

## Kansas Day Celebration

*Celebrate our state's 156th Birthday!*

**7 p.m., Friday, Jan. 20**

Grasshopper plagues are no match for Kansas people, hard at work. In 1874, thousands of grasshoppers were mixed into the mortar of the foundation of the First United Methodist Church in Hutchinson. Go take a look.

All incorporated communities in Kansas are called "cities." So whether you live in Elmdale, population 54 or Wichita, population 386,552 you live in a city. Google it.



Kansas officially became a state on Jan. 29, 1861. Kansas is The Sunflower State, The Wheat State, Midway USA, and yes, Kansas is bigger than you think!

"KANSAS is 156!", the Meadowlark celebration, will be at 7 p.m. Friday, Jan. 20, in the Community Room. Program participants are Karen

Trail, Dave Zefras and Polly Ferrell. Many prizes will be given away. You won't want to miss this evening of toe-tappin' music, history and trivia.

## Anthropology Students 2017

*Welcome to Meadowlark!*

Meadowlark is pleased to welcome a new group of Anthropology students on campus from Kansas State University for the 2017 spring semester!

For the past five years, the Digital Ethnography class taught by Michael Wesch, associate professor of sociology, anthropology and social work, has spent the spring semester living at Meadowlark retirement community. The students have the opportunity to interact with residents while studying the older generation.

This class provides the students real fieldwork conducted in a community that is vastly different from what they commonly encounter. Students in past years have embraced the opportunity to interact with residents who are, in many cases, different than them, and try to generate

understanding and compassion for the individuals they interact with. In the process, students gather more than 100 hours of material and find a way to tell a story about it so they can share it to a larger audience.

Based on the relationships the students make with residents each year, the group comes up with a semester project. In past years, students have made documentaries and have arranged comedy shows.

An orientation will take place Friday, Jan. 13, for the students to get better acquainted with Meadowlark, and some will move in that day.

Meadowlark welcomes the opportunity to engage and build new lasting friendships with this year's students. Welcome to Meadowlark!

## UPCOMING EVENTS & ANNOUNCEMENTS

### Lifestyle Enrichment for Alzheimer's Prevention (LEAP!) Class

Tuesday, Feb. 7, at 6 to 7:30 p.m.

Back by popular demand, the KU Alzheimer Research Center's LEAP! class is back in session for a new six-week series beginning Tuesday, Feb. 7!

This multidisciplinary health program will provide the latest research-based strategies to prevent Alzheimer's and dementia. LEAP meetings will be from 6 to 7:30 p.m. every Tuesday, beginning Feb. 7, in the Community Room.

To enroll in the LEAP! program, please go to <http://bit.ly/2jw3PiL> or call UFM at (785) 539-8763. The cost is \$100, which includes a book for the class. If you have any questions, please contact Michelle Haub at (785) 323-3899.

### Memory Activities Class Artful Memories

Wednesday, Jan. 25, from 10 to 11 a.m.

Memory Café and Memory Activities Class (MAC) are joining together with the Marianna Kistler Beach Museum of Art for a Artful Memories Class from 10 to 11 a.m. Wednesday, Jan. 25, at the Beach Museum.

During this monthly session, the museum's Education Assistant, Kim Richards, will conduct a session of Artful Memories by showing the group three pieces of art.

Since this month's session will be held at the museum, please sign up in the Blue Book located at the Hospitality Desk for free transportation. Transportation will be covered by the Memory Program and will depart from the Village Entrance at 9:30 a.m. All are welcome to attend.

### Card Making with Michelle

Thursday, Jan. 19, at 1:30 p.m.

Join Michelle Lehmer at 1:30 p.m. Thursday, Jan. 19, in the Living Room for card making inspired by Valentines Day.

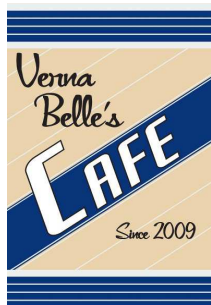
The group will be making cards for Valentines Day and all occasions!



### Jokes of the Week

Where does a snowman keep his money?  
In a snow bank.

How does a snowman get to work?  
By icicle.



## Lunch Specials Jan. 15 – Jan. 21

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

<b>Sunday, Jan. 15 - Tuna Salad Sandwich with Side</b> <i>(Classic Tuna Salad with your choice of white or wheat bread)</i>	\$3.75/\$5.50
<b>Monday, Jan. 16 - California Turkey Club Wrap with Soup or Chips</b> <i>(Turkey, Bacon, guacamole &amp; Swiss cheese in a flavored tortilla)</i>	\$3.75/\$5.50
<b>Tuesday, Jan. 17 - Italian Panini with Cottage Cheese &amp; Fruit</b> <i>(Ham, Salami, Pepperoni &amp; Swiss cheese on toasted Italian bread)</i>	\$3.75/\$5.50
<b>Wednesday, Jan. 18 - BLT with Fruit Salad</b> <i>(Bacon, lettuce &amp; tomatoes on toasted white or wheat bread)</i>	\$3.75/\$5.50
<b>Thursday, Jan. 19 - Reuben with Soup or Chips</b> <i>(Corned Beef, Swiss cheese, sauerkraut &amp; thousand island dressing on toasted Rye bread)</i>	\$3.75/\$5.50
<b>Friday, Jan. 20 - Chili &amp; Cinnamon Rolls</b> <i>(Seasoned ground Beef, onions, tomatoes &amp; chili beans in a tomato sauce served with shredded cheese &amp; crackers)</i>	\$3.75/\$5.50
<b>Saturday, Jan. 21 - Egg Salad Sandwich with Side</b> <i>(Classic Egg Salad on your choice of white or wheat bread)</i>	\$3.75/\$5.50

## UPCOMING EVENTS & ANNOUNCEMENTS

### Center on Aging Lecture Series

*Thursday, Jan. 12, from 4 to 5 p.m.*

Join featured speaker Gary LaGrange in this month's Center on Aging Lecture Series titled, "A Pathway to Farming for Transitioning Service Members and Veterans," from 4 to 5 p.m. today, Jan. 12, in the KSU Classroom, a different location than usual.

The lecture highlights the S.A.V.E. Farm and how it is a rehabilitation center for wounded veterans to learn about agriculture.

Colonel LaGrange has given many lectures about beekeeping, but this time he will share information about his mentoring program for veterans with PTSD.

All are welcome. No prior registration necessary to attend.

### Chappie Live

*Friday, Jan. 13, at 7 p.m.*

Doug "Chappie" Chapman of Manhattan, will present a tribute to pop tunes, favorite Motown melodies and hits from the British Invasion at 7 p.m. Friday, Jan. 13, in the Community Room.

Chappie Live is intended to bring back the memories of the past through music! This fun, exciting show will offer some musical flashbacks as Chappie presents this one-of-a-kind show.

In March 2013, Chappie was inducted into the Kansas Music Hall of Fame.

Don't miss out on this fantastic performance with a song list of oldies but goodies!

### PD Partners Luncheon

*Friday, Jan. 20, at 12 p.m.*

This month, the PD Partners Luncheon will be held on a different date. Typically, this group meets the fourth Friday of every month at noon; however this month's gathering is set for Friday, Jan. 20.

A lunch is planned at noon in the Community Room. After lunch, we invite you to transition to the KSU Classroom at 12:45 p.m. to hear our guest speaker. Don Rasmussen's presentation is titled, "*I Have Parkinson's? Now What?*"

To attend this luncheon, please sign up in the Blue Book located at the Hospitality Desk no later than Tuesday, Jan. 17.

We hope you will join us for the opportunity to visit with others living with PD and learn from the experiences Don shares.

### Messenger Ladies Help

Esther Sobering, Chair of the Messenger Ladies, is searching for two individuals willing to fold Meadowlark Messengers every Thursday morning. If you are interested or would like more information about this opportunity, please contact Esther at (785) 320-7882.

## ASK SARAH

### New beginnings

*Submitted by Sarah Duggan*

I often have to remind myself that change is inevitable and to embrace it. Regardless, it's with a heavy heart I announce that Magye Loya, the Community Relations Assistant for



nearly two years, is moving to Kansas City to pursue graduate school.

Magye has been a great asset to the Meadowlark team, including her most public responsibilities of Meadowlark Messenger editor and Volunteer Program Coordinator. I am proud of Magye's growth and accomplishments during her time with Meadowlark – not the least of which is the Volunteer Program she built and sustained. She will be missed by residents and staff, but I wish her luck in her future endeavors, including moving to a new community and continuing her education.

Magye's last day at Meadowlark is Friday, Jan. 20. You are invited to stop by the Community Relations office, located between the KSU Classroom and Lonnie Baker's office, between 2:30 and 4:30 p.m. Friday, Jan. 20, for a come-and-go farewell celebration. Grab a cupcake and wish Magye luck!

See you next week and thanks for stopping by!

## UPCOMING EVENTS & ANNOUNCEMENTS

### Vespers worship

*Sunday, Jan. 15, at 7 p.m.*

Vespers will resume at 7 p.m. Sunday, Jan. 15, in the Community Room. The service will be led by Rev. Cam McConnell from First Presbyterian Church. All are welcome.

### Shopping Trip

*Wednesday, Jan. 18, 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. 18, from the Village Entrance. Please register in the Blue Book for transportation.

### Memory Café

*Wednesday, Jan. 18, at 10 a.m.*

Memory Café will meet in the West Conference Room at 10 a.m. Wednesday, Jan. 18. This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg.

### Dental Clinic

*Monday, Jan. 23*

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

### KSU Men's Basketball Watch Parties

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

- 3:30 p.m. Saturday, Jan. 14, against Baylor University on channel 244 (ESPNU)
- 8 p.m. Wednesday, Jan. 18, against Oklahoma State on channel 244 (ESPNU)
- 3 p.m. Saturday, Jan. 21, against West Virginia on channel 244 (ESPNU)
- 8 p.m. Wednesday, Jan. 24, against Iowa State on channel 244 (ESPNU)
- 1 p.m. Saturday, Jan. 28, against Tennessee on channel 33 (ESPN2)
- 6:30 p.m. Wednesday, Feb. 1, against TCU on channel 245 (ESPNews)
- 2 p.m. Saturday, Feb. 4, against Baylor on channel 245 (ESPNews)

### Winter Ball 2017

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

The Meadowlark 2017 Winter Ball is almost here! Are you getting excited?

The event 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! 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 at Prairie Star.

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.

## LETTER TO THE MESSENGER

### On our View of an Awesome Sight

*Submitted by Helen Roser*

Our vocabulary-deprived young generations have a favorite all-purpose word, "awesome." But that word truly applies to what residents can see in the tip-top of a tree by 2120 Meadowlark Road.

Since their leaves have been blown away for the winter season, my attention has been caught by the sight on the tip-top little branches. It looks too big to be a nest for our birds around here. Also, it is shaped like a bag. So I asked our resident who knows about such things. What he told me is stunning.

The construction up there is not a nest. It is the home of a squirrel, who built it out of leaves. How in the world, I have wondered, did that little squirrel, with no human hands, hitch those leaves together so they stayed-put? It has lasted through winds strong enough to tip over heavy metal furniture on the patio.

The little squirrel doesn't live in it any more, but still it is hitched firmly to the branches in the top of the tree.

Awesome. It is for such special things that the word was invented. Truly awesome! Check it out.

## UPCOMING EVENTS & ANNOUNCEMENTS

### Meadowlark Singers Practice

Monday, Jan. 16, at 3 p.m.

Meadowlark Singers practice is scheduled at 3 p.m. Monday, Jan. 16, in the Community Room.

### Memory Activities Class

Wednesday, Jan. 18, 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. 18, in the KSU Classroom.

### Lutheran Video Worship Service

Wednesday, Jan. 18, at 4 p.m.

You are invited to watch a televised worship service at 4 p.m. Wednesday, Jan. 18, in the Living Room. All are welcome to attend.

### 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.

### NEW Theatre Restaurant Trip

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 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.

DRINK SPECIAL



Jan. 16 to Jan. 21

**Tom Collins**

Lemon Juice ~ Gin ~ Tonic Water

**\$3.75**

## FOUNDATION NEWS

*Meadowlark Foundation has gratefully accepted gifts in December benefitting Sloan House, Bramlage House, the Good Samaritan Fund and Parkinson's Program.*

### **In Memory of:**

*Gene Bender*

*Bill Berry*

*Marie Bonebrake*

*Dorothy Buller*

*Edward Call*

*Jo Ann Edwards*

*Rev. H. Wayne Fink*

*Dorothy Horsch*

*Stephen Krug*

*Jane Kuhn*

*John Vogt*

### **In Honor of:**

*Ina Dwyer*

# IL RESIDENT COUNCIL MINUTES

Dec. 5, 2016

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

**Staff Present:** Lonnie Baker, Jayme Minton and Monte Spiller

Sandra welcomed all meeting attendees.

## Updates:

**General Update:** Lonnie explained looking towards 2017, Long-Range Planning is one of our greatest priorities right now, and the Campus Master plan is coming together very well. Meadowlark will start to focus on the 55 and older age group to provide services for, reaching out to the greater Flint Hills and not just Manhattan. It is a great opportunity to build a relationship with a neglected market and serves as a great marketing tool.

**Gift Committee Update:** Janice Parsons explained Sharon Smith did an excellent job with getting everything organized. The team was very efficient and the gift amount that was donated came to \$52,000.00, which is up from last year. A big thank you was given to Janice Parsons, Robert Reeves, Sharon Smith and Jo Lyle for all their efforts in making this year's Gift Committee a success.

**Board Update:** Jean Beatty stated the Board met on Thursday, Nov. 17, with Lonnie Baker giving the Executive Report. The Executive Committee had nothing to report. Chris Nelson reported on behalf of the Finance Committee with several motions being passed, including the 2.5% increase of the IL, AL, and Healthcare fees. The Long-Range Planning Committee meets again on Jan. 9, 2017, and the next board meeting is Feb. 23.

## Approval of November Minutes:

Motion to approve minutes was moved and passed.

## New Business:

1. Sandra Emley explained Orris Kelley will be stepping down from his position with Board of Trustees effective at the end of this year. New nominees are needed in order to get the election process moving forward. When the nominees are determined, they will speak at the Town Hall Meeting on Jan. 9, with the voting taking place in the days to follow. The winner will be announced in a weekly *Messenger*, with the winner being formally introduced at the February Town Hall Meeting.

## Old Business:

- A. N/A

## Additional Topics:

- A. N/A

# 8-BALL

## Pool Tournament Winner

The fall 2016 8-Ball Pool Tournament winner, is John Shapel. Congratulations, John, on this exciting victory!



# TOWN MEETING MINUTES

Jan. 9, 2017

## **Welcome & Introductions, Monte Spiller**

Happy New Year! Monte welcomed the Town Meeting attendees. Meadowlark welcomes ten students who will be living on the Meadowlark campus during their duration of their anthropology project.

## **Campus Update, Lonnie Baker**

Lonnie explained that this past year we have seen many changes in skilled nursing regulations. We've had culture change programs across the state that have had amazing buy-in. In fact, we are one of a few states that have a financial incentive to encourage providers to listen to people. Unfortunately, in recent times, those ideals are coming in conflict with what CMS has been wanting. Lonnie received word last week that one-third of all nonprofits of LeadingAge providers in the state of Kansas have received an immediate jeopardy deficiency in the last 12 months. Meadowlark is working hard to not receive \$250,000 deficiency fines.

Lonnie announced that it is the time of year to start budgeting for 2017 projects around Meadowlark. July 1, is the start of our fiscal year. During the month of January, planning will be arranged to start the exciting projects that will begin after July 1. Lyle House is one project staff anticipates to be renovated in the new year. Lonnie asks if you have any suggestions for projects, to bring those forward.

Looking forward, Meadowlark will be creating more community outreach by expanding Home Health and building onto the Volunteer Program. Meadowlark is hoping to provide services to individuals with VA benefits and serve those who have served our country.

## **Community Relations Update, Sarah Duggan**

The kick-off for the annual Cultural Story Contest started Monday, Jan. 9. Entry forms and topic packets are available at the Hospitality Desk, Human Resources office and on the Meadowlark website ([www.meadowlark.org](http://www.meadowlark.org)). All submissions can be dropped off at the Community Relations office (next to Lonnie Baker and across from the Fitness Center) or via e-mail at [sarah.duggan@meadowlark.org](mailto:sarah.duggan@meadowlark.org).

You don't have to be a seasoned writer to enter the contest and be in the running for a cash prize of \$100 (third), \$250 (second) or \$500 (first)!

The purpose of this contest is to gather resident, family, staff and stakeholder's stories that speak to the uniqueness of Meadowlark and how person-directed care has changed their thoughts on what it means to age.

Story submissions will be due by 5 p.m. Thursday, Feb. 19, and must be submitted with a completed entry form. Winners will be announced at the March Town Meeting Monday, March 6.

## **Support Services Update, Jayme Minton**

A few months ago, Nick Lundeen hand delivered satisfaction surveys to residents to give their feedback on Prairie Star Restaurant for his final masters program project. Jayme has received those results and is excited to read them and thanked residents for participating in that survey. A PHD student in Hospitality and Dining is wanting to do a research project at a continuing care retirement community and see how the hospitality industry impacts the community. The graduate student would like to survey residents later in the spring to see what he can do to tweak and improve the overall experience.

A 4 oz. hamburger patty is now available to order at Prairie Star Restaurant. Sweet potato fries can be ordered at any time.

Jayme introduced Abby Cavender, our new Sales Specialist. Abby will begin Monday, Jan. 16. Welcome to Meadowlark, Abby!

Support Services will be gaining an intern for this spring semester. Her name is Eileen Mick, and she will start next week.

## **Board of Trustees Update, Sandra Emley**

Sandy, Resident Council Chair, introduced the three nominees running for the Board of Trustees Representative position. The candidates are:

- Nyle Larson
- Pat Murray
- Robert Reeves

Each nominee introduced him or herself, offering their qualifications and past professional history. Ballots were hand delivered Monday, Jan. 9, and Tuesday, Jan. 10, to all independent living residents. Please turn in your ballot at the designated box located at the Hospitality Desk.

## **Events and Announcements, Monte Spiller**

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

# PRAIRIE STAR RESTAURANT

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

## Jan. 15 - Jan. 21

Includes beverage, starter and dessert.

A minimum of one hour notice is required for reservations.  
The restaurant will 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 15 ~ Lunch \$12	Dinner \$11
	Baked Chicken with Corn Flake Ranch Crust Swiss & Green Onion Scalloped Potatoes Choice of Vegetable	Steamed Polish Sausage with Peppers & Onions Green Chili Mashed Potatoes Vegetable of the Day
<b>MONDAY</b>	January 16 ~ Lunch \$11	Dinner \$16
	Fish & Chips Coleslaw French Fries	Swiss Steak Mashed Potatoes & Gravy Vegetable of the Day
<b>TUESDAY</b>	January 17 ~ Lunch \$7	Dinner \$12
	Fajita Bar (does not include drink, starter or dessert)	Braised Chicken Thigh and Leg with Lemon-Thyme Sauce Black-Eyed Peas Vegetable of the Day
<b>WED.</b>	January 18 ~ Lunch \$10	Dinner \$13
	Chicken Salad Melt Choice of Vegetable	Crab-Stuffed Orange Roughy Lemon Couscous Vegetable of the Day
<b>THURS.</b>	January 19 ~ Lunch \$8	Dinner \$12
	Breakfast Bar (does not include drink, starter or dessert)	Chicken Cordon Bleu with Supreme Sauce Wild Rice Vegetable of the Day
<b>FRIDAY</b>	January 20 ~ Lunch \$10	Dinner \$12
	Sweet & Sour Pork Steamed Rice Choice of Vegetable	Italian Sausage Tortellini Garlic Toast Vegetable of the Day
<b>SAT.</b>	January 21 ~ Lunch \$10	Dinner \$13
	Chili Dog with Fixings French Fries Vegetable of the Day	Roasted Pork Loin Baked Sweet 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, Jan. 15 - Saturday, Jan. 21

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

### Sunday, Jan. 15 – Step Dogs (2013)

Meatball is a carefree, wisecracking country dog. Cassie is Hollywood's most pampered pets. When their owners marry, the claws come out.

**Co-Starring: Dylan Schmid, Eliana Jones & Joris Jarsky**

**Rated PG; 1 hr. 25 min.**

### Monday, Jan. 16 – Sully (2016)

Viewers around the world were astonished in 2009 when airline pilot Chelsley Sullenberger safely landed an Airbus 320 on the Hudson River after both engines were disabled.

**Co-Starring: Tom Hanks, Aaron Eckhart & Laura Linney**

**Rated PG-13; 1 hr. 36 min.**

### Tuesday, Jan. 17 – Jackie & Ryan (2014)

A retired recording star who's now a single mom bonds with a train-hopping busker who performs on street corners, never staying in one place for long.

**Co-Starring: Katherine Heigl, Ben Barnes & Clea DuVall**

**Rated PG-13; 1 hr. 30 min.**

### Wednesday, Jan. 18 – El Dorado (1966)

Howard Hawks reunites with Rio Bravo star John Wayne in this classic Western about a hired gun who teams with a sheriff to thwart greedy ranchers.

**Co-Starring: John Wayne, Robert Mitchum & James Caan**

**Not Rated; 2 hrs. 6 min.**

### Thursday, Jan. 19 – One Day (2011)

After a brief college romance, Emma and Dexter pursue separate dreams, but meet on the same day each year to compare their progress in life and love.

**Co-Starring: Anne Hathaway, Jim Sturgess & Patricia Clarkson**

**Rated PG-13; 1 hr. 47 min.**

### Friday, Jan. 20 – Everest (2015)

Based on a true-life tale of death and survival on the world's tallest mountain, this epic adventure tracks the fate of two climbing parties that become trapped when a savage snowstorm engulfs.

**Co-Starring: Jason Clarke, Josh Brolin & John Hawkes**

**Rated PG-13; 2 hrs. 1 min.**

### Saturday, Jan. 21 – Prefontaine (1997)

With the passion of a sports enthusiast, director Steve James paints a portrait of one of the world's most spectacular—and inspiring—runners.

**Co-Starring: Jared Leto, R. Lee Ermey & Ed O'Neill**

**Rated PG-13; 1 hr. 46 min.**

# This Week's Opportunities January 15 - January 21

## SUNDAY • JANUARY 15

*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. Cam McConnell from First Presbyterian Church, CR

## MONDAY • JANUARY 16

*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 & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 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
- 3:00 p.m. ~ Meadowlark Singers Practice, CR
- 5:30 p.m. ~ 5th Floor Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

## TUESDAY • JANUARY 17

*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 Dolors Book Discussion, LR
- 2:00 p.m. ~ LifeStory Writing Group, LR
- 3:00 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 2nd Floor Supper, CR

## WEDNESDAY • JANUARY 18

*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, CON
- 10:00 a.m. ~ Memory Care Partners Support Group, TR
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 1:30 p.m. ~ Pitch, GR
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Fit 2 Fight PD, CR
- 4:00 p.m. ~ Lutheran Video Worship Service, LR

## THURSDAY • JANUARY 19

*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
- 11:00 a.m. ~ Parkinson's Webinar, CON
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:30 p.m. ~ Card Making with Michelle, LR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

## FRIDAY • JANUARY 20

*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. ~ Parkinson's Partners Luncheon, 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 Rosary, CR
- 7:00 p.m. ~ Resident Program: Kansas Day Celebration, CR

## SATURDAY • JANUARY 21

*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

\*Meadowlark News Channel can be viewed on channel 1960