

Osher Lifelong Learning Institute

America's National Parks: A Journey through Time

Wednesday Feb. 8, from 6:30 to 8:30 p.m.

Last year was the 100th anniversary of the National Park Service. However, the national park idea began in the early 19th century when George Catlin recommended a "nation's park" be set aside for the conservation of the landscape and for the enjoyment of the American people. This idea has gone through many iterations since Catlin's time. This class will examine the genesis of the National Parks in America, discuss some of the most influential thinkers related to conservation and preservation, evaluate the current state of and identify threats to the Parks, and discuss how future generations may or may not embrace National Parks. Ryan Sharp will be the course instructor. He is an assistant professor at



Kansas State University where he teaches and conducts research on parks and protected area management.

This class will additionally be held, Wednesday, Feb. 15 and 22 from 6:30 to 8:30 p.m.

The UFM Program Coordinator, Charlene Brownson, will be at Meadowlark Hills from 10 to 11 a.m. Monday, Feb. 6, in the Living Room for spring Osher registration. If you need help with registration or questions answered, you are encouraged to stop by. Please see the Osher registration form, located at the Hospitality Desk or online at

www.osher.ku.edu, for a complete listing of classes. For more information call UFM at (785) 539-8763.

Free Tax Preparation

Set up an Appointment Today!

Feeling lost this tax season? Beginning Wednesday Feb. 1, K-State Research & Extension-Riley County, Manhattan Public Library, and the IRS are offering free tax preparation by preparing simple IRS 1040 tax returns and Kansas returns. They cannot itemize returns or prepare returns for members of the military, international students or states other than Kansas. The maximum household income must be \$54,000. Appointments are held at the Manhattan Public Library in the Computer Lab.

To set up an appointment please go to www.riley.ksu.edu, call (785) 565-6426, or email vitataxes@gmail.com. If you have any questions, please contact the Riley County Extension Office at (785)-537-6350.

Appointment Hours

- Tuesdays 10 a.m. to 3 p.m.
- Wednesdays 1 to 8 p.m.
- Thursdays 1 to 8 p.m.

Extended hours held Feb. 1 to 17

UPCOMING EVENTS & ANNOUNCEMENTS

Verna Belle's Café Forum

Thursday, Jan. 26, from 1 to 2 p.m.

Have thoughts on Verna Belle's Café? We'd love to hear them! You're invited to a Forum from 1 to 2 p.m. Thursday, Jan. 26, in the KSU Classroom to offer any and all feedback on the future of Verna Belle's Café. We look forward to hearing your thoughts and ideas!

Winter Ball 2017

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

The Meadowlark Hills 2017 Winter Ball is almost here. Are you getting excited? Because we sure are!

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.

Jokes of the Week

Why couldn't the teddy bear finish dinner?
He was stuffed!

Why was the broom late?
It over swept!

Cancelations due to Winter Ball

Friday, Jan. 27

Due to Winter Ball preparations, Parkinson's Exercise Class will be canceled Friday, Jan. 27.

Vespers Services

Sunday, Jan. 29, at 7 p.m.

The Vespers service, led by Rev. Cam McConnell from First Presbyterian Church, will be at 7 p.m. Sunday, Jan. 29, in the Community Room. All are welcome.

Meadowlark Singers Practice

Monday, Jan. 30, at 3 p.m.

Meadowlark Singers practice is scheduled at 3 p.m. Monday, Jan. 30, in the Community Room.



Lunch Specials Jan. 29 – Feb. 4

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

Sunday, Jan. 29 – Chicken Salad Sandwich with Side <i>(Original Chicken Salad on your choice of white or wheat bread)</i>	\$3.75/\$5.50
Monday, Jan. 30 – Meatball Sub with Caesar Salad <i>(Meatballs covered in marinara sauce and topped with mozzarella cheese on a sub)</i>	\$3.75/\$5.50
Tuesday, Jan. 31 – Steak Fajita Quesadilla with Soup or Chips <i>(Marinated steak mixed with onions and peppers on a crispy tortilla with cheese)</i>	\$3.75/\$5.50
Wednesday, Feb. 1 – White Chicken Chili with Cornbread Muffin <i>(Creamy stew with chicken, great northern beans and onions topped with green onions & shredded cheddar cheese)</i>	\$3.75/\$5.50
Thursday, Feb. 2 – Turkey Club with Broccoli Salad <i>(Turkey, bacon, and Swiss cheese on toasted Italian bread with a roasted garlic aioli)</i>	\$3.75/\$5.50
Friday, Feb. 3 – BBQ Pork Sandwich with Cheesy Potatoes <i>(Shredded pork covered BBQ sauce on a butter toasted bun)</i>	\$3.75/\$5.50
Saturday, Feb. 4 – Ham Salad Sandwich with Side <i>(Classic ham salad on your choice of white or wheat bread)</i>	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

KSU Men's Basketball Watch Parties

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

- 1 p.m. Saturday, Jan. 28, against Tennessee on channel 33 (ESPN2)
- 6:30 p.m. Wednesday, Feb. 1. against TCU on channel 245 (ESPNNews)
- 2 p.m. Saturday, Feb. 4, against Baylor on channel 245 (ESPNNews)

Memory Care Partner Support Group

Wednesday, Feb. 1 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. Attorney Jim Morrison will be the guest speaker. He will be discussing planning and other legal issues relating to individuals with memory loss. This group will meet from 10 to 11 a.m. Wednesday, Feb. 1, in the Tranquility Room.

Memory Café

Wednesday, Feb. 1, at 10 a.m.

Memory Café will meet in the West Conference Room at 10 a.m. Wednesday, Feb. 1. This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg.

Memory Makers Luncheon

Wednesday, Feb. 1, 11 a.m.

Meadowlark Memory Program will meet from 11 to 12 p.m. Wednesday, Feb. 1, in the Manhattan Room. This is an opportunity for people experiencing memory and or cognitive changes to enjoy a meal and fellowship with others. The cost of the meal will be \$8. Please sign up in the blue book by Friday, Jan. 27.

Shopping Trip

Wednesday, Feb. 1, 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, Feb. 1, from the Village Entrance. Please register in the Blue Book for transportation.

Lutheran Video Worship Service

Wednesday, Feb. 1, at 4 p.m.

You are invited to watch a televised worship service at 4 p.m. Wednesday, Feb. 1, in the Living Room. All are welcome to attend.

First Friends on the First

Wednesday, Feb. 1, at 4:15 p.m.

Meadowlark Methodists will meet with pastors, program and refreshments in the Community Room at 4:15 p.m. Wednesday, Feb. 1, in the Community Room. All are welcome!

Parkinson's Education Group

Thursday, Feb. 2, 2 p.m.

The Parkinson's Education Group will be held from 2 to 3:30 p.m. Thursday, Feb. 2, in the Community Room. Duopa's Patient Partner Program nurse will provide education on the Duopa Parkinson's pump. There will also be a special guest, a local person with Parkinson's benefits from the pump.

The Members Recital

Friday, Feb. 3, at 7 p.m.

The members of Manhattan Area Music Teachers Association (MAMTA) will be presenting a recital at 7 p.m. Friday, Feb. 3, in the Community Room. Repertoire will consist of duets and solo literature, including arrangements of rags, songs and classics! The event is a belated celebration of MAMTA's 45th year in 2016. Don't miss out on this wonderful celebration and a fun night filled with music!

Painting for Fun

Saturday, Feb. 4, at 9:30 a.m.

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Feb. 4, in the KSU Classroom. No experience needed. Just come with a sense of fun and adventure. Hope to see you all there!

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.

UPCOMING EVENTS & ANNOUNCEMENTS

Super Bowl Watch Party

Sunday, Feb. 5, 5:30 p.m.

Join us in the Game Room Sunday, Feb. 5, to watch the AFC Champion, New England Patriots take on the NFC Champion, Atlanta Falcons in SUPERBOWL 51! The game starts at 5:30 p.m. Appetizers will be served starting at 5 p.m.

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

Tuesday, Feb. 7, 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.

Resident Focus Group

Thursday, Feb. 9 at 10 a.m.

You're invited to get to know this month's focus, Mattie Nuckols, part of the hospitality staff. The group will be held from 10 to 11 a.m. Thursday, Feb. 9, in the Manhattan Room.

Meadowlark Ladies Luncheon

Thursday, Feb. 9, at 12:30 p.m.

How close is the nearest lighthouse to Manhattan, Kansas? Did you know that there are more lighthouses on the Great Lakes than anywhere else in the world? Join Karen Trail and Yvonne Crawford at 12:30 p.m. Thursday, Feb. 9, in the Manhattan Room to learn more about this fascinating part of our American Heritage. This menu will consist of a luncheon size lasagna, garlic bread, lime jello, and ice cream and cookie for dessert. Remember to sign up in the Blue Book located at the Hospitality Desk.

Mending Angel canceled

The Mending Angel will be taking a trip to Taiwan. Due to this, Mending Angel will not be held again until the first Friday of March.

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

The Internship

Last week we said goodbye to our Meadowlark Messenger Editor-In-Chief, Magye Loya. Today we celebrate our Interim Editor, Shannon Conover, and her first complete edition of the Messenger! Shannon is the Community Relations Intern for the spring 2017 semester. She will be assisting with Messenger duties while I work through the hiring process to fill the Community Relations Assistant position.

Shannon will graduate in May 2017 from the Family Studies and Human Services program at Kansas State University. She plans on entering graduate school sometime following graduation, but is undecided on where she will attend. Shannon is originally from Wichita, Kan.

During her internship, Shannon will work the teams within the Community Relations service area on a variety of projects, including Pig Out for Parkinson's, the Memory Matters Symposium and supporting the Volunteer Program. She will be at Meadowlark through the end of April from 8:30 a.m. to 3:30 p.m. Tuesday through Friday. Shannon will office with me in the Community Relations Office and can be reached via phone at (785) 323-3890 or through e-mail at shannon.conover@meadowlark.org. Welcome to the team, Shannon!



February BIRTHDAYS

Residents

Health Care

2/5 Gilbert Kemnitz
2/10 Marcia Wikoff
2/22 Lorraine Hirsch
2/24 Jim Nelson
2/27 Dotti Nonamaker
2/28 Phoebe Samelson

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

Employees

2/3 Danelle Cowing
2/4 Susan Meeker
2/5 Ann Watts
2/7 Melissa Sponsel
2/9 Emily Young
2/9 Ray Padel
2/11 Sarah Richter
2/17 Darin Pelfrey
2/18 Hannah Schmitz
2/19 Shelby Fowler
2/20 Dustin Wedekind
2/20 Bill Tompkins
2/21 Julie Davis
2/22 Ashley Maler
2/22 Sherry Smith
2/23 Berenice Flores
2/23 Carissa Staley
2/24 Kayla Fraley
2/25 Alyssa Brown
2/25 Roy Peters
2/26 Hannah Munoz
2/27 Jana Miller
2/27 Daniel Weston

Assisted Living

2/5 Beverly Dodds
2/9 Robert Hammaker
2/13 Hilda Schmidt
2/19 Vernon Bode

Independent Living

2/2 Kitty Cool
2/4 Edna Peterson
2/4 Marilyn Ray
2/4 Bobbie Solon
2/4 Margaret Wheat
2/11 Lois Deyoe
2/12 Carol Hoerman
2/12 Colleen Robinson
2/15 Opal Carlson
2/16 Bob Crawford
2/22 Harry Haas
2/24 Alice Roper
2/25 Betty Grubb
2/27 Harriette Janke

PRAIRIE STAR RESTAURANT

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

Jan. 29 - Feb. 4

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.

SUNDAY	January 29 ~ Lunch \$11	Dinner \$11
	Grilled Raspberry Chicken Breast Wild Rice Vegetable of the Day	Shepherd's Pie Vegetable of the Day
MONDAY	January 30 ~ Lunch \$11	Dinner \$12
	Swedish Meatballs Noodles Choice of Vegetable	Baked Breaded Ranch Pork Chop Soft Polenta Vegetable of the Day
TUESDAY	January 31 ~ Lunch \$8	Dinner \$13
	Fajita Bar (does not include drink, starter or dessert)	Tuscan Grilled Trout Roasted Red Potatoes Vegetable of the Day
WED.	February 1 ~ Lunch \$10	Dinner \$12
	Catfish Po Boy Cole Slaw French Fries	Chicken Fried Chicken Mashed Potatoes with Gravy Vegetable of the Day
THURS.	February 2 ~ Lunch \$8	Dinner \$13
	Soup & Salad Bar (does not include drink, starter or dessert)	Red Wine Braised Short Ribs Roasted Garlic Scalloped Potatoes Vegetable of the Day
FRIDAY	February 3 ~ Lunch \$10	Dinner \$13
	Tamale Pie Black Beans Spanish Rice	Coconut Shrimp Twice Baked Potato Vegetable of the Day
SAT.	February 4 ~ Lunch \$10	Dinner \$15
	Philly Steak Sandwich Potato Salad 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, Jan. 29 - Saturday, Feb. 4

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

Sunday, Jan. 29 – Minions (2015)

They are nothing without a ruthless, evil ruler to follow. Unfortunately, their despicable leaders don't last long.

Co-Starring: Sandra Bullock, Jon Hamm & Michael Keaton

Rated PG; 1 hr. 30 min.

Monday, Jan. 30– The Three Musketeers (2011)

The original three musketeers are past their prime and working menial jobs in Paris when their friend D'Artagnan rallies them to defend the nation.

Co-Starring: Logan Lerman, Mila Jovovich & Matthew Macfadyen

Rated PG-13; 1 hr. 50 min.

Tuesday, Jan. 31 – Gambit (2012)

Seeking revenge on his abusive boss, a London art curator conspires with an eccentric Texas rodeo queen to sell the wealthy man a fake Monet.

Co-Starring: Colin Firth, Cameron Diaz & Alan Rickman

Rated PG-13; 1 hr. 29 min.

Wednesday, Feb. 1 – Me Before You (2016)

Planning to stay just six months, Lou Clark takes on the job of looking after rich but depressed Will Traynor, who's been left a quadriplegic by an accident.

Co-Starring: Emilia Clark, Sam Claflin & Janet McTeer

Rated PG-13; 1 hr. 50 min.

Thursday, Feb. 2 – The Revenant (2015)

Set in the 1820s American frontier, this snowy thriller follows fur trapper Hugh Glass as he relentlessly seeks retribution against the companions who left him for dead.

Co-Starring: Leonardo DiCaprio, Tom Hardy & Domhnall Gleeson

Rated R for strong frontier combat, violence, language, sexual images; 2 hrs. 36 min.

Friday, Feb. 3 – The Eagle (2011)

Haunted by the disappearance of his father, centurion Marcus Aquila sets out to unravel the mystery and recover the legion's eagle standard.

Co-Starring: Channing Tatum, Jamie Bell & Donald Sutherland

Rated PG-13; 1 hr. 54 min.

Saturday, Feb. 4 – All of Me (1984)

Just before millionaire Edwina Cutwater dies, she asks her uptight lawyer, Roger Cobb, to amend her will so that her soul will pass to young, vibrant Terry Hoskins.

Co-Starring: Steve Martin, Lily Tomlin & Victoria Tennant

Rated PG; 1 hr. 33 min.

This Week's Opportunities January 29 - February 4

SUNDAY • JANUARY 29

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 Cam McConnell from Presbyterian from First Christian Church, CR

MONDAY • JANUARY 30

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
- 2:15 p.m. ~ Parkinson's Voice Class, KSU CL
- 3:00 p.m. ~ MLH Singers Practice, CR
- 7:00 p.m. ~ Community Bingo, CR

TUESDAY • JANUARY 31

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. ~ LifeStory Writing Group, LR
- 3:00 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Newspaper & Bible, LR

WEDNESDAY • FEBRUARY 1

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
- 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, TR
- 1:30 p.m. ~ Pitch, GR
- 1:30 p.m. ~ Dr. Matt's Book Club—First Session, CR
- 2:45 p.m. ~ Dr. Matt's Book Club—Second Session, CR
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Fit 2 Fight PD, KSU CL
- 4:00 p.m. ~ Lutheran Video Worship Service, LR
- 4:00 p.m. ~ First Friends on the First, CR
- 6:30 p.m. ~ KSU Watch Party, GR

THURSDAY • FEBRUARY 2

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 • FEBRUARY 3

Breakfast at Verna Belle's—Waffle or Pancake

- 9:30 a.m. ~ Art Committee, LR
- 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 & 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: Manhattan Area Music Teachers Association, CR

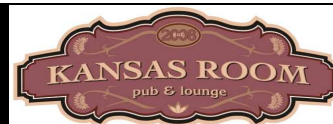
SATURDAY • FEBRUARY 4

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
- 2:00 p.m. ~ KSU Watch Party, GR

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



Jan. 29 to Feb. 4
Cosmopolitan

Citrus Vodka ~ Sweetened Lime Juice
Triple Sec ~ Cranberry Juice

\$3.75

*Meadowlark News Channel can be viewed on channel 1960