

Thankful for Nanny

by Sarah Duggan

A few weeks ago Murphy went through a stage where she didn't want to leave daycare and Nanny who cares for her and her sister when I arrived to pick her up after work. Typically I can redirect her gently enough that it doesn't turn into a fight. I will entice her with seeing daddy at home, playing with her toys or even getting a special treat after dinner.

But one particular day she was especially disappointed to leave and go home. She moaned and groaned most of the ride home. Once we arrived at the house I pulled her onto my lap while sitting on couch and said, "Why don't you want to come home with Mommy? I love you and miss you all day."

She replied in a matter-of-fact tone well beyond her three years, "Mommy, I want to stay with Nanny. You need a new kid."

A punch in the gut. Like I could just run to Target and pick out a new kid off the shelf and send my old kid to Nanny's house.

Just as I was on the brink of tears, the thought crossed my mind. *How lucky am I to have a safe place to send my children during the day to be cared for someone who truly loves them?*

Murphy has since decided that staying with Mommy, Daddy and Eilish isn't such a bad deal. But I am thankful, every day, for Nanny. Life is always changing.



by Sarah Duggan, Community Relations Director

It's time to get signed up for the 2017 Christmas Carousel, a holiday party for independent living residents and Passport members! This year's theme is *Mystery at the North Pole*, and during the evening of Wednesday, Dec. 13, you (and your fellow elves) will be following the clues to solving the crime of the season.

The rotation for the rooms will be structured the same way it was the previous two years, however, we'll be starting in a different location. Each group will begin in Verna Belle's Café then continue down the Community Center hallways in 30-minute intervals. The start times for each group will be staggered. The groups will have staff members along to help guide you through the evening's events. Start times are as follows: Group One, 3:15 p.m.; Group Two, 3:50 p.m.; Group Three, 4:25 p.m.; Group Four, 5:00 p.m.; Group Five, 5:35 p.m.

Reservations are required (and limited) for this event. You can make your reservation by visiting the Hospitality Desk or calling (785) 323-3847. Once the reservations close, each attendee will receive a personalized reminder card, which will indicate which time your group will begin the day of the party. Prairie Star Restaurant will be a destination during Christmas Carousel and as a result will be closed the day of the party, Dec. 13. There will be a buffet lunch option available in the Pub, to-go only.

Verna Belle's Café will be open Dec. 13 until 12:30 p.m. and will serve a brunch-style meal.

Please contact Monte Spiller, Resident Services Leader, at 323-3801 with questions regarding Christmas Carousel. Invitations were distributed last week.

Thank you!

Submitted by Margaret Carlson

My birthday number is getting pretty high, so this year I had intended to ignore the day, however, I received so many nice cards and good wishes that it made the day very enjoyable. A big THANK YOU to all my Meadowlark Hills friends that wished me a happy birthday.

Thanksgiving reminders

Reservations are open for Thanksgiving dinner in Prairie Star Restaurant. Please sign up for the seating of your choice (11 a.m. or 1 p.m.) at the host stand in the restaurant.

The Thanksgiving menu will include the following items: choice of butternut squash soup, green salad or ambrosia salad; choice of roast turkey or roast ham; choice of green bean casserole or vegetable medley; sausage sage dressing; mashed potatoes; cranberry relish; giblet gravy; and choice of pumpkin or pecan pie. Dinner will be served with hot rolls and butter. The cost of the meal is \$16 for adults and \$8 for children.

Prairie Star Restaurant will be closed for dinner Thanksgiving Day. Boxed dinners will be available and prior sign up is required. Please sign up at the host stand in the restaurant. Dinners will need to be picked up before 3 p.m. Thanksgiving Day.

The Pub will be closed on Thanksgiving Day. All regular activities have been canceled for the day.

Diabetic Support Group, canceled

The Diabetic Support Group for November has been canceled. Please contact Lisa Schwarz at 323-3830 with questions.

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.

Musical Performance

Friday, Nov. 17, at 7 p.m.

You're invited to enjoy performances by members of the Music Teacher National Association at 7 p.m. Friday, Nov. 17, in the Community Room. The Chapter at K-State consists of piano students working to inspire and service others through music.

The Chapter works to served fellow university students through piano tutoring and also seeks to reach out to the community to help enrich other's lives through the gift of music. Teaching is also another focus of the group's mission in an effort to share the joy that music has brought into their lives.

KSU Watch Parties

Saturday, Nov. 18, at 2:30 p.m. & Nov. 24, time TBD

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

- Nov. 18 ~ KSU vs. Oklahoma State University, kick-off time is at 2:30 p.m. & refreshments will be served
- Nov. 24 ~ KSU vs. Iowa State University, kick-off time is TBD & refreshments will be served

Vespers Services

Sunday, Nov. 19, at 7 p.m.

The Vespers services will be led by Rev. Michael Schmidt from St. Luke's Lutheran Church. Vespers service will begin at 7 p.m. Sunday, Nov. 19, in the Community Room. All are welcome.

New KSU Classroom chairs

Tuesday, Nov. 21, at 8 a.m.

Starting at 8 a.m. Tuesday, Nov. 21, there will be a display of fabric choices and chair options set up outside of Jayme Minton's office. These will be for

the new chairs for the KSU Classroom. A collection box will be available in the same area for you to cast your vote. The display will be removed and voting will close at 5 p.m. the same day.

Shopping Trip

Wednesday, Nov. 22, 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, Nov. 22, departing from the Village Entrance. Please register in the Blue Book to participate.

Memory Activities Class: Artful Memories

Wednesday, Nov. 22, at 10 a.m.

Memory Café and Memory Activities Class (MAC) are joining together with the Marianna Kistler Beach Museum of Art for Artful Memories Class from 10 to 11 a.m. Wednesday, Nov. 22, in the KSU Classroom.

During this month's session, the museum's Education Assistant, Kim Richards, will conduct a session focusing on a new experience with art. Please join us for an opportunity to broaden your brain's interactions with the world in this fun and interesting class.

Deck the Halls!

Friday, Nov. 24, at 9:30 a.m.

Join us as we deck the halls at Meadowlark for the holiday season starting at 9:30 a.m. Friday, Nov. 23. You're invited to help as long as you'd like! Please sign up in the Blue Book if you are interested in helping decorate for Christmas, including assembling and dressing trees in all areas of the Meadowlark campus. Tis the season!

Joshua Lightfoot Band

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

Meadowlark welcomes back the Joshua Lightfoot Band Friday, Nov. 24, at 7 p.m. in the Community Room.

Joshua was born in Oklahoma and grew up around music as a regular part of his family gatherings. He was taught to play guitar by his father and later became multi-instrumental after learning the banjo, mandolin and fiddle. The banjo

he uses today once belonged to his grandfather.

Joshua will be joined by his wife, Tove. Tove grew up in the Swedish seaport town of Gothenburg. Her interest in American folk music began at the age of 13. Inspired by musicians such as Woody Guthrie and The Carter Family, she took up banjo playing when she was still a teenager. Joshua and Tove met in 2013 at the Woody Guthrie Folk Festival in Okemah, Oklahoma. They began sharing songs one night, which grew into a relationship and musical career together.

All are invited to enjoy the musical entertainment of the Joshua Lightfoot Band!

Spirit of the Holidays Lighted Parade

Friday, Dec. 1, at 3 p.m.

Meadowlark will be participating in the Spirit of the Holidays Lighted Parade Friday, Dec. 1. To enter into the parade, all participants must donate food items or cash to the Flint Hills Breadbasket.

In the week leading up to the parade (Nov. 27 to Dec. 1), Meadowlark will be collecting food items to donate. Look for collection boxes placed in Prairie Star Restaurant and near the Hospitality Desk to make a contribution.

Meadowlark will be decorating two golf carts with battery-operated lights to utilize in the parade. Residents and employees interested in walking/riding in the parade, please contact Hether Birchmeier by Wednesday, Nov. 29, at 323-3890 or hbirchmeier@meadowlark.org. The more the merrier!

Line Dancing

Thursday, Dec. 14, at 7 p.m.

Line Dancing is coming to Meadowlark next month **at a new day and time!** Jayme Minton, Support Services Director, is inviting everyone down to the Community Room to learn some classic line dances. Class will now meet at 7 p.m. on the following **Thursdays:**

Dec. 14, Electric Slide & Cupid Shuffle

Dec. 21, Achy Breaky Heart

Dec. 28, The Hustle

Jan. 4, Macarena

Jan. 11, To Be Determined

No prior sign up is necessary. Join us in the Community Room **Thursday, Dec. 14**, to get moving!

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	Nov. 19 ~ Lunch \$12	Dinner \$12
	Baked Chicken with Ranch Cornflake Crust Scalloped Potatoes Vegetable du Jour	Spaghetti & Meat Sauce Garlic Toast Vegetable du Jour
MONDAY	Nov. 20 ~ Lunch \$7	Dinner \$12
	BBQ Brisket Baked Beans Coleslaw <i>No starter or dessert included.</i>	Chicken ala Orange Wild Rice Vegetable du Jour
TUESDAY	Nov. 21 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Beef Stew Vegetable du Jour
WED.	Nov. 22 ~ Lunch \$7	Dinner \$13
	Chicken Pot Pie Choice of Vegetable <i>No starter or dessert included.</i>	Herb-Crusted Pork Tenderloin with Burgundy Vinaigrette Roasted Red Potatoes Vegetable du Jour
THURS.	Nov. 23 ~ Lunch \$16	Dinner
	Thanksgiving Dinner <i>(For full menu see page)</i>	Restaurant Closed
FRIDAY	Nov. 24 ~ Lunch \$7	Dinner \$14
	Steamed Brats Potato Salad Choice of Vegetable <i>No starter or dessert included.</i>	Sautéed Orange Roughy with Sun Dried Tomato Sauce Lemon Couscous Vegetable du Jour
SAT.	Nov. 25 ~ Lunch \$10	Dinner \$13
	Shepherd's Pie Choice of Vegetable	Shrimp & Chicken Penne with Sherry Garlic Sauce Garlic Toast Vegetable du Jour

**DRINK
SPECIAL**

Taste of Summer
 1 oz. Vodka, 1 oz. Peach Schnapps & 2 oz. Cranberry Juice
 \$3.75

Grosh Cinema Movies

Sunday, November 19, to Saturday, November 25

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

2 and 6 p.m., Sunday

Sunday, Nov. 19 — Fantasia (1940)

This Disney classic is composed of eight animated segments; each set to the music of different composer.

Co-Starring: Leopold Stokowski, Deems Taylor & Walt Disney

Rated G; 2 hrs. 4 min.

Monday, Nov. 20— Field of Dreams (1989)

Kevin Costner stars as an Iowa farmer who hears a mysterious voice telling him to turn his cornfield into a baseball diamond.

Co-Starring: Kevin Costner, Amy Madigan, Gaby Hoffmann & Ray Liotta

Rated PG-13; 1 hr. 45 min.

Tuesday, Nov. 21 — Undercover Grandpa (2016)

Jake's date with his dream girl takes a turn when she disappears, and Jake's grandpa—a former intelligence officer—sets out to find her.

Co-Starring: James Caan, Jessica Walter, Louis Gossett Jr., & Dylan Everett

Rated PG-13; 1 hr. 33 min.

Wednesday, Nov. 22 – Wild Wild West (1999)

Armed with an ingenious arsenal, two top-notch government agents are tasked with tracking down a diabolical scientist in this futuristic Western.

Co-Starring: Will Smith, Kevin Kline, Kenneth Branagh & Selma Hayek

Rated PG; 1 hr. 45 min.

Thursday, Nov. 23— No Reservations (2007)

Kate, an uptight chef, finds her life turned upside down when her sister dies in a car accident and she becomes her niece's sole guardian.

Co-Starring: Catherine Zeta-Jones, Aaron Eckhart, Abigail Breslin & Patricia Clarkson

Rated PG; 1 hr. 44 min.

Friday, Nov. 24— The African Queen (1951)

The rough-hewn captain of a broken-down East African riverboat teams with a straitlaced missionary to take on a German gunboat during WWI.

Co-Starring: Humphrey Bogart, Katharine Hepburn, Robert Morely & Peter Bull

Rated NR; 1 hr. 45 min.

Saturday, Nov. 25— Okja (2017)

A gentle giant and the girl who raised her caught in the crossfire between animal activism, corporate greed and scientific ethics.

Co-Starring: Tilda Swinton, Jake Gyllenhaal, An Seo Hyun & Paul Dano

Rated TV-MA; 2 hrs. 1 min.

Weekly Opportunities Calendar Nov. 19 to Nov 25

Sunday • November 19

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 Rev. Michael Schmidt from St. Luke's Lutheran Church, CR

Monday • November 20

Breakfast at Prairie Star—Biscuits & Sausage Gravy

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
- 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
- 5:30 p.m. ~ 5th Floor Supper, MR
- 7:00 p.m. ~ Community Bingo, KSU CL

Tuesday • November 21

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
- 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 • November 22

Breakfast at Prairie Star—Breakfast Burrito with Fruit

- 8:30 a.m. ~ Messenger Ladies, WCR
- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Memory Activities Class- ArtFull Memories, KSU CL
- 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
- 1:00 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

Thursday • November 23



Breakfast at Prairie Star—Biscuits & Sausage Gravy

- 11:00 a.m. ~ Thanksgiving Dinner: First Seating, PS
- 1:00 p.m. ~ Thanksgiving Dinner: Second Seating, PS

Friday • November 24

Breakfast at Prairie Star—Waffle or Pancake

- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 7:00 p.m. ~ Joshua Lightfoot Band, CR

Saturday • November 25

Breakfast at Prairie Star—Pastries with Fruit

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

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