



Holiday Traditions! What a wonderful holiday weekend at the Duggan house—we fulfilled many of our holiday traditions, including baking cookies for Santa Claus, attending Christmas Eve church service, opening Christmas pajamas and reading a Christmas story before tucking into bed. I hope everyone's holiday was as full of love, laughter and fun as ours. Cheers to a very happy New Year! ~ Sarah & family

Library receives new books

Submitted by Marcia Smies

The Library at Meadowlark Hills received many new books in recent weeks. The Library Committee would like to thank everyone who donated these books. The new titles are listed below. Happy reading!

Leadership Lessons from Bill Snyder, by Robert Shoop & Susan M. Scott

The Plantagerots, by Dan Jones

Giant of the Senate, by Al Franken

The Rifle in Civil War Combat, by Earl Hess

Dodge City, by Tom Clain

Hemlock Bay, by Catherine Coulter

Split Second, by Catherine Coulter

Knock Out, by Catherine Coulter

The Begging, by Catherine Coulter

Pirate, by Clive Cussler

Fierce Kingdom, by Gin Phillips

Rose, by Martin Cruz Smith

Sourdough, by Robin Sloan

At First Sight, by Nicholas Sparks

Johnny Angel, by Danielle Steel

Leap of Faith, by Danielle Steel

Legacy, by Danielle Steel

Coming Out, by Danielle Steel

The Santa Claus Man, by Alex Palmer

The Blinds, by Adam Sternbrugh

Killing The Rising Sun, by Bill O'Reilly & Martin Duggard

January Ladies Luncheon

Submitted by Yvonne Crawford

The January 11 meeting of the Meadowlark Ladies Luncheon will be at noon (please note the time change!) in the Manhattan Room at Meadowlark Hills.

For the January luncheon, we are planning a group discussion about your favorite holiday family tradition. This will include any holiday in the year. Hopefully there will be a lot of ladies that will be willing to share their stories with the group.

Our menu will be a cup of tomato soup, grilled cheese and bacon sandwich on whole wheat bread, potato chips and a pickle. Dessert will be a scoop of swiss chocolate almond ice cream.

Yvonne Crawford and Karen Trail are your hostesses for the day.

If you are able to attend, be sure to sign up in the Blue Book at the Hospitality Desk. All ladies of Meadowlark and Passport members are invited and welcome!

Join the Messenger Team

Submitted by Jana Armfield, Volunteer Coordinator & HR Assistant

The Messenger Committee is looking for some more helpers! Every Thursday morning from 8 to 9 a.m. they work as a team folding stacks of Messenger newsletters to ensure they get into your hands as soon as possible for your reading pleasure! If you are looking for a small time commitment that really makes a difference, please consider joining the Meadowlark Messenger team.

The group meets every Thursday morning in the West Conference Room. Please contact Jana for more details at (785) 323-3890.

Vespers Services, canceled

The Vespers services are canceled for Sunday, Dec. 31. Services will resume Sunday, Jan. 7.

Line Dancing

Thursday, Dec. 28, at 7 p.m.

Line Dancing meets at 7 p.m. today, Dec. 28, in the Community Room with Jayme Minton. This session the class will learn to line dance to The Hustle. No prior sign up is necessary.

The fourth session of Line Dancing will cover Copperhead Road and will meet at 7 p.m. Thursday, Jan. 4, in the Community Room.

Tommy Lee

Friday, Dec. 29, at 7 p.m.

Saxophonist Tommy Lee will perform at 7 p.m. Friday, Dec. 29, in the Community Room.

Tommy has been playing in the Manhattan area since 1949 and is a familiar face at Meadowlark. Tommy will be entertaining as a one-man band, so stop by the Community Room to see the show!

Linda Hood's 100th Birthday

Saturday, Dec. 30, at 2 p.m.

All are invited to join Linda Hood as she celebrates her 100th birthday at 2 p.m. Saturday, Dec. 30, in the Community Room. Refreshments will be served. Cards are welcome, but please, no gifts.

New Year's Eve Special

Sunday, Dec. 31

You're invited to enjoy a lovely New Year's Eve pre-fixe menu at Prairie Star Restaurant as we prepare to ring in the new year! The cost for the meal will be \$19. No prior sign up is necessary. The menu is listed below. Happy New Year!

Amuse bouche: Smoked Salmon on a baguette with cream cheese, minced red onions & capers

Choice of Salad, Soup or Fruit

Entrée: Roasted Tenderloin of Beef with Bernaise Sauce, Anna Potatoes & Assorted Grilled Vegetables

Choice of Dessert

Pest Control

Tuesday, Jan. 2

Pest Control will occur on Tuesday, Jan. 2, in the main tower.

Visit with Manhattan Mayhem

Tuesday, Jan. 2, at 6 p.m.

Youth from the Manhattan Mayhem volleyball team will be here on the evening of Tuesday, Jan. 2, to spend some quality time with Meadowlark residents, from 6 to 7 p.m. The evening will start with some socializing and end with an exciting game of balloon volleyball! Chairs will be provided as part of the game. Please sign up in the Blue Book by Jan. 1 if you would like to join in on the fun!

Shopping Trip

Wednesday, Jan. 3, 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, Jan. 3, departing from the Village Entrance. Please register in the Blue Book to participate.

Memory Program Luncheon

Wednesday, Jan. 3, at 11 a.m.

Join the Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, Jan. 3, 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. Please sign up in the Blue Book by Monday, Jan. 1. Cost is approximately \$9 per person.

Parkinson's Education Group

Thursday, Jan. 4, at 2 p.m.

You're invited to attend the monthly Parkinson's Education Group at 2 p.m. Thursday, Jan. 4, in the Community Room. Jeff Heidbreder, Fitness Leader at Meadowlark, will present *Why Do We Do This? Understanding the Benefits of PD Exercises*. All are invited to attend and no prior sign up is necessary.

Music with Chelsea Coon

Friday, Jan. 5, at 7 p.m.

On Friday, Jan. 5, at 7 p.m., Meadowlark welcomes singer/pianist Chelsea Coon to the Community Room!

Chelsea was born and raised in Kansas, living in Wichita, Great Bend and Hoisington as a child through High School. She started playing piano at the age of seven and continued her passion for music taking lessons and singing at church as often as possible. Following her 2002 high school graduation, Chelsea went on to complete her degree at Kansas State University where she also met her husband. They have two beautiful children, Jovie and Dakota.

Along with a full time office manager job, she is also the pianist/singer in the Crosspoint Community Church Praise Band located in Wamego, Ks. Chelsea draws her inspiration from artist such as Patsy Cline, Loretta Lynn, Dolly Parton, Miranda Lambert and the group Joey + Rory. Come out and enjoy a fun evening of good music!

Associated Audiologists at Meadowlark

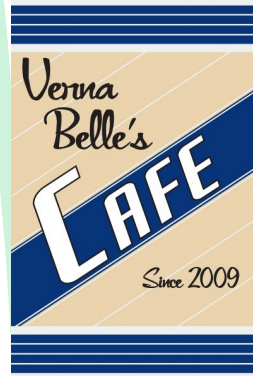
Wednesday, Jan. 10, at 1:30 p.m.

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. Wednesday, Jan. 10.

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



LUNCH SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.
Saturday & Sunday, 7 to 11 a.m.

Monday, Jan. 1

Verna Belle's Café closed for New Year's Day.

Tuesday, Jan. 2

Chili & Cinnamon Rolls

seasoned ground beef, onions, tomatoes & chili beans in a tomato sauce served with shredded cheddar cheese & crackers

\$3.99 / \$5.99

Wednesday, Jan. 3

Meatball Sub with Choice of Side

meatballs with marinara sauce & mozzarella cheese on a sub roll

\$3.99 / \$5.99

Thursday, Jan. 4

Chicken Bacon Ranch Wrap & Choice of Side
chicken, bacon, ranch dressing, lettuce & tomato wrapped in a flavored tortilla

\$3.99 / \$5.99

Friday, Jan. 5

Grilled Chicken Sandwich & Choice of Side
grilled chicken & swiss cheese on a butter-toasted bun with lettuce, tomato & pickle on the side

\$5.99

PRAIRIE★STAR RESTAURANT

Restaurant Hours
Monday to Saturday, 10:30 a.m. to 8 p.m.
Sunday, 10:30 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	Dec. 31 ~ Lunch \$12	Dinner \$19
	Roast Pork Loin with Balsamic Cherry Sauce Scalloped Potatoes Vegetable du Jour	New Year's Eve Menu <i>See page 2.</i>
MONDAY	Jan. 1 ~ Lunch \$16	Dinner \$14
	Prime Rib Sandwich Black Eyed Peas French Fries	Coconut Shrimp Twice Baked Potatoes Vegetable du Jour
TUESDAY	Jan. 2 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Ham Loaf Au Gratin Potatoes Vegetable du Jour
WED.	Jan. 3 ~ Lunch \$10	Dinner \$12
	Chicken Salad Melt Choice of Vegetable	Roast Turkey with Dressing Mashed Potatoes & Gravy Vegetable du Jour
THURS.	Jan. 4 ~ Lunch \$8	Dinner \$12
	Pizza Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Mushroom Roulades with Sherry Sage Sauce Wild Rice Vegetable du Jour
FRIDAY	Jan. 5 ~ Lunch \$10	Dinner \$14
	Turkey Reuben Potato Salad Choice of Vegetable	Roast Brisket with Bordelaise Sauce Corn Pudding Vegetable du Jour
SAT.	Jan. 6 ~ Lunch \$10	Dinner \$15
	Philly Sandwich Sweet Potato Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL | Happy New Year
 1 oz. Vodka, 1 oz. Cointreau, 1 oz. Lemon Juice & 1 oz. Cranberry Juice
 \$3.75

Grosh Cinema Movies

Sunday, December 31, 2017-January 6, 2018

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

Sunday, Dec. 31 — Deep (2017)

After accidentally trapping his family in their underwater home, a young octopus and his ocean-dwelling buddies search for help far across the sea.

Co-Starring: Justin Felbinger, Stephen Erza Hughes & Lindsey Alena

Rated PG; 1 hr. 32 min.

Monday, Jan. 1- 12 Years A Slave (2013)

The autobiography of Solomon Northup, a free black man who was abducted from New York state and sold into slavery in the mid-1800s, serves as the basis for this historical drama. Chiwetel Ejiofor stars as Northup, and Brad Pitt plays an abolitionist.

Co-Starring: Chiwetel Ejiofor, Michael Fassbender & Benedict Cumberbatch

Rated PG; 2 hr. 14 min.

Tuesday, Jan. 2— The Terminal (2004)

After a coup d'etat explodes in his homeland, Viktor Navorski is stranded at Kennedy Airport, where he's holding a passport that nobody recognizes. While quarantined in the transit lounge, Viktor simply goes on living.

Co-Starring: Tom Hanks, Catherine Zeta-Jones & Stanley Tucci

Rated PG-13; 2 hrs. 8 min.

Wednesday, Jan. 3 – The Four Feathers (2002)

In Victorian-era Sudan, British officer Harry Faversham resigns right before a battle against Mahdi rebels, prompting his fiancée and friends to brand him a coward. Little do they know he's going undercover for a chance to redeem himself.

Co-Starring: Heath Ledger, Wes Bentley & Kate Hudson

Rated PG-13; 2 hrs. 10 min.

Thursday, Jan. 4– Life of Pi (2012)

Based on Yann Martel's best-selling novel, this coming-of-age tale recounts the adventures of Pi, an Indian boy who is the sole survivor of a shipwreck. Pi finds himself on a lifeboat with only some zoo animals for company.

Co-Starring: Suraj Sharma, Irrfan Khan & Ayush Tandon

Rated PG13; 2 hr. 3 min.

Friday, Jan. 5 – Julie & Julia (2009)

This heartwarming, truth-inspired tale stars Amy Adams as Julie Powell, who decides to spice up her uneventful life by cooking all 524 recipes outlined in Julia Child's culinary classic *Mastering the Art of French Cooking*.

Co-Starring: Meryl Streep, Amy Adams & Stanley Tucci

Rated PG-13; 2 hrs. 3 min.

Saturday, Jan. 6– Mama Mia (2008)

On the idyllic Greek isle of Kalokairi, single mom Donna Sheridan (Meryl Streep) goes into a tizzy when her bride-to-be daughter (Amanda Seyfried), in a bid to learn her father's identity, invites three of Donna's ex-lovers to the wedding.

Co-Starring: Meryl Streep, Pierce Brosnan, Colin Firth

Rated PG-13; 1 hrs. 46 min.

Weekly Opportunities Calendar Dec. 31- Jan. 6

Sunday • December 31

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

Monday • January 1

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

Tuesday • January 2

Trash pick-up day

Breakfast at Verna Belle's—Breakfast Bierock with Fruit

10:30 a.m. ~ Steady Yourself, CR

11:15 a.m. ~ Chair Yoga, CR

12:00 p.m. ~ Kimball Luncheon, MR

2:00 p.m. ~ LifeStory Writing Group, LR

3:00 p.m. ~ Coffee Corner, CR

3:30 p.m. ~ Ambassador Committee Meeting, WCR

4:00 p.m. ~ Newspaper & Bible, LR

5:45 p.m. ~ Visit with Manhattan Mayhem, CR

Wednesday • January 3

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

9:30 a.m. ~ Seated Strength, CR

10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE

10:00 a.m. ~ Worship Service, LR

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, TR

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

1:00 p.m. ~ Pitch, GR

1:15 p.m. ~ Dr. Tran's Foot Clinic, CR

3:00 p.m. ~ Rock Steady Boxing, KSU CL

3:00 p.m. ~ Call Hall Ice Cream, KR

4:00 p.m. ~ Lutheran Video Worship Service, LR

Thursday • January 4

Breakfast at Verna Belle's—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

2:00 p.m. ~ Parkinson's Education Group, CR

5:30 p.m. ~ Meadowlark Circle Dinner, MR

7:00 p.m. ~ Line Dancing, CR

Friday • January 5

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 & Be Fit, CR

12:30 p.m. ~ Mending Angel, GR

1:00 p.m. ~ Parkinson's Exercise Class, CR

1:00 p.m. ~ Hand & Foot Card Games, GR

3:30 p.m. ~ Catholic Mass, CR

7:00 p.m. ~ Music with Chelsea Coon, CR

Saturday • January 6

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

Room Abbreviations

BP, Billiards Parlor

CH, Collins House

CR, Community Room

CON, Conference Room

GR, Game Room

GC, Grosh Cinema

KR, Kansas Room (Pub)

KSU CL, KSU Classroom

PSP, Prairie Star Patio

HD, Hospitality Desk

LB, Library

LR, Living Room

MFR, Miller Friendship Rm

MR, Manhattan Room

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WL, Wroten Library

CSC, Combative Sports Center

MS, Miller Spa

*Meadowlark News Channel can be viewed on Channel 1960

Resident Committee Sign Up

Resident Committee sign-ups for 2018 will close Sunday, Dec. 31.

The roster for each committee is available in the Blue Book located at the Hospitality Desk. Additional spaces are provided for new members to add their names. If you would like to remove yourself from a committee, simply cross your name out.

Once sign-ups close, the committee chair will contact all new members regarding meeting times and responsibilities. Please contact Monte Spiller at 323-3801 with questions.