

The Grateful Dudes to Perform

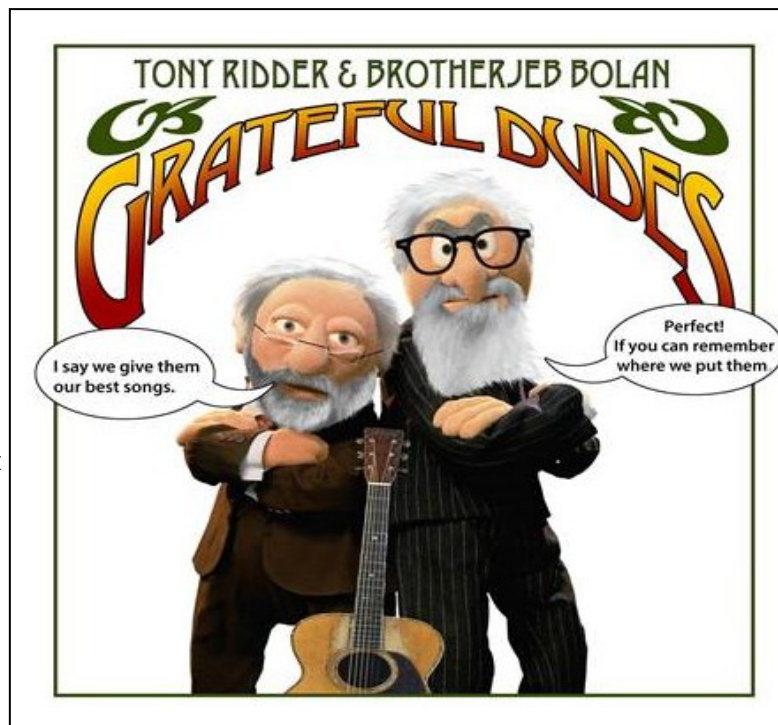
Friday, March 3, at 7 p.m.

Come see the Grateful Dudes perform Friday, March 3, at 7 p.m. in the Community Room.

Rodger Phillips and Scott Micale first met in the early 80's when they joined a band called *Pacific Light Opry*.

Barry Berkowitz was the originator and was a bit put off when the band was billed at the Banjo Cafe in Santa Monica as the *PLO*. Barry quickly changed the name of the band to *High Strung*.

Over the years, there were many band members who came and went, but most remained good friends. In the late 80's, Rodger and Scott started playing at Vincenzo's Pizzeria in Newhall, California as the *Grateful Dudes*



with Ron Sutton on dobro, Tom Corbett on mandolin, and Rob Carlson on bass.

Around 1993, Ron and Tom left the band and fiddler player, Dennis Fetchet, joined.

Though journeys separated them for over 25 years, they have recently gotten back together,

wandering through a maze of folk songs and a variety pack of vintage Rock N Roll mutations to feature an even broader variety of music. They are very grateful to be playing again for all of you!

Manhattan, Cultural Diversity and Globalization

Instructor: Joab Esamwata

Wednesday, March 1, at 6:30 p.m.

This course will explore how local residents interact and benefit from globalization, immigration, and cultural diversity. Globalization is reshaping how we have traditionally studied our communities. A global perspective is imperative for us and the U.S. population at large as we continue to live and interact in a multicultural world. Further, this will address a variety of issues related to cultural diversity and how people may be affected by the changing immigration landscape. This course is designed

to inform and provoke serious thought about the phenomenon of globalization and how it impacts our lives.

The class will meet on Wednesday, March 1, 6:30 to 8:30 p.m. in the Community Room. This class will additionally be held on March 8 and 15 at the same time and place.

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.

UPCOMING EVENTS & ANNOUNCEMENTS

Card Making with Michelle

Today, Feb. 23, at 1:30 p.m.

Join Michelle Lehmer at 1:30 p.m. today, Feb. 23, in the Living Room for card making. The group will be making cards for all occasions!

Cancellations and time changes

Steady Yourself and Chair Yoga are canceled today, Feb. 23. Seated Strength, Weights 101, and Sit and Be Fit are canceled for Friday Feb 24. Bingo is canceled for Monday, Feb 27.

Marla Eileen Bugbee Memorial and Visitation Service

Today, Feb. 23, at 5:30 p.m. & Friday, Feb 24, at 9:30 a.m.

Marla Eileen Bugbee died in Hospice House of Manhattan, KS after a brief illness. There will be visitation for Marla Bugbee today, Feb. 23, from 5:30 to 7 p.m. in the Community Room. A memorial service will be held on Friday, Feb. 24, at 9:30 a.m. in the Community Room. All are welcome to attend and join Marla's family in honoring her life. A burial service will follow in Emporia, KS.

Prairie Star Restaurant to close early

Friday, Feb. 24, at 6 p.m.

Prairie Star Restaurant will close early at 6 p.m. on Friday Feb. 24, in order for our employees to participate in the employee recognition ceremony that evening. A buffet will be available for dinner from 4:30 to 6 p.m.

Riley County Historical Society

Friday, Feb. 24, at 7 p.m.

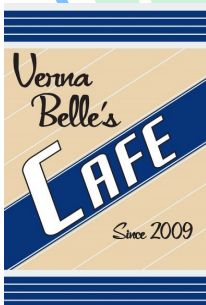
Allana Saenger from the Historical Society will visit Friday, Feb. 24. She will be presenting about Eureka Lake Resort and Electric Park, a prominent resort just west of Manhattan from 1900 to 1903. Harry Wareham frequented the resort and she will have several interesting photographs and stories about the two locations. The presentation will be located in the Community Room at 7 p.m. Friday, Feb. 24.

New Hours for Verna Belle's Café

Verna Belle's is officially changing their hours to 7 a.m. opening and 4 p.m. closing

Lunch Specials Feb. 26 – March 4

NEW Hours: Monday–Friday, 7 a.m. to 4 p.m.
Saturday–Sunday, 9 a.m. to 1 p.m.



Sunday, Feb. 26 – Bacon Cheddar Egg Salad Sandwich with Side <i>(Egg salad with cheddar and bacon on your choice of white or wheat bread)</i>	\$3.75/\$5.50
Monday, Feb. 27 – Tomato and Bacon Grilled Cheese with Tomato Soup <i>(Tomato and bacon on a grilled cheese sandwich with your choice of white or wheat bread)</i>	\$3.75/\$5.50
Tuesday, Feb. 28– Chicken Bacon Ranch Pizza <i>(Seasoned chicken and bacon on a flatbread pizza with ranch dressing and mozzarella cheese)</i>	\$3.75/\$5.50
Wednesday, March 1 – Rueben with Fruit Salad <i>(Corned beef, Swiss cheese, sauerkraut and thousand island on rye bread)</i>	\$3.75/\$5.50
Thursday, March 2– Patty Melt with Soup or Chips <i>(Hamburger with sautéed onion, Swiss cheese and thousand island dressing)</i>	\$5.50
Friday, March 3 – White Chicken Chili with Cornbread muffin <i>(Creamy stew with chicken, great northern beans, and onions topped with green onions and shredded cheddar cheese)</i>	\$5.50
Saturday, March 4 – Ham Salad Sandwich with Side <i>(Classic ham salad on your choice of white or what bread)</i>	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Painting for Fun

Saturday, Feb. 25, at 9:30 a.m.

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Feb. 25, in the KSU Classroom. No experience needed. Just come with a sense of fun and adventure!

Loren Alexander Memorial Service: Corrected Time

Saturday, Feb. 25, at 10:30 a.m.

A memorial service for Loren Alexander will be held at the Yorgensen-Meloan-Londeen Funeral Home at **10:30 a.m.** on Saturday Feb. 25, not at 11 a.m. as previously noted. Transportation will be provide free of cost. There is a sign-up sheet for transportation n the Blue Book located at the Hospitality Desk. Following the service, Loren Alexander's family will be in the Community Room from 1 to 5 p.m. Friends are welcome to stop by, visit and celebrate Loren's life.

KSU Men's Basketball Watch Parties

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

- 6 p.m. Saturday, Feb. 25, against Oklahoma on channel 244 (ESPNU)
- 9 p.m. Wednesday, March 1, against TCU on channel 244 (ESPNU)
- 1 p.m. Saturday, March 4, against Texas Tech on channel 245 (ESPN News)

Vespers Services

Sunday, Feb. 26, at 7 p.m.

The Vespers service, led by Rev. John Wright from First United Methodist Church, will be at 7 p.m. Sunday, Feb. 26, in the Community Room. All are welcome.

Meadowlark Singers Practice

Monday Feb 27, at 3 p.m.

Meadowlark Singers practice is schedules at 3 p.m. Monday, Feb. 27, in the Community Room.

Joke of the Week
What happens to a frog's car
when it breaks down?

It gets toad away!

Third Floor and Eastside Supper Moved *Monday, Feb. 27, at 5:30 p.m.*

Third Floor Supper in the Community Room and Eastside Supper in the Manhattan Room have been moved to Monday, Feb. 27, at 5:30 p.m.

Minton's Mardi Gras Celebration

Tuesday, Feb. 28, at 7 p.m.

Jayne Minton, Support Services Director will be hosting a Decadent Dessert Mardi Gras Buffet on Tuesday, Feb. 28. It will begin at 7 p.m. in the Manhattan Room and Pub. The event will feature multiple desserts with drinks to compliment the sweet treats! See page four for the menu. Cost is \$9 per person and you can sign up by stopping by Prairie Star Restaurant or calling 323-3820.

Memory Café

Wednesday March 1, at 10 a.m.

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

Lutheran Video Worship Service

Wednesday, March 1, at 4 p.m.

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

Memory Luncheon

Wednesday, March 1, at 11 a.m.

Memory Luncheon is for those with memory changes and those caring for individuals with memory/cognition changes are welcome to attend this monthly informal luncheon immediately after the MAC and Care Partner Support Group from 11 a.m. to noon Wednesday, March 1, in the Manhattan Room.

Please sign up in the Blue Book located at the Hospitality Desk by Feb. 27 if you interested in attending the luncheon

UPCOMING EVENTS & ANNOUNCEMENTS

Ash Wednesday Services

Wednesday, March 1, at 4:30 p.m.

After indulging yourselves at Minton's Mardi Gras Celebration on "Fat Tuesday", you are invited to seek a healthy balance in your lives by coming to one of the Ash Wednesday services offered by Meadowlark Hills on March 1. Ash Wednesday leads us into a lenten journey of forty days (excluding Sundays, which are considered "little Easters"). The season of Lent ends with celebrations of Easter on April 16.

Chaplain Patty Brown-Barnett will be offering two Ash Wednesday services, one in the Living Room at 10 a.m. and the other in the Community Room at 4:30 p.m. If both of these times will work in your schedules, you are encouraged to come at 4:30 p.m. as seating in the Living Room is quite limited.

Receiving ashes (on the forehead or on the back of a hand) is optional, and all are welcome to come!

Whiskey Tasting at the Kansas Pub

Wednesday, March 8, at 5:30 p.m.

Come visit the Pub on March 8 and experience an assortment of different kinds of whiskey! Starting at 5:30 p.m., we will be offering our first official alcohol tasting! For a low price of \$10, you get to taste five different kinds of whiskey ranging from Makers Mark to VO. If you have any questions, contact Prairie Star Restaurant or the Kansas Pub.

Olympian Coming to Manhattan

Thursday, March 16, at 5:30 p.m.

The Gender, Women, and Sexuality Studies Advisory Board cordially invites you to join Olympian Jackie Joyner-Kersey who will be speaking in honor of women's history month.

The winner of three gold, one silver, and two bronze Olympic medals from Track and Field, Jackie is a boundary breaker both in terms of race and gender. She actively advocates on behalf of racial equality and women's rights, children's education, health issues, and social reform. She will be speaking at the Bill Snyder Family Stadium on Thursday, March 16, at 5:30 p.m. Guests will need to RSVP by Thursday, March 9. Dinner tickets are \$75. The attire is business casual. Register online at www.found.ksu.edu/rsvp/jjk. Please contact Kim Garver at kgarver@ksu.edu or by phone at (785) 532-5738.

Meadowlark Wellness Olympiad Call for Volunteer

Planning has begun for this year's Meadowlark Wellness Olympiad. The Olympiad is a six-week Wellness Challenge open to resident and employee participants. Teams come together to compete in physical, mental and creative challenges throughout the six weeks.

The Wellness Olympiad Committee is looking for a Resident Volunteer to join us in the planning process. Being a part of the Wellness Olympiad Challenge Committee would consist of assisting creating challenges, planning of pre/post parties and judging challenges throughout the six weeks. Please contact Jeff Heidbreder in the Caul Fitness Center or at (785) 341-2995 if you have a question or are interested in volunteering.

Meadowlark Travelers

Although it's still winter, it's never too early to dream of warmer days. That's right; Becky and Monte have been brainstorming and planning the next Meadowlark Travelers adventure! In just a little more than five months on Monday, July 17, we will depart the Little Apple on our next journey, returning Saturday, July 22. Mark your calendars and get ready for a fun-filled time! A few more details will be coming soon. Why just a few? Wouldn't it be interesting if the destination is a mystery? 2017 marks the 14th year at least one Meadowlark Travelers tour has been offered. So, trust us. We promise you a great vacation!



MARDI GRAS CELEBRATION 2017 DECADENT DESSERTS & DRINKS MENU \$9 PER PERSON

BANANAS FOSTER BAR
WITH HOMEMADE VANILLA ICE CREAM
HOMEMADE ICE CREAM BAR
ROASTED STRAWBERRY BALSAMIC, CHOCOLATE MOCHA, & WHITE CHOCOLATE RASPBERRY
KING CAKE
CHEESECAKE BEIGNETS WITH VANILLA DIPPING SAUCE
CREOLE BROWNIES
MARTHA WASHINGTON CANDIES
FRENCH APPLE TART
SWEET POTATO TART
RASPBERRY WALNUT TORTE
WHITE & DARK CHOCOLATE MOUSSE IN CHOCOLATE CUPS
COFFEE STATION
WITH ORANGE ALMOND BISCOTTI & DOUBLE CHOCOLATE BISCOTTI



March BIRTHDAYS

Residents

Health Care

3/7 Marcelle Boyd
 3/7 Mary Newsome
3/10 Doris Givens
 3/10 Helen Snell
3/13 Velma Kuhn
 3/14 David Marshall
 3/17 Sally Lansdowne
 3/18 Barbara Harlan
 3/20 Eloise Weckerly
 3/21 Diane Erbe

Assisted Living

3/7 Carol Barnett
 3/11 Ruth Browne
 3/19 Sherry Andres
 3/23 Marion Boydston
 3/23 Norma Morey

Independent Living

3/1 Pauline Norby
 3/1 Vera Williams
 3/1 Jean Beatty
 3/2 Ken Lyle
 3/4 Verlyn Richards
 3/5 Patricia Murray
 3/9 Pat Hartman
 3/10 Helen Janes
3/10 Darlene Reeves
 3/12 Charles Deyoe
 3/14 Penny Socofsky
 3/17 Mildred Linholm
 3/19 Steve Owens
 3/20 Betty Braaten

Employees

3/1 Shannon Hill
 3/2 Savannah Gaudin
 3/2 Jeanette Wagner
 3/3 Will Gold
 3/4 Beverly Shriver
 3/4 Ashley Asher
 3/7 Kashaya Zukske
 3/7 Brianna Fronce
 3/8 Hope Cole
 3/9 Sara Snell
 3/9 Danielle Malm
 3/10 Kristen Martin
 3/11 Renay Andersen
 3/11 Anastasia Brown
 3/12 Shirley Escamila
 3/16 JuRee Burgett
 3/16 Kathy Ross
 3/19 Mariah Childs
 3/19 Alyssa Edmiston
 3/19 Lynn Roberts
 3/21 Tayler Seitz
 3/22 Randy Guan
 3/22 Emma Herrman
 3/23 Allie Cochran

Bold denotes milestone

Asst

PRAIRIE STAR RESTAURANT

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

Feb. 26 – March 4

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 323-3820.1

SUNDAY	February 26~ Lunch \$13	Dinner \$11
	Braised Short Ribs Green Chili Mashed Potatoes Vegetable Du Jour	Ham and Beans Corn Bread Vegetable Du Jour
MONDAY	February 27 ~ Lunch \$11	Dinner \$12
	Chicken Crepes Rice Pilaf Choice of Vegetables	Braised Balsamic Chicken Garlic Mashed Potatoes Vegetable Du Jour
TUESDAY	February 28~ Lunch \$8	Dinner \$13
	Fajita Bar (does not include drink, starter or dessert)	Seafood Jambalaya Vegetable Du Jour
WED.	March 1 ~ Lunch \$10	Dinner \$12
	Goulash Choice of Vegetables	Parmesan Crusted Pork Chops Corn Pudding Vegetable Du Jour
THURS.	March 2 ~ Lunch \$8	Dinner \$12
	Pasta Bar (does not include drink, starter or dessert)	Beef and Bean Enchilada Pie Cilantro Mango Slaw Spanish Rice
FRIDAY	March 3 ~ Lunch \$11	Dinner \$12
	BBQ Chicken Legs Au Gratin Potatoes Choice of Vegetable	Stuffed Chicken Breast Marsala Wild Rice Vegetable Du Jour
SAT.	March 4 ~ Lunch \$10	Dinner \$14
	Chili Dog Tater Tots Choice of Vegetable	Shrimp Cakes Scalloped Potatoes Vegetable Du Jour

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

Grosh Cinema Movies
Sunday, Feb. 26 - Saturday, March 4

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

Sunday, Feb. 26 – Balto (1995)

Balto, who is half wolf and half dog, endures the taunts of disapproving humans as he guides a precious cargo of medicine through the Alaskan winter.

Co-Starring: Kevin Bacon, Bob Hoskins & Bridget Fonda

Rated G; 1 hr. 17 min.

Monday, Feb. 27 – Silver Streak (1976)

A neurotic book editor, a sexy secretary and a fast-talking petty thief find themselves pitted against a shady art dealer in this nutty action-comedy.

Co-Starring: Gene Wilder, Jill Clayburgh & Richard Pryor

Rated PG; 1 hr. 53 min.

Tuesday, Feb. 28 – 42 (2013)

This biopic focuses on the relationship between baseball icon Jackie Robinson and Brooklyn Dodgers general manager Branch Rickey.

Co-Starring: Chadwick Boseman, Harrison Ford & Nicole Baharie

Rated PG-13; 2 hrs. 8 min.

Wednesday, March 1 – The Ghost Writer (2010)

After agreeing to help a former British prime minister finish his memoirs, a ghostwriter finds himself in danger when he uncovers a web of secrets.

Co-Starring: Ewan McGregor, Pierce Brosnan & Kim Cattrall

Rated PG-13; 2 hrs. 8 min.

Thursday, March 2 – Desk Set (1957)

A crack reference librarian at a television network resists the efforts of an efficiency expert when he tries to automate her research department.

Co-Starring: Spencer Tracy, Katharine Hepburn & Gigi Young

Not Rated; 1 hr. 43 min.

Friday, March 3 – The Martian (2015)

Abandoned on the surface of Mars after his crew concludes that he perished in a dust storm, astronaut Mark Watney must find a way to survive the planet's harsh environment.

Co-Starring: Matt Damon, Jessica Chastain & Michael Pena

Rated PG-13; 2 hrs. 10 min.

Saturday, March 4 – Invincible (2006)

A devoted Philadelphia Eagles fan that just lost his wife and his job impresses the team's coach in open tryouts and wins a place on the field.

Co-Starring: Mark Wahlberg, Greg Kinnear & Elizabeth Banks

Rated PG; 1 hr. 44 min.

This Week's Opportunities February 26 - March 4

SUNDAY • FEBRUARY 26

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. John Wright, from First United Methodist Church CR

MONDAY • FEBRUARY 27

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
- 12:00 p.m. ~ 1st Pres. Men's Luncheon, MR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 2:15 p.m. ~ Parkinson's Voice Class, KSU CL
- 3:00 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ Eastside Supper, MR

TUESDAY • FEBRUARY 28

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
- 3:00 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Newspaper & Bible, LR
- 6:00 p.m. ~ LEAP! Class, CON
- 7:00 p.m. ~ Mardi Gras Celebration—Decadent Desserts & Drinks, KR & MR

WEDNESDAY • MARCH 1

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Ash Wednesday 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, CR
- 1:30 p.m. ~ Pitch, GR
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Rock Steady Boxing, KSU CL
- 4:00 p.m. ~ Lutheran Video Worship Service, LR
- 4:30 p.m. ~ Ash Wednesday Service, CR
- 6:30 p.m. ~ Osher Class—Cultural Diversity & Globalization, CR

THURSDAY • MARCH 2

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 8:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 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
- 6:30 p.m. ~ Osher Class—Science Communication Fellows, CR

FRIDAY • MARCH 3

Breakfast at Verna Belle's—Waffle or Pancake

- 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 & 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: The Grateful Dudes, CR

SATURDAY • MARCH 4

Breakfast at Verna Belle's—Omelets with Fruit

- 9:00 a.m. ~ Rock Steady Boxing, CSC
- 9:30 a.m. ~ Painting for Fun, KSU CL
- 12:00 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



Feb. 26 to March 5
Old Fashion

1 1/2 oz. Bourbon or Rye Whiskey
2 dashes Bitters
1/2 oz. water
\$3.75

*Meadowlark News Channel can be viewed on channel 1960