – Daddy Day Care (2003)

When a conscientious father loses his lucrative dot-com job and faces economic ruin, he joins two friends in opening a business called Daddy Day Care.

Co-Starring: Eddie Murphy, Jeff Garlin & Steve Zahn

Rated PG; 1 hr. 32 min.

This Week's Opportunities November 13 - November 19

SUNDAY • NOVEMBER 13

Breakfast at Verna Belle's—Omelets with Fruit

- 9:00 a.m. ~ Miller Worship Service, MFR
- 10:00 a.m. ~ Worship Service, CR
- 2:00 p.m. ~ Wroten Worship Service, WL
- 2:30 p.m. ~ Pond Ride, VE
- 7:00 p.m. ~ Vespers, led by Rev. Michael Schmidt, CR

MONDAY • NOVEMBER 14

Trash pick-up day

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR
- 11:30 a.m. ~ Meadowlark Valley Luncheon, LR
- 12:00 p.m. ~ Yoga, CR
- 12:00 p.m. ~ 1st Pres. Men's Luncheon, MR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 1:30 p.m. ~ Hearing Aid Doctor, CON
- 2:15 p.m. ~ Parkinson's Voice Class, KSU CL
- 2:30 p.m. ~ Pond Ride, VE
- 3:00 p.m. ~ MLH Singers Practice, CR
- 6:00 p.m. ~ Flint Hills Children's Choir, CR
- 7:00 p.m. ~ Community Bingo, CR

TUESDAY • NOVEMBER 15

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolours Book Discussion, LR
- 2:00 p.m. ~ Grief Support Group, CON
- 2:00 p.m. ~ LifeStory Writing Group, LR
- 2:30 p.m. ~ Pond Ride, VE
- 3:00 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 2nd Floor Supper, CR

WEDNESDAY • NOVEMBER 16

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

- 9:00 a.m. ~ New Perspectives, KR
- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Worship Service, LR
- 10:00 a.m. ~ Memory Activities Class, KSU CL
- 10:00 a.m. ~ Memory Café, KR
- 10:00 a.m. ~ Memory Care Partners Support Group, TR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR

- 12:00 p.m. ~ Yoga, CR
- 1:30 p.m. ~ Pitch, GR
- 2:30 p.m. ~ Pond Ride, VE
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Fit 2 Fight PD, CR & CSC
- 4:00 p.m. ~ Video & Discussion, LR

THURSDAY • NOVEMBER 17

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 9:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 11:00 a.m. ~ Parkinson's Webinar, CON
- 11:00 a.m. ~ Depart for Festival of Trees Outing, VE
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 2:30 p.m. ~ Pond Ride, VE
- 2:30 p.m. ~ LEAP! Class, CR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

FRIDAY • NOVEMBER 18

Breakfast at Verna Belle's—Waffle or Pancake

- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR
- 12:30 p.m. ~ Mending Angel, GR
- 1:00 p.m. ~ Hand and Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 2:30 p.m. ~ Pond Ride, VE
- 3:30 p.m. ~ Catholic Rosary, CR
- 7:00 p.m. ~ Resident Program: Daniel Dissmore & the Jazz Ambassadors, CR

SATURDAY • NOVEMBER 19

Breakfast at Verna Belle's—Omelets with Fruit

- 9:00 a.m. ~ Fit 2 Fight PD, CSC
- 9:30 a.m. ~ Painting for Fun, KSU CL

ROOM ABBREVIATIONS

BP, Billiards Parlor	LB, Library
CH, Collins House	LR, Living Room
CR, Community Room	MFR, Miller Friendship Rm
CON, Conference Room	MR, Manhattan Room
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CL, KSU Classroom	WL, Wroten Library
PSP, Prairie Star Patio	CSC, Combative Sports Center

*Touchtown can be viewed on channel 1960