

## NEW Theatre Restaurant Trip

Featuring musical comedy hit: *The Fabulous Lipitones*

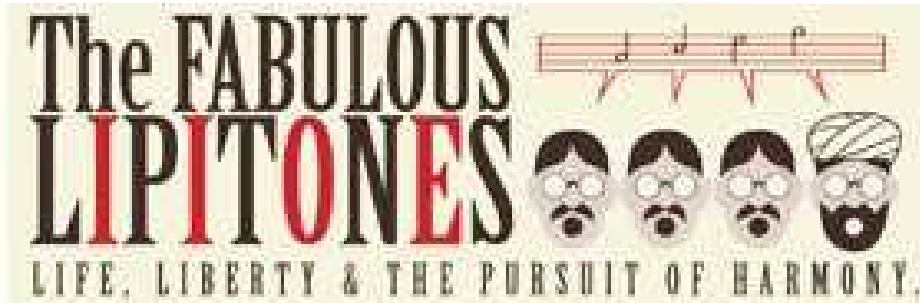
**Wednesday, Jan. 25,  
at 9 a.m.**

Meadowlark will be taking a trip to the NEW Theatre Restaurant located in Kansas City, Kan. Wednesday, Jan. 25. The show

for the day is a musical comedy hit, *The Fabulous Lipitones*, by John Markus and Mark St. Germain.

*The Fabulous Lipitones* tells the hilarious story of a barbershop quartet, which has been belting out close harmonies for 20 years, loses a key member to a heart-stopping high B-flat. The three surviving members must cease their bickering and race to find a replacement in time for Nationals. Excitement is at an all time high when they hear golden tones being sung over the phone — the three Lipitones are sure they have found their fourth. BUT when they meet him in person, he's nowhere near what they expected.

You won't want to miss this uproarious comedy and moving story of friendship, stereotypes and the



path to perfect harmony starring six-time Emmy nominee George Wendt, who played Norm on the TV sitcom CHEERS.

The cost for

the trip is \$15 for transportation and \$35 for theatre admission, which includes a fantastic dinner and show, choice of coffee, tea or soft drink. Desserts and alcoholic beverages are available at additional cost.

The group will depart from the Village Entrance at 9 a.m. with a restroom break along the way. Seating begins at 11:30 a.m. with lunch served from 12 to 1 p.m. and the show starting at 1:15 p.m.

If you are interested in attending this event, please sign up in the Blue Book located at the Hospitality Desk. If you have any questions, please direct them to Monte Spiller, Resident Services Leader. at (785) 323-3801.

## January Ladies Luncheon

### Warm up to Winter!

**Thursday, Jan. 12, at 12:30 p.m.**

The holidays are over and we are settling in for the cold and snow of the new year, however the January Ladies Lunch will encourage you to "Warm Up to Winter."

Manhattans (any Meadowlark or Passport female), you are invited to the 12:30 p.m. lunch, Thursday, Jan. 12, in the Manhattan Room. Please wear one of your favorite winter scarves. You may even want to share

its story with your luncheon friends.

We will be warming our tummies with Fog City Mac & Cheese plus other cozy foods and drink. A special winter story and a hands-on craft will be added bonuses you won't want to miss.

Pat Edwards and Polly Ferrell are hostesses for the day. Please sign up in the Blue Book located at the Hospitality Desk, so you can be included in the food and fun.

## UPCOMING EVENTS & ANNOUNCEMENTS

### Jokes of the Week

What did the snowman say to the customer?  
Have an ice day!

What did the big candle say to the little candle?  
I'm going out tonight.

### **New Years Eve Movie Night**

**Friday, Dec. 30, at 6 p.m.**

The resident program for Friday, Dec. 30, will be a movie night showing of *New Years Eve* at 6 p.m. in the Community Room.

*New Years Eve* is a 2011 romantic comedy film directed by Garry Marshall and stars Halle Berry, Jessica Biel, Jon Bon Jovi, Abigail Breslin, Robert De Niro, Josh Duhamel and many more.

In this star-studded romantic comedy, the fates of a diverse group of New Yorkers are wound together on New Year's Eve — including one expectant couple, hoping their baby will be the first born in the Big Apple after midnight. Join us for this early New Years Eve celebration pairing complimentary champagne with a romantic comedy film!

### **Meadowlark Singers Practice**

**Monday, Jan. 2, at 3 p.m.**

Meadowlark Singers practice is scheduled at 3 p.m. Monday, Jan. 2, in the Community Room.

### **Tuttle Creek Supper rescheduled**

The Tuttle Creek Supper is rescheduled for 5:30 p.m. Monday, Jan. 9, in the Manhattan Room.

### **Lightfoot Family Band Performance**

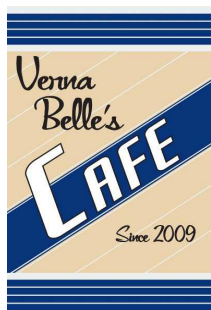
**Friday, Jan. 6, at 7 p.m.**

Join us at 7 p.m. Friday, Jan. 6, in the Community Room as Meadowlark welcomes the Lightfoot Family Band for a folk and bluegrass performance!

Their performance includes a mix of bluegrass and gospel along with some Celtic and Swedish folk songs.

The Lightfoot Family band consists of Tove Thunell and Joshua Lightfoot, a newlywed couple with a strong passion for folk and bluegrass music.

Traveling continents has grown to be the norm for the couple. In Sweden, they play street music along with prestigious venues, and in the states, they focus on retirement communities because of the large interest residents have for folk music. Don't miss this wonderful evening event!



## Lunch Specials Jan. 1 – Jan. 7

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

**Sunday, Jan. 1 – Closed for New Years – *Happy New Years!***

**Monday, Jan. 2 – White Chicken Chili with Cornbread Muffin** \$3.75/\$5.50  
(Creamy stew with Chicken, great northern beans & onions topped with green onions & shredded Cheddar cheese)

**Tuesday, Jan. 3 – Pork Carnitas Quesadilla with Fruit Salad** \$3.75/\$5.50  
(Shredded Pork with diced peppers, onion & tomatoes on a crispy flour tortilla)

**Wednesday, Jan. 4 – BBQ Chicken Pizza** \$3.75/\$5.50  
(Shredded Chicken, green onions & French fried onions on a oven baked flat bread with BBQ sauce & Mozzarella cheese)

**Thursday, Jan. 5 – Pulled Pork Sandwich with Cheesy Potatoes** \$5.50  
(Shredded Pork smothered in BBQ sauce on a butter toasted bun)

**Friday, Jan. 6 – Philly Cheese Steak with Soup or Chips** \$3.75/\$5.50  
(Hot sliced Roast Beef, sautéed peppers & onions & Swiss cheese on grilled Italian Bread)

**Saturday, Jan. 7 – Ham Salad Sandwich with Side** \$3.75/\$5.50  
(Classic Ham Salad with your choice of white or wheat bread)

# UPCOMING EVENTS & ANNOUNCEMENTS

## KSU Men's Basketball Watch Parties

Watch the KSU Men's basketball games in the Game Room at:

- 7 p.m. Friday, Dec. 30, against University of Texas on channel 245 (ESPNews)
- 8 p.m. Tuesday, Jan. 3, against the University of Kansas on channel 33 (ESPN2)
- 7 p.m. Saturday, Jan. 7, against the University of Oklahoma on channel 245 (ESPNews)
- 8:15 p.m. Tuesday, Jan. 10, against Texas Tech on channel 245 (ESPNews)
- 3:30 p.m. Saturday, Jan. 14, against Baylor University on channel 244 (ESPNU)

## New Years Closings

Holiday schedules are as follows:

- **Environmental Services:**
  - On-call for emergencies Monday, Jan. 2
- **Finance Services:**
  - Closing at noon Friday, Dec. 30, and closed Monday, Jan. 2
- **Exercise Classes:**
  - All exercise classes canceled Monday, Jan. 2
  - Caul Fitness Center remains open
- **Pizazz Salon:**
  - Closed Monday, Jan. 2
- **Physician Office:**
  - Closed Monday, Jan. 2
- **Hospitality Desk/Resident Services:**
  - Closing at 2 p.m. Saturday, Dec. 31
  - Closed Sunday, Jan. 1
  - Closed after 5 p.m. Monday, Jan. 2

## Food and Beverage

- **Verna Belle's Café:**
  - Will resume regular weekend hours from 9 a.m. to 1 p.m. Saturday, Dec. 31
  - Closed Sunday, Jan. 1
  - Closing at 3 p.m. Monday, Jan. 2

## Clinics, classes and events

- **Vespers:** Canceled Sunday, Jan. 1
- **Community Bingo:** Canceled Monday, Jan. 2
- **Town Meeting:** rescheduled for Monday, Jan. 9
- **IL Resident Council:** rescheduled for Monday, Jan. 9

## *Being Mortal* books are in!

If you have signed up in the Blue Book to participate in the *Being Mortal* Book Study with Dr. Matt, please stop by Tracy Musselman's office to receive the book. Tracy is located in the office next door to Lonnie Baker, CEO, and across the hallway from the Fitness Center. Happy reading!

## Dental Clinic

The Healthy Smiles Dental Clinic is scheduled for Monday, Jan. 23, in the Miller Craft Room. This clinic operates by appointments only.

## January Focus Group

*Thursday, Jan. 12, at 10 a.m.*

The Focus Group scheduled for January will once again spotlight a staff member.

Attendees will have the opportunity to learn more about the employee, both on a personal and professional level. Every day staff are doing great things at Meadowlark and this time will be used to hear more and ask questions.

The staff attendee for the January Focus Group is Robyn Harris, Human Resources Leader. Come meet Robyn at 10 a.m. Thursday, Jan. 12, in the KSU Classroom.

## 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 Prairie Star Restaurant.

Feel free to mingle between both bands throughout the night and enjoy heavy appetizers catered by Prairie Star Restaurant. No registration is required for this free event. You may come and go as you please.

## UPCOMING EVENTS & ANNOUNCEMENTS

DRINK SPECIAL



**Jan. 2 to Jan. 7**  
**Happy New Year**

1 1/2 oz. Vodka  
1 oz. Cointreau  
1 oz. Lemon Juice  
1 oz. Cranberry Juice

**\$3.75**

### Second Session of Grief Support Group

*Tuesday, Jan. 3, from 2 to 3 p.m.*

The next session of Grief Support Group is at 2 p.m. Tuesday, Jan. 3, in the West Conference Room. This is an opportunity to discuss bereavement and healing in a supportive environment.

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

### Memory Activities Class

*Wednesday, Jan. 4, 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 from 10 to 11 a.m. Wednesday, Jan. 4, in the KSU Classroom.

### Video Worship Series

*Wednesday, Jan. 4, at 4 p.m.*

You are invited to watch a televised worship Bible study over Trial Session 1 at 4 p.m. Wednesday, Jan. 4, in the Living Room.

### Memory Café

*Wednesday, Jan. 4, at 10 a.m.*

Memory Café will meet at Kansas Room Pub at 10 a.m. Wednesday, Jan. 4. This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg.

### Memory Care Partner Support Group

*Wednesday, Jan. 4, 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, Jan. 4, in the Tranquility Room.

### Vespers Services

*Sunday, Jan. 8, at 7 p.m.*

The Vespers service will resume at 7 p.m. Sunday, Jan. 8, in the Community Room. The service will be led by Rev. Cam McConnell from First Presbyterian Church. All are welcome.

### Shopping Trip

*Wednesday, Jan. 11, at 10 a.m.*

Take advantage of the complimentary transportation to local shopping centers. Transportation goes to Dillons and Walmart. The next trip departs at 10 a.m. Wednesday, Jan. 11, from the Village Entrance. Please register in the Blue Book for transportation.

### Stephen Stover Memorial Service

*Saturday, Feb. 4, at 1:30 p.m.*

A memorial service will be held for Stephen Stover at 1:30 p.m. Saturday, Feb. 4, at the First United Methodist Church, Poyntz Ave. All are welcome to attend.

*Ask Sarah*



Remember to put your questions in the Ask Sarah box! Submit questions to the box at the Hospitality Desk or directly to Sarah via phone, e-mail or by stopping her office! Sarah is located in the office next to Lonnie Baker, CEO, and catty-corner from the Fitness Center.

*Thanks for stopping by!*

# January BIRTHDAYS

## Residents

### Health Care

1/3 Anna Imel  
1/10 Ralph Mullet  
1/13 Elizabeth Carter  
1/23 Barbara Myhre  
1/27 Ila Pultz

***Bold denotes milestone  
birthday of 80, 90, 100 or 100+***

### Independent Living

1/1 Norma Larson  
1/3 Jo Call  
1/4 Joe Ann Moore  
1/5 Edie Jorns  
1/5 Ruth Wells  
1/6 Edith Chaput  
1/9 Ivan Tompkins  
1/12 Don Marks  
**1/13 Rae Stamey**  
1/13 Anna Walsh  
1/14 Robert Reeves  
1/20 Pat Niernberger  
1/21 Ed Skidmore  
1/23 **Mary Schroeder**  
1/26 Bob Smith  
**1/30 Betty Campbell**  
1/30 Theda Loehr

## Employees

1/5	Lenita Glanzer	1/25	Mercedes Cabrera
1/5	Amber Stifter	1/27	Julie Crabb
1/8	Kelsey Grindstaff	1/27	Chris Jensen
1/9	Tamara Timmerman	1/28	Lori DeMint
1/12	Gabrielle Huerta	1/30	Megan Chase
1/13	Tamera Garibay	1/30	Janell Huffaker
1/14	Chris Wataha		
1/15	Camille Whiteside		
1/16	Jeanne Hamilton		
1/17	Barb McCosh		
1/18	Davonte Williams		
1/19	Thatcher Damman		
1/19	Janee Kassanavoid		
1/19	Kaitlyn Motley		

# PRAIRIE STAR RESTAURANT

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

## Jan. 1 - Jan. 7

Includes beverage, starter and dessert.

A minimum of one hour notice is required for reservations. 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.

<b>SUNDAY</b>	January 1 ~ Lunch \$10	Dinner \$12
	Grilled Herb-Marinated Chicken Breast Black-Eyed Peas Vegetable of the Day	Spaghetti & Meatballs Garlic Toast Vegetable of the Day
<b>MONDAY</b>	January 2 ~ Lunch \$10	Dinner \$13
	Bacon & Spinach Quiche Rice Pilaf Choice of Vegetable	Braised Chicken Thigh & Leg Ala Orange Wild Rice Vegetable of the Day
<b>TUESDAY</b>	January 3 ~ Lunch \$7	Dinner \$14
	Fajita Bar (does not include drink, starter or dessert)	Shrimp & Chicken Penne with Sherry Garlic, Portobello Mushroom, Garlic, Fresh Basil, Sun-Dried Tomato & Spinach Garlic Toast Vegetable of the Day
<b>WED.</b>	January 4 ~ Lunch \$11	Dinner \$14
	Fettuccine with Italian Sausage & Sweet Peppers Choice of Vegetable	Braised Brisket with Wild Mushroom Sauce Potato Pancake Vegetable of the Day
<b>THURS.</b>	January 5 ~ Lunch \$7	Dinner \$13
	Pasta Bar (does not include drink, starter or dessert)	Grilled Pork Chop with Hoisin Sauce Scalloped Potatoes Vegetable of the Day
<b>FRIDAY</b>	January 6 ~ Lunch \$11	Dinner \$12
	Catfish Po' Boy Sweet Potato Fries Choice of Vegetable	Meat Loaf Mashed Potatoes with Gravy Vegetable of the Day
<b>SAT.</b>	January 7 ~ Lunch \$12	Dinner \$15
	Philly Steak Sandwich French Fries Coleslaw	Crab Cakes with Remoulade Sauce Twice 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, Jan. 1 - Saturday, Jan. 7

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

### Sunday, Jan. 1 – The Hunters (2013)

What if all mythical artifacts, from Jason's Golden Fleece to Cinderella's glass slippers, were real—and protected by a secret society.

**Co-Starring: Victor Garber, Michelle Forbes & Alexa PenaVega**

**Rated PG; 1 hr. 29 min.**

### Monday, Jan. 2 – Wildflower (2016)

When promising young artist Chloe starts having terrifying flashbacks, she suspects they might be connected to her dark past and an unsolved murder.

**Co-Starring: Nathalia Ramos, Cody Longo & Alex Steele**

**Rated PG-13; 1 hr. 31 min.**

### Tuesday, Jan. 3 – Scoop (2006)

While visiting friends in London, an American journalism student beats out Britain's top reporters by breaking a story involving murder and magic.

**Co-Starring: Woody Allen, Hugh Jackman & Scarlett Johansson**

**Rated PG-13; 1 hr. 35 min.**

### Wednesday, Jan. 4 – The Odd Couple (1968)

Tossed out of the house by his wife, Felix Unger decides the best thing to do is move in with his best pal: deliberately devolved caveman Oscar Madison.

**Co-Starring: Jack Lemmon, Walter Matthau & John Fiedler**

**Rated G; 1 hr. 45 min.**

### Thursday, Jan. 5 – The Daughter of Dawn (1920)

Epic silent film of life among the Kiowa and Comanche, featuring an all-Native American cast in a tale of romance, combat, hunting and tribal dance.

**Co-Starring: Hunting Horse, Oscar Yellow Wolf & Wanada Parker**

**Not Rated; 1 hr. 18 min.**

### Friday, Jan. 6 – Armageddon (1998)

As a massive asteroid hurtles toward Earth, NASA's head honcho hatches a plan to split the deadly rock in two before it annihilates the entire planet.

**Co-Starring: Bruce Willis, Billy Bob Thornton & Ben Affleck**

**Rated PG-13; 2 hrs. 31 min.**

### Saturday, Jan. 7 – Forever Strong (2008)

Star rugby player Rick is sent to a reformatory for a DUI, and while he's serving his sentence, a tough rival coach allows him to play for his team.

**Co-Starring: Gary Cole, Sean Faris & Neal McDonough**

**Rated PG-13; 1 hr. 49 min.**

# This Week's Opportunities January 1 - January 7

## SUNDAY • JANUARY 1

*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



## MONDAY • JANUARY 2

*Trash pick-up day*

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 3:00 p.m. ~ MLH Singers Practice, CR

## TUESDAY • JANUARY 3

*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. ~ Kimball Luncheon, MR
- 12:00 p.m. ~ Seven Dolors Book Discussion, LR
- 2:00 p.m. ~ LifeStory Writing Group, LR
- 3:00 p.m. ~ Coffee Corner, CR
- 3:30 p.m. ~ Ambassador Committee Meeting, CON
- 4:00 p.m. ~ Newspaper & Bible, LR

## WEDNESDAY • JANUARY 4

*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 & Be Fit, CR
- 11:00 a.m. ~ Memory Luncheon, MR
- 11:30 a.m. ~ 1st Men's Club Luncheon, CON
- 12:00 p.m. ~ Yoga, CR

- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 1:30 p.m. ~ Pitch, GR
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Fit 2 Fight PD, KSU CL
- 4:00 p.m. ~ Video Worship Service, LR

## THURSDAY • JANUARY 5

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

- 9:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 2:00 p.m. ~ Parkinson's Education Group, CR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

## FRIDAY • JANUARY 6

*Breakfast at Verna Belle's—Waffle or Pancake*

- 7:00 a.m. ~ Rotary, CR
- 9:30 a.m. ~ Seated Strength, CR
- 9:30 a.m. ~ Art Committee, LR
- 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
- 3:30 p.m. ~ Catholic Mass, CR
- 7:00 p.m. ~ Resident Program:  
Lightfoot Band Family Band, CR

## SATURDAY • JANUARY 7

*Breakfast at Verna Belle's—Omelets with Fruit*

- 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

\*Meadowlark News Channel can be viewed on channel 1960