

Book Study with Dr. Matt

“Being Mortal” by bestselling author Atul Gawande

Submitted by Matt Floersch, MD

I recently read a book that named my passion for what I get to do as a physician. I have always felt a pull towards people in the later chapters of their life but have never been able to explain it fully. I know now my passion is having the privilege to engage in a relationship that requires shared decision making. I have the opportunity to help people understand their own goals and then figure out how I can best help them achieve those goals.



Being Mortal by Atul Gawande is a book about the worst kept secret for all humans, we are mortal. While we all have a level of denial about our own mortality, Gawande attempts to highlight how one might live a fuller, more satisfying life if we learn to embrace our mortality. This book speaks of those in the end stages of their lives who are dying from various illnesses, but the lessons can easily be extrapolated to all of us who

have questions about what is most important in life. He offers how we may be able to answer these questions while we still have a lot of life to live. He speaks directly about our long term care system and societal treatment of elders in America.

Residents and employees of Meadowlark aim to be a beacon for what Gawande is arguing. While we are person centered, we always have lessons to learn and joining this book study will allow us to further explore what it means to live our lives to the fullest no matter our circumstances.

Please join me on this six-week journey after the first of the year as I lead a book study on *Being Mortal*.

The first meeting will be from 1:30 to 2:30 p.m. Wednesday, Jan. 11, in the Community Room and will last six weeks. Please sign up in the Blue Book between now and Thursday, Dec. 22. If you do not have your own book we will provide one at a cost of \$17.

If you have any questions, please contact Tracy Musselman (785) 323-3878.

I look forward to seeing you there.

Volunteers Needed!

Seeking participants for a metabolic response study

We are in need of volunteers for a study at K-State in the Department of Food, Nutrition, Dietetics and Health. The study primarily involves coming into the lab, eating a meal (slice of chocolate pie) and remaining in the lab for six hours while we monitor your metabolic response.

Benefits include:

- \$20
- Free chocolate pie
- Valuable information regarding personal health status, including body composition and metabolic markers

- Most of the time in the lab can be spent as you wish (on your computer, reading, etc.) — you can even come in with a friend.

Requirements include:

- Men and women that are age 60 years or older and do not regularly engage in exercise
- Not using lipid-lowering medication or having a diagnosed metabolic disease

Interested? Please email same@ksu.edu or call Sam at (972) 342-6473 for more information!

UPCOMING EVENTS & ANNOUNCEMENTS

Sign up for Resident Committees

Attention residents! Every year during the month of January, residents have the opportunity to sign up (or remove themselves from committees). The following committees are:

- Ambassador Committee
- Art Committee
- Building & Ground Committee
- Messenger Delivery Committee
- Messenger/Clerical Committee

Committee rosters are now available in the Blue Book at the Hospitality Desk. In January, residents will be contacted to confirm their membership.

Center of Aging Lecture Series

Thursday, Dec. 8, from 4 to 5 p.m.

Cliff Robelto with KSU Track and Field students will be discussing the 2016 Rio Olympics from 4 to 5 p.m. today, Dec. 8, in the Community Room.

The lecture will include information about the KSU track and field team and how they represented seven athletes to the Olympic Games in Rio De Janeiro, Brazil.

Meadowlark Singers Winter Concert

Friday, Dec. 9, at 7 p.m.

Mark your calendars for the Meadowlark Singers Winter Christmas performance at 7 p.m. Friday, Dec. 9, in the Community Room. This festive event will include wonderful Christmas music performed by some of our very own!

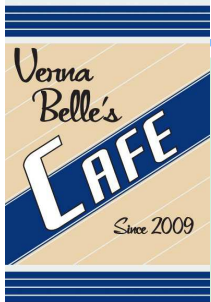
Little Apple Chorus vouchers

Saturday, Dec. 10, at 1 p.m.

The Little Apple Chorus presents the 6th Annual Harmony for the Holidays at 2 p.m. Sunday, Dec. 10, at McCain Auditorium. A special pre-show performance by the KSU Faculty Brass Quintet will start at 1:30 p.m.

Meadowlark has received six general admission vouchers for this performance. If you are interested in attending, please stop by the Hospitality Desk to receive a voucher. The vouchers are first come, first serve.

Transportation is provided to this show and will cost \$3 per person. Transportation will depart from the Village Entrance at 1 p.m. Please register in the Blue Book to sign up for transportation.



Lunch Specials Dec. 11 – Dec. 17

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

Sunday, Dec. 11 - Ham Salad Sandwich with Side <i>(Ham salad on white or wheat bread with your choice of side)</i>	\$3.75/\$5.50
Monday, Dec. 12 - Bacon & Tomato Grilled Cheese with Tomato Soup <i>(Bacon, Tomatoes, American, Swiss & Cheddar cheese on toasted Italian Bread)</i>	\$3.75/\$5.50
Tuesday, Dec. 13 - Meatloaf Sandwich with Soup or Chips <i>(Meatloaf, ketchup & shredded Mozzarella cheese on grilled Italian bread)</i>	\$3.75/\$5.50
Wednesday, Dec. 14 - Reuben with Fruit Salad <i>(Corn Beef, sauerkraut, Swiss cheese & thousand island dressing on toasted rye bread)</i>	\$3.75/\$5.50
Thursday, Dec. 15 - Chicken Fajita Wrapini with Soup or Chips <i>(Shredded Chicken with peppers, onions & shredded Cheddar cheese on a tortilla)</i>	\$3.75/\$5.50
Friday, Dec. 16 - Everything Bagel Sandwich with Soup or Chips <i>(Ham, Turkey & Swiss cheese on an everything bagel)</i>	\$3.75/\$5.50
Saturday, Dec. 17 - Tuna Melt with Side <i>(Tuna Salad with American cheese on toasted white or wheat bread)</i>	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Gift Wrapping

Starting Thursday, Dec. 8

Gift wrapping will be available at the Hospitality Desk for \$0.75 per package. You can pick from a variety of wrapping paper and bows. If possible, please bring your gift already packaged. Gift services will be available starting Thursday, Dec. 8, through Friday, Dec. 23. Times designated to have gifts wrapped are from 5:30 to 8 p.m. Monday through Friday and 10 a.m. to 7 p.m. Saturday and Sunday.

The Hospitality Staff is excited to wrap your gifts!

Christmas Carousel

Wednesday, Dec. 14

Christmas Carousel, a holiday party for independent living residents and passport members, will be Wednesday, Dec. 14. Reservations are required for this event. Start times vary per group. If you have any questions about your groups start time please contact Monte Spiller, Resident Services Leader, at (785) 323-3801.

Cancelations and room relocations

Wednesday, Dec. 14

The following classes and events are canceled or have been moved to a different room location Wednesday, Dec. 14, due to Christmas Carousel:

- **Building and Grounds Committee** — moved to the Manhattan Room at 9 a.m.
- **Worship Service** — moved to Tranquility Room at 10 a.m.
- **Sit and Be Fit** — canceled
- **Yoga** — canceled
- **Memory Café** — canceled
- **Memory Activities Class** — canceled
- **Video Worship Series** — canceled
- **Fit 2 Fight PD** — canceled including the off-campus class at the Combative Sports Center
- **Beach Museum Artist Discussion** — canceled

Low Vision Support Group

Thursday, Dec. 15, at 2 p.m.

Kristen, Occupational Therapist, will be giving a presentation over therapy services and how they can help support individuals struggling with low vision. Join Kristen as she presents over therapy services from 2 to 3 p.m. Thursday, Dec. 15, in the KSU Classroom.

Building and Grounds committee sign-up

Submitted by Bob Klemm

You're invited:

It's again that time of the year to sign up for committee service. The Building and Grounds committee heartily invites you to join us at 9 a.m. on the second Wednesday of every month in the Living Room to participate in healthy, earth-shaking and not so big deliberations on matters Meadowlarkish. Your counsel and competence are invaluable (and we are a jovial group). Please sign up in the Blue Book located at the Hospitality Desk and join us.

Christmas Cantata

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

Meadowlark will be joined by the College Avenue United Methodist Church Choir at 7 p.m. Friday, Dec. 16, in the Community Room. The group will be performing "Rejoice in his coming" and are led by director Steve Easterday.

After the performance the choir invites all in attendance to join them for treats provided by College Avenue Methodist along with tea, water and coffee.



Holiday Piano Recital

Saturday, Dec. 17, at 1 p.m.

Students represented by Pickering Family Piano Studies will be presented in recital at 1 p.m. Saturday, Dec. 17, in the Community Room.

The three teachers whose students will be represented are Dr. David Pickering, Associate Professor of Music at Kansas State University, his wife Melinda Pickering, piano teacher in the Manhattan community who holds a Master of Music degree from Piano Pedagogy from Kansas State University,; daughter Audrey, piano student of Sheila Page and a senior in High School.

Christmas Sing-a-long

Sunday, Dec. 18, at 3 p.m.

Jane Boys is back with a Christmas sing-a-long performance starting at 3 p.m. Sunday, Dec. 18, in the Community Room. Residents, family and friends are invited to partake in a joyous time of singing wonderful holiday classics!

Members present: Sandra Emley, Jean Beatty, Jo Call, Orris Kelly, Pat Vogt, Bea Rasmussen, Jo Lyle, Ivan Tompkins, Bob Crawford, and Sharon Smith

Staff present: Lonnie Baker, Jayme Minton and Monte Spiller

Updates:

General Update: Lonnie recently attended the Leading Age National Conference in Indianapolis, Indiana. We are slowly beginning to see some direction from our industry. It appears that we will have several new models to choose from. CCRC's are doing really well, but stand-alone nursing homes are at a record low census level. This issue brings concern as low census numbers means they are losing money. With that being said, industries are focused on the middle class in larger cities and looking for lower cost options.

During the conference, it was discussed that parking is a universal issue, as is the case at Meadowlark. In efforts to reduce and address parking issues, many communities are looking to technology, which includes driverless cars. Overall, Meadowlark is doing well and we have more than doubled our cash on hand and are equipped for whatever changes may come.

Support Services Update: Jayme Minton explained Sales Leader, Kinzie Nelson would be moving to Stillwater Oklahoma as she has accepted a position as Director of Marketing and sales with a Retirement Community that is a new build. Kinzie's last day will be November 23.

Approval of October Minutes:

Motion to approve minutes was moved and passed.

New Business:

1. Orris Kelly reported the Finance Committee approved an increase of 2.5 % over current fees for residents. There has been a 75% reduction in rate increases over the past 5 years. The employee benefit package was discussed and approved. The overall financial status is in good shape.

Old Business:

A. The Employee Gift Committee explained that checks for the staff appreciation fund will start to be written at the end of the week.

TOWN MEETING MINUTES

Dec. 5, 2016

Welcome & Introduction, Monte Spiller

Monte welcomed the Town Meeting attendees. Two new residents introduced themselves: Ron and Vera Williams.

Campus Update, Lonnie Baker

There are many initiatives that Meadowlark works through during the course of the year. During this time of the year, workers are busy traveling and visiting families, causing work to slow down. For the month of December, there will not be major initiatives worked on until the new year.

Community Relations Update, Sarah Duggan

Sarah introduced a new member of the Meadowlark Medical Professionals clinical team, Jenny Benites. Jenny, APRN, has filled Allison Gonzalez position. Jenny will provide primary and acute healthcare to patients, including writing, diagnosing and treating prescriptions. Jenny is from Pampa, Texas, and now lives in Manhattan with her husband and two children.

Dr. Matt Floresch announced that he will be leading a book study on *Being Mortal* by bestselling author Atul Gawandre. *Being Mortal* is a valuable contribution to the growing literature on aging, death and dying. By joining the group, participants will explore what it means to live a life to the fullest no matter the circumstances.

Dr. Matt invites all to this six-week journey starting Wednesday, Jan. 11. The first group meeting will be from 1:30 to 2:30 p.m. in the Community Room.

If you are interested in participating in this book study, please sign up in the Blue Book located at the Hospitality Desk between now and Thursday, Dec. 22. If you do not have your own book and would like your own, Meadowlark will provide one at a cost of \$17. Please contact Tracy Musselman at (785) 323-3878.

Gift Committee Update, Sandy Emley

Sandy Emley invited Sharon Smith to speak. Sharon, Chair of the Employee Gift Committee thanked everyone who generously donated.

\$52,000 was raised to the Gift Committee this year! Four hundred total employees received an amount of that sum total of \$52,000 and 129 individuals managed to get a check of \$200 or more — employees who have served Meadowlark for a longer period of time.

Sandy thanked Sharon Smith, Janice Parsons, Robert Reeves and Jo Lyle who served on the committee and worked diligently.

Sandy, Council Chair, announced that the Council is searching for a new representative to serve a three-year term on the Board of Trustees. Sandy thanked Orris Kelly for his service to the board these last few years.

There was a great election in the spring and the Council is anticipating to have another successful election in these next few weeks. Last spring, Bob Crawford was elected as the new Board of Trustee representative. Six individuals ran during the last election and Sandy hopes they will be interested in running again this year. Sandy encourages those who are interested in running to do so.

Between now and Wednesday, Dec. 21, ballots will be distributed by floor and neighborhood representatives. All nominees must be aware of their nomination and willing to serve the three-year term with Board of Trustees. Ballots can be turned in at the Hospitality Desk in the designated collection box.

Nominees will be introduced at the January Town Meeting scheduled for Monday, Jan. 9. The winner of the election will be announced in the Meadowlark Messenger and introduced at the February Town Meeting.

Events and Announcements, Monte Spiller

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

There will be one scheduled Church service at 10 a.m. Sunday, Dec. 25, in the Community Room. Happy Holidays!

Cheerful givers impact campus amenities

Submitted by Becky Fitzgerald

Christmas came early to Meadowlark in mid-November in the form of four major gifts. Three of the contributions benefited Bayer Pond Nature Area, and the fourth adds to the ambiance at Bramlage House.

C. Clyde Jones of Manhattan, a former dean of K-State's College of Business Administration and a longtime community volunteer, donated \$25,000 in memory of his late wife, Margaret "Midge" Jones, who died May 1 of this year. His desire to contribute in a way Midge would have found meaningful was a beneficial match to our wish for a user-friendly and lower-maintenance walking trail. With this commitment from Jones, we sought bids to cover the area's gravel screenings with asphalt.

"My beloved wife, Midge, had several rehabilitations in Bramlage House and fell in love with the staff on each occasion. During her last two residencies there, she had what she called 'A room with the most wonderful view.' She enjoyed looking out her window at the pond, always asking guests to look at that pleasant view. I can't think of a more fitting memorial that making improvements to access the area," Jones said.

While Jones's gift is substantial, it wasn't enough to cover the entire \$35,000 price tag of the trail project. The contractor, Doug Newland, proposed a trail 6 feet



The 6-foot-wide asphalt trail at Bayer Pond Nature Area provides access to two fishing docks and two gazebos as well benches at Leon's Birding Glen (not pictured).

wide and nearly 1400 feet long with a larger paved area adjacent to both gazebos to allow easy access for a golf cart. I submitted a proposal to the Goldstein Foundation board, asking for a grant of \$10,000, and I also discussed the project with Shilling Construction. Our grant request was approved, and Shilling offered value professional advice as well as an additional \$4500 that we've set aside for future trail maintenance.

Cooler temperatures likely will prevent many from visiting the area for the next several months, but once the weather warms, an asphalt trail should provide easier access to the area's docks, gazebos and benches.

Another local donor has given the gift of music by donating a baby grand piano to Bramlage House. The piano that previously occupied a corner of the living room had been damaged by water and wouldn't hold a tune. When Merilee Crow, the daughter of Independent Living resident Diana McCaustland, called to ask if we'd like to sell her piano at our annual auction, I told her "no," explaining that Bramlage needed a piano that could be tuned and played. She quickly agreed to the plan.

Crow's gift is a 1928 Gulbransen baby grand in walnut. She moved to Manhattan in July and moved the piano with her, but didn't have room for it at her new residence. She is thrilled the instrument has found a new home with us.



This 1928 Gulbransen piano is now part of the furnishings at Bramlage House.

UPCOMING EVENTS & ANNOUNCEMENTS

December Focus Group

Thursday, Dec. 8, at 10 a.m.

The Focus Group scheduled for December will once again spotlight a staff member. The staff attendee will be Support Services Assistant, Mary Harness. The Focus group will be at 10 a.m. today, Dec. 8, in the KSU Classroom.

66th Annual Pancake Feed and Silent Auction

Saturday, Dec. 10, from 7 a.m. to 1 p.m.

The Manhattan Kiwanis Club will be hosting the 66th Annual Pancake Feed and Holiday Silent Auction from 7 a.m. to 1 p.m. Saturday, Dec. 10, at Pottorf Hall at Cico Park. All proceeds benefit twenty plus local community projects.

Tickets for adults cost \$5 during presale and \$6 the day of the feed. Tickets for children ages five through twelve cost \$3 during presale and \$4 the day of the feed. Children under five can eat for free. Please contact Loren Alexander at (785) 537-7822 to purchase presale tickets.

Vespers Services

Sunday, Dec. 11, at 7 p.m.

The Vespers service, led by Rev. Paul Allen and barbershop quartet from First Christian Church, will be at 7 p.m. Sunday, Dec. 11, in the Community Room.

Meadowlark Singers Practice

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

Meadowlark Singers practice is scheduled at 3 p.m. Monday, Dec. 12, in the Community Room.

Second Session of Grief Support Group

Tuesday, Dec. 13, from 2 to 3 p.m.

The next second session of Grief Support Group is at 2 p.m. Tuesday, Dec. 13, in the West Conference Room. This is an opportunity to discuss bereavement and healing in a supportive environment.

Memory Activities Class

Wednesday, Dec. 21, 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, Dec. 21, in the KSU Classroom.

Memory Café

Wednesday, Dec. 21, at 10 a.m.

Memory Café will meet in the West Conference Room at 10 a.m. Wednesday, Dec. 21. 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.

Dental Clinic canceled

The Dental Clinic is canceled Monday, Dec. 19.

Winter Ball 2017

Friday, Jan. 27, from 6 to 9 p.m.

The Meadowlark 2017 Winter Ball is set for Friday, Jan. 27, from 6 to 9 p.m. in the Community Center, including the Community Room, Game Room and Prairie Star Restaurant. The Community Center will be transformed into the elegant ballroom to host Winter Ball. All residents and staff are invited.

The selected theme this year is "Winter Wonderland." Elegant and sparkly decorations will set the stage for this formal event. Feel free to dress the part in your best formal attire! Formal attire is suggested but not required.

Enjoy music provided by, not one, but two live bands beginning at 6 p.m. in the Community Room and simultaneously in the Prairie Star Restaurant. Feel free to mingle between both bands throughout the night and enjoy heavy appetizers catered by the Prairie Star Restaurant. No registration is required for this free event. You may come and go as you please.

DRINK SPECIAL



Dec. 12 to Dec. 17 Sky Candy Cane

3/4 oz. Skyy Strawberry Vodka
3/4 oz. Peppermint Schnapps
3/4 oz. White Crème De Cacao
1/4 oz. Grenadine
Half n' Half
Club Soda

\$3.75

UPCOMING EVENTS AND ANNOUNCEMENTS

Invacare Lynx L-3 Motorized Scooter for sale!

There is a Invacare Lynx L-3 Motorized Scooter for sale. The scooter has a weight limit of 300 lb. and costs \$500. If you are interested in purchasing this scooter or have any further questions, please contact Sherry Smith at (785) 410-8535.



Christmas Caroling

Saturday, Dec. 17, at 3 p.m.

Christmas caroling will be provided by children of all ages at 3 p.m. Saturday, Dec. 17, in the Community Room. Christmas and Holiday classics will be sung. Don't miss out on this fun performance!

Video Worship Series

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

You are invited to watch a televised worship sermon by Rev. Dr. Daniel Brege titled "Discouraged Prophet?" at 4 p.m. Wednesday, Dec. 21, in the Living Room.

Tommy Lee Performance

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

Saxophonist Tommy Lee has been playing in the Manhattan area since 1949 and is a familiar face to many!

Tommy will be entertaining Meadowlark with a variety of music including Christmas classics at 7 p.m. Friday, Dec. 23, in the Community Room.

Wakefield Choir Performance

Thursday, Dec. 15, at 10 a.m.

Wakefield Highschool junior and senior choir will be performing Christmas classics at 10 a.m. Thursday, Dec. 15, in the Community Room.

St. Mary's School Choir

Friday, Dec. 16, at 12 p.m.

St. Mary's School Choir and Band will be performing Christmas tunes for all to hear at 12 p.m. Friday, Dec. 16, in the Community Room.

FOUNDATION NEWS

Meadowlark Foundation has gratefully accepted gifts in November benefitting the Good Samaritan Fund and Parkinson's Program.

In Memory or Honor of:

Mary Dean Apel

Dorothy Buller

Jo Ann Edwards

Cecil Eyestone

LaVonne Green

Dorothy Horsch

Daniel Keating

Russell Patterson

Lois Thierolf

Jack Warren

Christmas Lunch Menu

SUNDAY, DEC. 25

TWO AVAILABLE SEATINGS: 11 A.M. AND 1:30 P.M.

PRICE: \$15 PER PERSON, CHILDREN: \$8

PLEASE REGISTER IN PRAIRIE STAR RESTAURANT

Choice of Starters

Green Salad (choice of dressing), Boston Clam Chowder or Strawberry Feta Salad with Sunflower Vinaigrette

Choice of Entrees

Roast Tenderloin with Béarnaise Sauce, Baked Orange Roughy stuffed with Shrimp & Crab or Marinated Grilled Chicken Breast in Herb Vinaigrette

Choice of Starches

Mashed Sweet Potatoes, Rice Pilaf or Scalloped Potatoes

Choice of Vegetables

Asparagus or Honey Glazed Carrots

Choice of Desserts

Banana Pecan Pie, Egg Nog Mousse or Chocolate Angel Food Cake with Chocolate Fluff Frosting

PRAIRIE STAR RESTAURANT

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

Dec. 11 - Dec. 17

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	December 11 ~ Lunch \$11	Dinner \$12
	Pot Roast with Carrots, Onions & Celery Mashed Red Potatoes Vegetable of the Day	Chicken Parmesan Spaghetti Vegetable of the Day
MONDAY	December 12 ~ Lunch \$10	Dinner \$14
	Fog City Macaroni Choice of Vegetable	Baked Cod Roasted Vegetables Twice Baked Potato
TUESDAY	December 13 ~ Lunch \$7	Dinner \$12
	Taco Bar (does not include drink, starter, or dessert)	Stuffed Pork Tenderloin with Spinach, Sun Dried Tomatoes & Portobello Mushrooms with Balsamic Sauce Vegetable of the Day
WED.	December 14 ~ Lunch \$10	Dinner
	Fried Chicken Sandwich Coleslaw French Fries	Closed for Christmas Carousel
THURS.	December 15 ~ Lunch \$7	Dinner \$13
	Pizza Bar (does not include drink, starter, or dessert)	Braised Short Ribs Green Chili Mashed Potatoes Vegetable of the Day
FRIDAY	December 16 ~ Lunch \$11	Dinner \$12
	Baked Cajun Orange Roughy Dirty Rice Choice of Vegetable	Chicken Roulades with Wild Mushrooms & Leaks Wild Rice Vegetable of the Day
SAT.	December 17 ~ Lunch \$10	Dinner \$15
	Ham, Bacon & Pea Fettucine Alfredo Garlic Toast Choice of Vegetable	Steak Night Baked Potato Vegetable of the Day

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

Grosh Cinema Movies

Sunday, Dec. 4 - Saturday, Dec. 10

Show Times: 1, 4 and 7 p.m., Monday – Saturday
2 and 6 p.m., Sunday

Sunday, Dec. 11 – D2: The Mighty Ducks (1994)

Coach Bombay again leads his old team, plus several new players, as the lovable underdogs face off against competitors at the Junior Goodwill Games.

Co-Starring: Emilio Estevez, Kathryn Erbe & Michael Tucker

Rated PG; 1 hr. 46 min.

Monday, Dec. 12 – Big Daddy (1999)

Dumped by his girlfriend because he refuses to accept responsibility, overgrown adolescent Sonny Koufax adopts a 5-year-old to prove he's grownup.

Co-Starring: Adam Sandler, Joey Lauren Adams & Jon Stewart

Rated PG-13; 1 hr. 33 min.

Tuesday, Dec. 13 – Scrooged (1988)

Take one cold-blooded TV executive. Add the magic of Christmas. Stir in three ghosts... and wait for the fireworks!

Co-Starring: Bill Murray, Karen Allen & John Forsythe

Rated PG-13; 1 hr. 40 min.

Wednesday, Dec. 14 – Intolerable Cruelty (2003)

Attorney Miles goes toe-to-toe with his wealthy client's ex-wife, expert gold-digger Marilyn, in this battle-of-the-sexes comedy.

Co-Starring: George Clooney, Catherine Zeta-Jones & Geoffrey Rush

Rated PG-13; 1 hr. 40 min.

Thursday, Dec. 15 – Sahara (2005)

While investigating a deadly water-borne epidemic along the Nile River, adventurer Dirk Pitt uncovers a secret dating back to the U.S. Civil War.

Co-Starring: Matthew McConaughey, Steve Zahn & Penelope Cruz

Rated PG-13; 2 hrs. 4 min.

Friday, Dec. 16 – The Christmas Card (2006)

A soldier stationed in Afghanistan who gets a Christmas card addressed to "Any Soldier" decides to track down the sender in this romance.

Co-Starring: John Newton, Ed Asner & Peter Jason

Not Rated; 1 hr. 24 min.

Saturday, Dec. 17 – Angry Birds Movie (2016)

Sentenced to anger management class, grumpy Red becomes a hero who trains his fellow birds to unleash their inner fury when pigs invade their island.

Co-Starring: Jason Sudeikis, Josh Gad & Danny McBride

Rated PG; 1 hr. 37 min.

This Week's Opportunities December 11 - December 17

SUNDAY • DECEMBER 11

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
- 7:00 p.m. ~ Vespers, led by Rev. Paul Allen and barbershop quartet, CR

MONDAY • DECEMBER 12

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, KSU CL
- 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. ~ Hearing Aid Doctor, CON
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 3:00 p.m. ~ MLH Singers Practice, CR
- 7:00 p.m. ~ Community Bingo, CR

TUESDAY • DECEMBER 13

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, LR
- 2:00 p.m. ~ Grief Support Group, CON
- 3:00 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 4th Floor Supper, MR

WEDNESDAY • DECEMBER 14

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, TR
- 10:20 a.m. ~ Weights 101, CR
- 3:30 p.m. ~ First Group—Christmas Carousel, CR
- 4:00 p.m. ~ Second Group—Christmas Carousel, CR
- 4:30 p.m. ~ Third Group, Christmas Carousel, CR
- 5:00 p.m. ~ Fourth Group—Christmas Carousel, CR
- 5:30 p.m. ~ Fifth Group—Christmas Carousel, CR

THURSDAY • DECEMBER 15

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 9:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Wakefield Music Group, CR
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 11:00 a.m. ~ Parkinson's Webinar, CON
- 11:15 a.m. ~ Chair Yoga, CR

- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 2:00 p.m. ~ Low Vision Support Group, KSU CL
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

FRIDAY • DECEMBER 16

Breakfast at Verna Belle's—Waffle or Pancake

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Veterans Group, GC
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR
- 12:00 p.m. ~ St. Mary's High School Choir, 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
- 1:15 p.m. ~ Parkinson's Care Partner Support Group, LR
- 3:30 p.m. ~ Catholic Mass, CR
- 7:00 p.m. ~ Resident Program: Christmas Cantata with College Ave. United Methodist Church, CR

SATURDAY • DECEMBER 17

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
- 10:00 a.m. ~ Tai Chi, CR
- 1:30 p.m. ~ Holiday Piano Recital, CR
- 3:00 p.m. ~ Christmas Caroling, CR

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

Jokes of the Week

Why don't aliens celebrate Christmas?
Because they don't want to give away their presence.

Why do mummy's like the holidays?
Because of all the wrapping!

What is a parents favorite Christmas carol?
Silent Night.

*Meadowlark News Channel can be viewed on channel 1960