

Spooky meal featured at Prairie Star Restaurant

There is still time to sign up for the Prairie Star Haunted House event set for 5 p.m. Tuesday, Oct. 31.

The menu will feature the following items: 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 and red velvet cake. The cost for the meal is \$17 per person.

Join in the spooky dinner special by signing up at the host stand in the restaurant. Prairie Star will accept unlimited reservations for the evening. Please note that only the pre fixe menu listed above will be available. Boxed dinners can be purchased for those who do not want to attend the Halloween dinner by registering at the host stand in Prairie Star. If you have questions, please contact Brook Marcotte at 323-3821.



MHK Public Library Events

Chess Club

Every Monday / 6 to 8:30 p.m.

First floor of Library

The K-State Chess Club hosts this weekly event for chess players of all ages and skill levels. Meet friends, practice your skills and enjoy a fun evening together.

Yack & Yarn

Every Tuesday / 6 to 8 p.m.

Groesbeck Meeting Room

Bring your knitting, crocheting, or other crafting project to the library to relax and visit with other crafters. Some supplies will be on hand, but you should bring something of your own to work on.

Brownbag Book Club

The Handmaid's Tale

November 2 / 12 to 1 p.m.

Groesbeck Meeting Room

This month, we're discussing Margaret Atwood's classic *The Handmaid's Tale*. The book will be available for checkout at the Reference Desk and drinks will be provided. Register online at www.MHKLibrary.org or by calling the library at (785) 776-4741 ext. 300.

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.

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



HOGtoberfest is today, Oct. 26, from 11 a.m. to 9 p.m. at Cox Bros BBQ. Join us at 6 p.m. to find out which HOG & Kisses Contestant will kiss Honey the HOG!

November Birthdays

Healthcare

11/12 Bonnie Nespor
11/13 Luke Auen
11/15 John Enea
11/17 Dixie Tessman
11/22 Marcella Pizarek
11/24 Donna Bark
11/25 Forrest Johnson

Assisted Living

11/8 Rose Bissey
11/11 Joy Rogers
11/22 Donna Noble
11/24 Anna Noll
11/25 Joyce Ardery

Independent Living

11/3 John Lindholm
11/5 John Roberts
11/6 Sharon Spencer
11/7 Duane Miksch
11/7 Scott Merritt
11/7 Pearl Watson
11/9 Betty Brodersen
11/10 Loir Archer
11/11 Irma Sjo
11/13 Margaret Carlson
11/17 Pam Oehme
11/19 Alice Morton
11/19 Jo Lyle
11/21 Leonard Parker
11/24 Peg Ziser
11/25 Alice Howard
11/26 Jim Jorns
11/27 Mary Basham



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

Employees

11/1 Katrina Chitwood
11/1 Ace Descuatan
11/1 Belinda Holcomb
11/2 Bayleigh Bisnette
11/2 Jerrie Rieck
11/3 Verenis Garcia
11/3 Alma Triana
11/4 Connie Smith
11/5 Cortlyn Conser
11/5 Romina Espurvoa
11/6 Rachel Dickinson
11/6 Lillie Huckaby
11/6 Terry Seematter
11/7 Cassondra Koch
11/9 Dalton Porter
11/9 Michelle Smith
11/10 Katelyn Bell
11/10 Erica Ingram
11/10 Sarah Rawitch
11/11 Benjamin Smith
11/12 Yekaterina Nechitaylo
11/13 John Gasser
11/14 Brandy Graham
11/15 Noemi Diaz
11/16 Shirley Brooks
11/16 Jacob Hrencher
11/18 Fati Alzouma
11/18 Timothy Oliver
11/19 Erin Anderson
11/19 Kendra Scott
11/19 Kayla Willis
11/20 Becky Fitzgerald
11/20 Megan Goebel
11/20 Nick Lundeen
11/20 Brennan Williams
11/22 Bridget Wilson
11/24 Jenna Pickett
11/25 Richard Ellner
11/26 Reagan Rickel
11/28 Elizabeth Thomas
11/29 Destinee Fowler
11/30 Bree Mackey
11/30 Brian Neuman
11/30 Thomas Smith

Still need a flu shot?

If you have not received a flu shot yet this season, but need to get one, please sign up in the Blue Book by Nov. 1. The Meadowlark Medical Professionals clinic will be ordering more next week depending on the level of need. Please contact Mary Jo Eichman at 537-1900 if you have questions.

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.

KSU Watch Parties

Saturday, Oct. 28, at 2 p.m. & Nov. 4 at 11 a.m.

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

- Oct. 28 ~ KSU vs KU Jayhawks, kick-off time is 2 p.m. & refreshments will be served
- Nov. 4 ~ KSU vs. Texas Tech, kick-off time is 11 a.m. & refreshments will be served

Vespers Services

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

The Vespers services will be led by the Trinity Presbyterian Choir from Trinity Presbyterian Church. Vespers service will begin at 7 p.m. Sunday, Oct. 29, in the Community Room. All are welcome.

Smile for the Camera!

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

Tuesday, 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.

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. Coffee Corner is canceled Oct. 31.

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. The entry rules have been altered since last week's publication of the Messenger. Teams are not required; all costumes are welcome to participate. Prizes will be awarded to the Best Individual, Best Couple and Best Team. Trick or treat!

Memory Program Luncheon

Wednesday, Nov. 1, at 11 a.m.

Join the Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, Nov. 1, in the Manhattan Room. This is an opportunity to visit with others who may be experiencing some changes in their memory. The lunch will begin immediately after the Memory Activities Class, Memory Café and Memory Care Partners Support Group, so it's a wonderful way to carry-over the things you learn in these classes in a non-threatening social environment. The menu will include soup, salad and a dessert paired with great conversation. Please sign up in the Blue Book by Monday, Oct. 30. Cost is approximately \$9 per person.

First Friends on the First

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

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

Parkinson's Education Group

Thursday, Nov. 2, at 2 p.m.

You're invited to the Parkinson's Education Group at 2 p.m. Thursday, Nov. 2, in the Community

Room. Dr. Kelly Lyons, title, will present virtually on Medications used in Parkinson's disease.

Barbershop Quartet

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

In the words of the group, "You're invited to hear the four old guys in the Apple Core-Tet (pronounced Apple Core [pause] Tet), 'barbershop' quartet harmonize unaccompanied four-part music. For what it's worth, not only are we old (our combined age is 288 years), but we've been singing 'barbershop' fro a combined total of 106 years and we've married to a our respective wives for a combined total of 195 years!"

Meadowlark is in for a fun and entertaining time with the Barbershop Quartet at 7 p.m. Friday, Nov. 3, in the Community Room.

Meadowlark Ladies Luncheon

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

Submitted by Lori Archer

Please join the group and sponsors, Lori Archer and Arlene Lundberg, for lunch at Colbert Hills at 12:30 p.m. Thursday, Nov. 9. Most of you probably haven't ventured out to this lovely spot nestled in the Flint Hills. The restaurant is in the native stone clubhouse, which is a beautiful building that overlooks the #1-ranked golf course in Kansas. If there is time before lunch and the weather is fair, you can step out on the patio to take in the beautiful vistas.

Lunch is your choice of a half sandwich and soup or salad. The sandwich choices are grilled ham and cheese or chicken salad. The soup is cream of broccoli and the salad will be a house salad. Please sign up in the Blue Book by Monday, Nov. 6, so the chef and Monte will know how many people are attending. Please indicate your sandwich choice on the sign-up sheet. The price for the outing is \$17, which includes lunch, dessert and transportation. Beverage choices are coffee, tea and soda and will cost an extra \$2.

We will be transported to the location by Meadowlark buses and they will leave Meadowlark at noon. For questions, please call Arlene Lundberg at (785) 410-2621 or Lori Archer at (785) 341-0241.

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. 29 ~ Lunch \$12	Dinner \$10
	BBQ Chicken Ranch Roasted Red Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	Oct. 30 ~ Lunch \$7	Dinner \$13
	Rigatoni with Sausage & Beef Sauce Garlic Toast Choice of Vegetable <i>No starter or dessert included.</i>	Braised Beef Brisket with Burgundy Mushroom Sauce Potato Pancake Vegetable du Jour
TUESDAY	Oct. 31 ~ Lunch \$8	Dinner \$17
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Prairie Star Haunted House Special <i>see page 1 for full menu</i>
WED.	Nov. 1 ~ Lunch \$7	Dinner \$11
	Chicken Pot Pie Choice of Vegetable <i>No starter or dessert included.</i>	Swedish Meatballs Buttered Noodles Vegetable du Jour
THURS.	Nov. 2 ~ Lunch \$8	Dinner \$12
	Baked & Sweet Potato Bar <i>(does not include drink, starter, or dessert)</i>	Sesame Chicken Breast with Chili Lime Slaw Steamed Rice Vegetable du Jour
FRIDAY	Nov. 3 ~ Lunch \$7	Dinner \$14
	Bacon & Spinach Quiche Rice Pilaf Choice of Vegetable <i>No starter or dessert included.</i>	Sautéed Orange Roughy with Lemon Butter Sauce Scalloped Potatoes Vegetable du Jour
SAT.	Nov. 4 ~ Lunch \$10	Dinner \$14
	Philly Steak Sandwich French Fries Choice of Vegetable	Sirloin Beef Tips with Mushrooms & Onions Mashed Potatoes Vegetable du Jour

DRINK SPECIAL | **Halloween Sunset**
1.5 oz. Barcardi Superior Rum, 3/4 oz. Grenadine & 3.5 oz. Orange Juice
\$3.75

Grosh Cinema Movies

Sunday, October 29, to Saturday, November 4

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

Sunday, Oct. 29 — Little Monsters (1989)

Brian knows there are creatures under his bed. When he faces his fears and confronts them, however, he makes some hilariously weird new friends!

Co-Starring: Fred Savage, Howie Mendel, Daniel Stern & Margaret Whitton

Rated PG; 1 hr. 41 min.

Monday, Oct. 30 – To Kill A Mockingbird (1962)

Atticus Finch defends an innocent black man against rape charges but ends up in a maelstrom of hate and prejudice.

Co-Starring: Gregory Peck, Mary Badham, Phillip Alford, John Megna & Frank Overton

Rated TV-PG; 2 hr. 9 min.

Tuesday, Oct. 31 — The Legend of Hell House (1973)

A team of paranormal investigators spends a dangerous week inside a haunted mansion to either prove or decisively debunk the existence of spirits.

Co-Starring: Pamela Franklin, Roddy McDowall, Clive Revill & Gayle Hunnicutt

Rated PG; 1 hrs. 33 min.

Wednesday, Nov. 1 – My All American (2015)

This true-life drama tells the story of football legend Freddie Steinmark, the Texas Longhorns safety who gave his all despite the odds against him.

Co-Starring: Aaron Eckhart, Finn Wittrock, Sarah Bolger & Robin Tunney

Rated PG; 1 hrs. 58 min.

Thursday, Nov. 2– Tommy Boy (1995)

Party animal Tommy is a few cans short of a six-pack. But when the family business starts tanking, it's up to Tommy to save the day.

Co-Starring: Chris Farley, David Spade, Bo Derek, Julie Warner & Sean McCann

Rated PG-13; 1 hr. 37 min.

Friday, Nov. 3 – The Bucket List (2007)

Two terminally ill men bust out of the cancer ward with a plan to experience life to the fullest before they kick the bucket.

Co-Starring: Jack Nicholson, Morgan Freeman, Sean Hayes & Beverly Todd

Rated PG-13; 1 hrs. 37 min.

Saturday, Nov. 4— Remembrance (2011)

A married woman faces an emotional crisis when she learns that the former love who rescued her from a concentration camp 30 years earlier is alive.

Co-Starring: Alice Dwyer, Dagmar Manzel, Mateusz Damiecki & Susanne Lothar

Rated NR; 1 hrs. 51 min.

Weekly Opportunities Calendar Oct. 29 to Nov. 4

Sunday • October 29

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 Choir, CR

Monday • October 30

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
- 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
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • October 31

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
- 12:00 p.m. ~ Seven Dolors Book Discussion, LR
- 1:30 p.m. ~ IL Resident Photo's, LR
- 2:00 p.m. ~ All-Campus Halloween Party, CR
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:00 p.m. ~ Halloween Dinner, PS

Wednesday • November 1

Breakfast at Prairie Star—Breakfast Burrito with Fruit

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Memory Activities Class, KSU CL
- 10:00 a.m. ~ Memory Café, WCR
- 10:00 a.m. ~ Memory Care Partners Support Grp, KR
- 10:00 a.m. ~ Worship Service, LR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Memory Luncheon, MR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:30 a.m. ~ 1st Men's Club Luncheon, WCR
- 12:00 p.m. ~ Yoga, CR
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 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
- 4:15 p.m. ~ First Friends on the First, CR

- 5:30 p.m. ~ Gerontology Class, CR
- 6:30 p.m. ~ Osher Class: American Action Heroes, KSU CL

Thursday • November 2

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
- 11:15 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. ~ Parkinson's Education Group, CR
- 2:00 p.m. ~ Stepping On, KSU CL
- 4:00 p.m. ~ St. Paul's Episcopal Church Service, LR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR
- 7:00 p.m. ~ Virginia Pickering Piano Recital, CR

Friday • November 3

Breakfast at Prairie Star—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 & Be Fit, CR
- 12:30 p.m. ~ Mending Angel, GR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 3:30 p.m. ~ Catholic Mass, CR
- 7:00 p.m. ~ Barbershop Quartet, CR

Saturday • November 4

Breakfast at Prairie Star—Pastries with Fruit

- 9:00 a.m. ~ Rock Steady Boxing, CSC
- 9:00 a.m. ~ Kansas Legislative Outlook-2018, CR
- 9:30 a.m. ~ Painting for Fun, KSU CL
- 11:00 a.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