



Kansas City visit features art and music

by Becky Fitzgerald

“Calling (Marilyn Maye) a cabaret singer is like calling Pablo Picasso a painter; it’s true all right, but it leaves a lot out!” -- *Philadelphia Inquirer*

Meadowlark residents and Passport members have the opportunity to enjoy the work of both artists referenced above during a day trip to Kansas City on Thursday, Nov. 2. Our morning will begin at a Picasso exhibit at The Nelson-Atkins Museum of Art, with the early afternoon reserved for a concert by Kansas City legend Marilyn Maye.

“Through the Eyes of Picasso” explores Pablo Picasso’s (1881-1973) life-long fascination with African and Oceanic art, as well as works from the Americas, uniting his paintings and sculpture with art that fueled his own creative exploration.

In addition to paintings, sculpture, and drawings by Picasso, the exhibition features significant works of African and Oceanic art that transformed his artistic vision when he encountered them at a

[above] Julián Zugazagoitia, director and CEO of the Nelson-Atkins Museum of Art, discussed an exhibition of Pablo Picasso’s works at the museum in Kansas City. “Through the Eyes of Picasso” opens Oct. 20.

Paris museum during the early part of the 20th century. For Picasso, the allure of these masks and sculptures was in the artists’ exploration of line, abstraction of the human body, and representation of metamorphosis.

Visitors also will see works Picasso collected, lived with, and kept with him through numerous studio moves, still owned by his family, and others that are in the Picasso Museum in Paris. The Nelson-Atkins is the only USA venue for this exhibit.

After our time with Picasso, we’ll enjoy a self-service lunch at the museum’s Rozzelle Court Restaurant. After lunch, we’ll ride a short distance to Quality Hill Playhouse for a matinee

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Construction update

- Verna Belle's Café: The contractors are on schedule and are now installing the new ceiling, kitchen cabinets, and range hood. They are also finishing up with sheetrock and painting. Many of the new appliances have arrived.
- Hallway Double Door Replacement: During the first week of November, the double doors outside of Verna Bell's will be replaced. This will create a blockage in the hallway. If you can avoid the area, please do so.

Gospel & Bluegrass Music

Friday, Oct. 20, at 7 p.m.

Come and enjoy an evening of entertainment Friday, Oct. 20, at 7 p.m. in the Community Room.

Meadowlark welcomes artist *So-Lo Grass* from Junction City, Kan. Alva Bowyer plays a mixture of bluegrass, gospel and Appalachian ballads. He is also a member of the band *North Forty*, which has performed for Meadowlark in the past and is a popular group in the Junction City area.

KSU Watch Parties

Saturday, Oct. 21, at 3 p.m. & Oct. 28 at 2 p.m.

Come to the Game Room for the KSU Watch Parties listed below. Go STATE!

- Oct. 21 ~ KSU vs. OU Sooners, kick-off time is at 3 p.m. & refreshments will be served
- Oct. 28 ~ KSU vs KU Jayhawks, kick-off time is 2 p.m. & refreshments will be served

Vespers Services

Sunday, Oct. 22, at 7 p.m.

The Vespers services will be led by the Trinity Presbyterian Women from Trinity Presbyterian Church. Vespers service will begin at 7 p.m. Sunday, Oct. 22, in the Community Room. All are welcome.

Restaurant to close early

Tuesday, Oct. 24, at 1 p.m.

Prairie Star Restaurant seating and Taco Bar will close at 1 p.m. Tuesday, Oct. 24, due to a necessary pipe replacement. To-go orders will continue to be accepted after 1 p.m. and seating will be available in the Manhattan Room. Please contact Brook Marcotte at 323-3821 with questions.

Smile for the Camera!

Tuesday, Oct. 24, & Oct. 31 at 1:30 p.m.

Tuesday, Oct. 24 and Oct. 31, from 1:30 to 3:30 p.m., Monte will be taking pictures of all Independent Living residents to update the new software system. Pictures will be taken in the Living Room. This is a come-and-go event, so there is no sign up necessary. Staff thank you, in advance, for your participation. If you have any questions, please contact Monte at 323-3801.

Artfull Memories Class

Wednesday, Oct. 25, depart at 9:45 a.m.

The Artfull Memories Class will meet at the Beach Museum of Art at 10 a.m. Wednesday, Oct. 25. Transportation to the museum will be available and will depart from the Village Entrance at 9:45 a.m. Please sign up in the Blue Book if you would like to utilize this service.

The class is led by Art Educator Kim Richards who will take the group through the museum followed by a short discussion in the Beach Café. The class will conclude at 11:30 a.m.

There is no charge to attend the event, which is part of the Meadowlark Memory Program. Please contact Michelle Haub at 323-3899 with questions.

Shopping Trip

Wednesday, Oct. 25, at 10 a.m.

Take advantage of the complimentary transportation to local shopping centers. Transportation will travel to Dillons and Walmart at 10 a.m. Wednesday, Oct. 25, departing from the Village Entrance. Please register in the Blue Book to participate.

The Wakim Jazz Quartet

Friday, Oct. 27, at 7 p.m.

The Wakim Jazz Quartet will perform at 7 p.m. Friday, Oct. 27, in the Community Room. The group strives to provide high-quality jazz in the modern idiom, while still remaining true to jazz tradition. The combination of piano, bass, drums and guitar is an excellent vehicle for many original compositions. The Quartet is looking forward to sharing the joy of music with as many ears which are willing to listen.

Halloween Party

Tuesday, Oct. 31, at 2 p.m.

You're invited to join Collins House residents and staff as they host the annual Halloween Party Tuesday, Oct. 31, from 2 to 4 p.m. in the Community Room.

Join the carnival-style bash featuring Witch Hat Ring Toss and Skeleton Bowling! Guests will enjoy games, a photo booth and many spooky treats.

You're invited to participate in the Team Costume Contest. Each team must have four members, two residents and two staff members. Prizes will be awarded to the top three teams with the best costumes. Trick or treat!

Personhood & Dementia

Thursday, Nov. 2, at 9 a.m. & 1 p.m.

Join the KSU Center on Aging on Thursday, Nov. 2, for our fifth annual Personhood & Dementia event. This event was created to showcase the benefits that the creative arts have for people with cognitive loss. This one-day event aims to give people with dementia, their care partners, and loved ones immediate, usable, creative tools for self-expression and connection.

The event will take place at the Bluemont Hotel in the Hartford Room. The morning session is from 9 to 11 a.m. and the afternoon session is from 1 to 3 p.m.

Transportation from Meadowlark to the Bluemont will be available for both sessions. The morning ride will depart at 8:30 a.m. and leave the Bluemont to return to Meadowlark at 11:15 a.m. The afternoon group will leave at 12:45 p.m. and return at 3:15 p.m. If you would like to utilize this transportation opportunity, please sign up in the Blue Book at the Hospitality Desk.

This year's featured speaker and workshop leader is Gary Glazner, founder of the Alzheimer's Poetry Project and lead artist for the National Center for Creative Caregiving's *Creative Caregiving Guide*. We will also learn from Karen Clond, Program Coordinator of Memories in the Making for the Heart of America Chapter of the Alzheimer's Association. There will be a special exhibit of watercolor paintings from this program.

The event is *free* and no registration is required; come and go as you please. Please join us for a day of creative connection!

Part D Enrollment

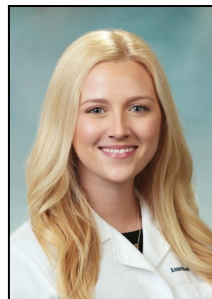
Friday, Nov. 17, at 9 a.m.

It is time again to start thinking about Open Enrollment and your Part D plans. The North Central Flint Hills Area Agency on Aging will be coming to Meadowlark at 9 a.m. Friday, Nov. 17.

We ask to please watch your mail during the upcoming months. Do not put up, shred or throw away any mail that will allow you to make an informed decision during the 2017 Open Enrollment period for the year 2018. Your current Part D plan will notify you if they are changing anything as well.

A sign-up sheet will be available in the Blue Book located at the Hospitality Desk starting this week showing the time slots available.

If you have any questions or concerns please contact Rita Harsch, Financial Counselor, at (785) 323-3891 or by stopping by the Finance office located across the hall from Verna Belle's Café.



Associated Audiologists at Meadowlark

Sarah Schotte, Au.D., FAAA, audiologist with Associated Audiologists, is now seeing patients at Meadowlark Hills by appointment.

Dr. Schotte will visit Meadowlark the second Wednesday of every other month. During these appointments, Dr. Schotte can perform hearing screenings, hearing aid cleaning and maintenance, wax removal, state-of-the-art hearing aid technology and hearing assistive technology.

She will see patients in the West Conference Room from 1:30 to 4:30 p.m. Upcoming dates for the remainder of 2017 and 2018 are:

Nov. 8, 2017	July 11, 2018
Jan. 10, 2018	Sept. 12, 2018
March 14, 2018	Nov. 14, 2018
May 9, 2018	

Dr. Schotte performed her clinical externship with the Associated Audiologists Manhattan Clinic. She earned her doctorate of audiology from Wichita State University, Wichita, Kan., and her bachelor's degree from Kansas State University.

To schedule an appointment with Dr. Schotte, please call (785) 539-7361.

Recruiting for Memory & Aging Studies

The Memory & Aging Lab at Kansas State University is looking for adults aged 65+ years to participate in upcoming research studies investigating perception and memory of every day events. These studies will include tasks that measure cognitive skills, working memory and general knowledge. If interested, please call (785) 532-6819 or e-mail maalab414@gmail.com.

Experience the Walk with Ease Program

The Arthritis Foundation Walk With Ease Program is an exercise program that can reduce pain and improve overall health. If you can be on your feet for ten minutes without increased pain, you can have success with Walk With Ease.

Walk With Ease will help you motivate yourself to get in great shape; walk safely and comfortably; improve your flexibility, strength and stamina; reduce pain and feel great.

Classes last for one hour and they meet three times a week for six weeks. The program begins locally Monday, Oct. 23, at 10:30 a.m. The classes will run Monday, Wednesday and Friday through Dec. 8. Walk With Ease will not meet the week of Thanksgiving. Join by visiting the first session at City Auditorium located at 1101 Poyntz. Please direct questions to (785) 587-2754.



Thank you to all who donated clothing at the Meadowlark Ambassadors Clothing Drive last week! The Ambassadors were able to collect 21 boxes of clothing, shoes and accessory items which were donated to the Episcopal Church in Manhattan.

[pictured above, left to right] Meadowlark Ambassadors Alice Howard, Frances Holcombe and Sue Hunt.

PRAIRIE STAR HAUNTED HOUSE
TUESDAY, OCT. 31 AT 5 P.M.
\$17 PER PERSON
MENU

French Onion Soup
~
Mixed Greens in Red Pepper Jack'o'Lantern
with Roasted Red Pepper Vinaigrette
Breadstick Fingers
~
Pork Tenderloin with Cranberry Relish
Mashed Sweet Potatoes
Steamed Beets
Pumpkin Bread
~
Red Velvet Cake

Prairie Star Restaurant will take unlimited reservations for the Haunted House meal. The regular menu will not be available for dinner Oct. 31. Boxed dinners will be available for those who do not want to attend the special meal. Sign up for both options at the restaurant's host stand.

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performance by Kansas native Marilyn Maye [photo above] during a limited engagement.

Maye's uncanny ability to share lyrics and music in a way that doesn't just entertain but also tells a story makes an audience member feel as if Maye is singing just to him or her. She earned her the nickname "Super Singer" from none other than the late Johnny Carson, and *The Houston Chronicle* termed her "A National Treasure." At 89-years-young, she continues to be one of the most in-demand cabaret singers today, and prior to her dates at the Playhouse, she's set to perform at New York City's Lincoln Center.

Monte Spiller and Becky Fitzgerald are teaming up to offer this outing. Meet a Meadowlark bus at 7:45 a.m. to depart for the museum. We'll view the Picasso exhibit beginning at about 10:15 a.m. with lunch at approximately 11:30 a.m. Maye's concert begins at 1 p.m., and we'll return to Manhattan following the performance.

Trip fee per person is \$45, which includes transportation and the Marilyn Maye show. The cost of lunch at the museum restaurant varies depending on the food(s) selected and is paid by the trip-goers.

Please register in the *Blue Book* or call Monte Spiller at (785) 323-3801 to make a reservation.

HOGtoberfest, Oct. 26

Friends of Meadowlark have a fun and tasty opportunity to support the Meadowlark Foundation's Good Samaritan Fund when the doors to Cox Bros. BBQ open at 11 a.m. on Thursday, Oct. 26. Brothers Bud and Bobby Cox, sons of Meadowlark Hills resident Ellie Cox, pledge to donate 10% of that day's proceeds to the Fund.

Food specials on Oct. 26 at Cox Bros. BBQ, 223 McCall Road, include a pulled pork slider combo, available from the restaurant's opening to closing at 9 p.m., and a hog roast buffet beginning at 6 p.m.

Back by popular demand will be two nods to traditional Oktoberfest favorites. Live music will be provided by accordion player Rusty Schwerdt, Bud Cox's brother-in-law, and a beer tasting and buying station will be operated by Flint Hills Beverage beginning at 6 p.m.

Transportation is available from Meadowlark to Cox Bros for the event. The bus will depart at 11:30 a.m. for lunch and 5:15 p.m. for supper. Please sign up in the Blue Book to take advantage of this opportunity.

HOGtoberfest wouldn't be possible without the help of local businesses. In addition to Cox Bros. BBQ, Meadowlark Foundation would like to acknowledge returning sponsors McCullough Development, Flint Hills Beverage, B104.7 and GoPowercat.com/247 Sports and NZone. New sponsors this year are E&K Premier Specialty Contractor, which is part of the NBAF project, and Sunny 102.5.

On Seeing a Man of Manners

by Helen Roser

He was a good six inches taller than me. There was a graceful bent of age to his shoulders. When I spoke, he turned and smiled and told me he was a little hard of hearing. So I spoke a little louder to say, "I wanted to thank you for your good manners when you took your cap off as you entered the dining room. It is nice to see someone who still has manners."

His grace came easily for him after a long life of "good manners." Maybe some day there will be a new "cool" when grace and manners come into style. But in these times, when courtesy and class are uncool, my heart skipped a beat to see a gentleman.

Time goes on as we humans stumble as we try to live together "with liberty and justice for all," with a true caring for the least of these.



PRAIRIE STAR RESTAURANT

Extended Hours
Monday to Friday, 7 a.m. to 8 p.m.
Saturday, 9 a.m. to 8 p.m. Sunday, 9 a.m. to 7 p.m.

All specials include beverage, starter and dessert.
 An extra vegetable can be substituted for the starch at no additional charge.
 The restaurant can accept up to four reservation per time, depending on party size.
 Reservations can be made in person or by calling 323-3820.

SUNDAY	Oct. 22 ~ Lunch \$12	Dinner \$10
	Baked Ham With Balsamic Cherry Sauce Au Gratin Potatoes Vegetable du Jour	Turkey Loaf Roasted Red Potatoes Vegetable du Jour
MONDAY	Oct. 23 ~ Lunch \$7	Dinner \$14
	Grilled Lemon Chicken Breast Wild Rice Choice of Vegetable <i>No starter or dessert included.</i>	Grilled Salmon with Dill Sauce Lemon Rissoto Vegetable du Jour
TUESDAY	Oct. 24 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Cordon Bleu with Supreme Sauce Rice Pilaf Vegetable du Jour
WED.	Oct. 25 ~ Lunch \$7	Dinner \$13
	BBQ Beef Brisket Coleslaw French Fries <i>No starter or dessert included.</i>	Roasted Pork Loin with Cranberry Relish Mashed Sweet Potatoes Vegetable du Jour
THURS.	Oct. 26 ~ Lunch \$8	Dinner \$12
	Mac & Cheese Bar <i>(does not include drink, starter, or dessert)</i>	Chicken & Roasted Vegetable Rigatoni Garlic Toast Vegetable du Jour
FRIDAY	Oct. 27 ~ Lunch \$7	Dinner \$14
	Pork Stroganoff Buttered Noodles Choice of Vegetable <i>No starter or dessert included.</i>	Stuffed Shrimp with Crab Twice Baked Potato Vegetable du Jour
SAT.	Oct. 28 ~ Lunch \$10	Dinner \$15
	Sloppy Joe Sweet Potato Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL | Caramel Apple Sangria
 Wine, Apple Cider, Buttershots, Apples & Caramel Syrup
 \$3.75

Grosh Cinema Movies

Sunday, October 22, to Saturday, October 28, 2017

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

Sunday, Oct. 22 ~ The Nightmare Before Christmas (1993)

Tired of scaring humans every October 31 with the same old bag of tricks, Jack Skellington, the spindly king of Halloween Town, kidnaps Santa Claus and plans to other ghoulish gifts to children on Christmas morning.

Co-Starring: Danny Elfman, Catherine O'Hara, Chris Sarandon & William Hickey

Rated PG; 1 hr. 15 min.

Monday, Oct. 23 ~ Dunkirk (2004)

Narrated by Timothy Dalton and told from the perspective of the decision makers and the soldiers on the ground, this series follows the dramatic events from the 25th May 1940, to the early hours of 4th June.

Co-Starring: Timothy Dalton, Simon Russell Beale, Clive Brunt & Benedict Cumberbatch

Rated NR; 3 hrs.

Tuesday, Oct. 24 ~ Courage of Lassie (1946)

America's favorite collie is in the Army now! The beloved canine's new adventures ranged from his wilderness puppyhood an wartime battlefield service to postwar stress and a moving family reunion.

Co-Starring: Elizabeth Taylor, Frank Morgan & Tom Drake

Rated G; 1 hr. 32 min.

Wednesday, Oct. 25 ~ Wild Oats (2016)

Eva (Shirley MacLaine), a widow and retired history teacher, enjoys a quiet life. Everything changes when she receives a life insurance check accidentally made out for \$5,000,000 instead of the expected \$50,000.

Co-Starring: Shirley MacLaine, Jessica Lange & Demi Moore

Rated PG-13; 1 hr. 31 min.

Thursday, Oct. 26 ~ How to Make an American Quilt (1995)

Finn Dodd (Winona Ryder), a graduate student having second thoughts about her fiancé (Dermot Mulroney) and marriage, spends the summer with her grandmother (Ellen Burstyn), her great-aunt (Anne Bancroft) and their quilting circle, whose life stories captivate the conflicted young woman.

Co-Starring: Winona Ryder, Anne Bancroft, Ellen Burstyn & Dermot Mulroney

Rated PG-13; 1 hr. 57 min.

Friday, Oct. 27 ~ Practical Magic (1998)

Sisters Sally and Gillian Owens are modern-day witches whose love lives are complicated by an unusual curse: Men who fall in love with them meet untimely ends. But against the advice of their eccentric aunts, the sisters continue to seek romance.

Co-Starring: Sandra Bullock, Nicole Kidman & Stockard Channing

Rated PG-13; 1 hr. 44 min.

Saturday, Oct. 28 ~ August: Osage County (2013)

When their father disappears, three strong-willed women return to their childhood home and to their equally strong-willed mother. As they search for their patriarch, the dysfunctional family members wind up facing difficult truths about themselves.

Co-Starring: Meryl Streep, Julia Roberts, Chris Cooper & Abigail Breslin

Rated R for language, including sexual references & drug material; 2 hrs. 1 min.

Weekly Opportunities Calendar Oct. 22 to Oct. 28

Sunday • October 22

Breakfast at Prairie Star—Pastries 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 with the Trinity Presbyterian Women, CR

Monday • October 23

Breakfast at Prairie Star—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 & Responder Clinic, GR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:30 p.m. ~ Ladies Pool Table Time, BP
 1:45 p.m. ~ Parkinson's Voice Class, CR
 3:30 p.m. ~ MLH Singers Practice, CR
 5:30 p.m. ~ Eastside Supper, MR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • October 24

Trash pick-up day
Breakfast at Prairie Star—Breakfast Sandwich with Fruit
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 11:30 p.m. ~ AAUW Serendipity Luncheon, WCR
 12:00 p.m. ~ Seven Dolors Book Discussion, LR
 1:30 p.m. ~ IL Resident Photo's, LR
 3:00 p.m. ~ Coffee Corner, CR
 4:00 p.m. ~ Newspaper & Bible, LR
 5:30 p.m. ~ 3rd Floor Supper, CR

Wednesday • October 25

Breakfast at Prairie Star—Breakfast Burrito with Fruit
 9:30 a.m. ~ Seated Strength, CR
 9:45 a.m. ~ ArtFull Memories Group Departs, VE
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ Worship Service, LR
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 12:00 p.m. ~ Yoga, CR
 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
 1:30 p.m. ~ Diabetic Support Group, KSU CL
 1:30 p.m. ~ Pitch, GR
 1:30 p.m. ~ Collins Worship Service, CH
 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
 5:30 p.m. ~ 1st Floor Supper, LR
 6:30 p.m. ~ Osher Class: American Action Heroes, CR

Thursday • October 26

Breakfast at Prairie Star—Biscuits & Sausage Gravy
 8:30 a.m. ~ Messenger Ladies, WCR
 10:00 a.m. ~ Meadowlark Bible Study, LR
 10:30 a.m. ~ Steady Yourself, CR
 11 a.m. to 9 p.m. ~ HOGtoberfest, Cox. Bros. BBQ
 11:30 a.m. ~ Depart for HOGtoberfest Lunch, VE
 11:15 a.m. ~ Chair Yoga, CR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 1:30 p.m. ~ Osher Class: WWI, CR
 2:00 p.m. ~ Stepping On, KSU CL
 4:00 p.m. ~ St. Paul's Episcopal Church Service, LR
 5:15 p.m. ~ Depart for HOGtoberfest Supper, VE

Friday • October 27

Breakfast at Prairie Star—Waffle or Pancake
 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. ~ Parkinson's Partners Luncheon, CR
 1:00 p.m. ~ Hand & Foot Card Games, GR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ Parkinson's Care Partners Support Grp, LR
 7:00 p.m. ~ Wakim Jazz Quartet, CR

Saturday • October 28

Breakfast at Prairie Star—Pastries with Fruit
 9:00 a.m. ~ Rock Steady Boxing, 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
HD, Hospitality Desk	MS, Miller Spa

*Meadowlark News Channel can be viewed on Channel 1960