



Submitted by Michelle Haub, Parkinson's Program Leader

Do people ask you to repeat yourself more often? Is it challenging to be understood on the telephone? Come join our fun and interactive group in voice and speech exercises to improve your communication with family and friends! Exercises are geared toward individuals with Parkinson's disease, but anyone who is having difficulties communicating is welcome to attend. The classes are led by a LSVTTM & Speak OUT!™ Certified Voice Clinician and KSU graduate students in speech-language pathology.

Classes meet every Monday starting Jan. 29 at 2:15 p.m. in the Community Room. For more information, please contact Michelle Haub at (785) 323-3899.

Muffins with Meadowlark

Submitted by Jana Armfield, Volunteer Coordinator

Meadowlark has partnered with Jamboree Drop-In Daycare, a local childcare center to offer a new volunteer opportunity! Every second Tuesday, Meadowlark residents will have the opportunity to visit the children at the daycare, ages two to five years old. The first visit is scheduled for Tuesday, Feb. 13, from 10 to 11 a.m. Visits will include time for socializing, story time or another activity, and snacks.

Jamboree is a licensed daycare provider, so all of the children have been vaccinated. The facility is also wheelchair accessible for residents who might want to participate, but are wheelchair bound.

Transportation will be provided for all residents, so please sign up in the Blue Book if you are interested in participating. Please contact Jana at (785) 323-3890 for more details or with questions.

Kansas Day Celebration

Submitted by Polly Ferrell



The year was 1861 and many exciting things were happening. Kansas stood tall, entering the Union as a Free State on Jan.

29. The following year, 1862, President Abraham Lincoln signed the Morrill Act — the Land Grant College Act. The next year on Feb. 16, 1863 the first land-grant college was created. Kansas State College of Agriculture and Applied Science. As the years moved forward so did higher education and today we hold the title of "Kansas State University."

Our Meadowlark Kansas Day Celebration will be held one mile west of our campus at the Kansas Wheat Innovation Center. Outside the building, metal sculpted wheat will greet you and inside you will be treated by sunflower and wheat refreshments. Umm good!

ML buses will leave the front entrance at 9:45 a.m., Monday morning. The celebration starts at 10 a.m. Or you may choose to drive yourself to the free parking and no-step entrance at the Kansas Wheat Innovation Center. Please sign up in the Blue Book, even if you are doing your own driving. Then there will be abundant coffee and refreshments for all of us.

See you Monday morning as we
CELEBRATE KANSAS!

February Birthdays

Healthcare

2/1 Lysle Oppenlander
 2/2 Kitty Cool
 2/5 Gilbert Kemnitz
 2/10 Marcia Wikoff
 2/22 James Bolton
 2/24 Alice Roper
 2/24 James Nelson

Assisted Living

2/5 **Beverly Dodds**
 2/9 Bob Hammaker
 2/19 Vernon Bode

Independent Living

2/1 Glenna Fogo
 2/4 Margaret Wheat
 2/4 Edna Peterson
 2/4 Marilyn Ray
 2/11 Lois Deyoe
 2/12 Colleen Robinson
 2/12 Carol Hoerman
 2/15 Opal Carlson
 2/16 Bob Crawford
 2/18 Wanda Fateley
 2/25 Betty Grubb
 2/27 Harriette Janke

Employees

2/1 LeNorris Wells
 2/3 Danelle Cowing
 2/3 Kayla Jones
 2/4 Susan Meeker
 2/5 Elizabeth Watts
 2/7 Hannah Miller
 2/7 Charles Smith
 2/9 Raymond Padel
 2/11 Sabrina Maloney
 2/14 Nympha Diomampo-Ines
 2/14 Hayley Helmer
 2/14 Makayla Tegtmeier
 2/17 Darin Pelfrey
 2/19 Shelby Fowler
 2/20 Bill Tompkins
 2/20 Dustin Wedekind
 2/22 Sherry Smith
 2/23 Berenice Flores
 2/23 Carissa Staley
 2/24 Leslie Forgie
 2/25 Roy Peters
 2/26 Deborah McDonald
 2/27 Jana Armfield
 2/27 Daniel Weston

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



Church service today, canceled

St. Paul's Episcopal Church service is canceled for Thursday, Jan. 25.

Restaurant closing early

The restaurant will close at 2 p.m. Friday, Jan. 26, to prepare for the Winter Ball festivities.

Cowboys & Quartet

Friday, Jan. 26, at 6 p.m.

The 2018 Winter Ball event is set for Friday, Jan. 26, from 6 to 9 p.m. in the Community Center, including the Community

Room, Game Room and Prairie Star Restaurant.

This year's theme is *Cowboys and Quartet*. You're invited to dress the part in your best formal attire or dance the night away in your boots and jeans! The Community Room will be transformed into a elegant ballroom, while Prairie Star welcomes you to the *Ranch in the Hills*. All residents and staff are invited to attend.

The evening will include music provided by the Wakim Jazz Quartet in the Community Room and Dillon Ray & Lucas in Prairie Star Restaurant beginning at 6 p.m. in both locations. You have the opportunity to mingle between both areas throughout the night and enjoy heavy appetizers catered by Prairie Star Restaurant. No registration is required for this free event. You may come and go as you please.

K-State Men's Basketball Games Saturday, Jan. 27, Monday, Jan. 29, & Saturday, Feb. 3

Watch the KSU Men's basketball games in the Game Room on the following dates and times. Watch parties with refreshments will be held for weekend games only.

~ Saturday, Jan. 27, at 1 p.m. vs Georgia on ESPNU (channel 244) -

watch party with refreshments

~ Monday, Jan. 29, at 8 p.m. vs KU on ESPN (channel 32)

~ Saturday, Feb. 3, at 3 p.m. vs. West Virginia on ESPN2 (channel 33) -

watch party with refreshments

Vespers Services

Sunday, Jan. 28, at 7 p.m.

The Vespers services will be led by Kati Collins from First Presbyterian Church.

Vespers service will begin at 7 p.m.

Sunday, Jan. 28, in the Community

Room. All are welcome.

Parkinson's Education Group

Thursday, Feb. 1, at 2 p.m.

You're invited to attend the monthly Parkinson's Education Group at 2 p.m. Thursday, Feb. 1, in the Community Room. Registered Dental Hygienist, Lisa Githens, from Davis and Grieves Dentistry will present *Dental Health in Parkinson's*. All are invited to attend and no prior sign up is necessary.

Music with MAMTA

Friday, Feb. 2, at 7 p.m.

On Friday Feb. 2, at 7 p.m. in the Community Room, the Manhattan Area Music Teachers Association (MAMTA) will be performing a variety of music for the residents of Meadowlark. MAMTA is an organization of professional music educators from Manhattan Kansas and the surrounding area that strives to advance the value of music study and music-making for a diverse community while supporting the professionalism of music teachers and the promotion of a high standard of music among its members.

Concert at Hale Library

Friday, Feb. 2, at 7:30 p.m.

You're invited to Hale Library to enjoy a concert provided by Dr. David Littrell, cello, and Amanda Arrington, piano.

The concert will begin at 7:30 p.m. Friday, Feb. 2, in the Hale Library Hemisphere Room. There will be free transportation provided to and from Meadowlark and Hale Library. If you would like to attend, please contact Darchelle Martin for tickets at 532-7442. The free transportation can be reserved in the Blue Book at the Hospitality Desk.

Dr. Littrell is retiring from Kansas State University and this concert will salute his distinguished career at the university.



LUNCH SPECIALS

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

Monday, Jan. 29

Soup & Salad

your choice of tomato bisque, broccoli cheese or potato soup in a bread bowl with a small-size salad from the salad bar

\$5.99

Tuesday, Jan. 30

Meatloaf Sandwich with Choice of Side

meatloaf, mozzarella cheese & ketchup on toasted italian bread

\$5.99

Wednesday, Jan. 31

Pioneer Woman Grilled Cheese with Side

green chiles, red onion & tomato on toasted rye bread with provolone cheese, cheddar cheese, dijon mustard and mayo spread

\$3.99 / \$5.99

Thursday, Feb. 1

BBQ Chicken Sandwich with Choice of Side

shredded chicken, bbq sauce & swiss cheese on your choice of toasted white or wheat bread

\$3.99 / \$5.99

Friday, Feb. 2

Quesadilla Day

crispy flour tortilla and cheese with your choice of chicken or steak and/or veggies from the salad bar

\$4 / \$5 / \$6

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	Jan. 28 ~ Lunch \$12	Dinner \$14
	Pork Loin with Marsala Sauce Scalloped Potatoes Vegetable du Jour	Coconut Shrimp Rice Pilaf Vegetable du Jour
MONDAY	Jan. 29 ~ Lunch \$10	Dinner \$12
	Turkey Loaf Mashed Potatoes & Gravy Choice of Vegetable	Cajun Braised Chicken Red Beans & Rice Vegetable du Jour
TUESDAY	Jan. 30 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Beef Stir Fry Chinese Noodles Vegetable du Jour
WED.	Jan. 31 ~ Lunch \$10	Dinner \$12
	Prime Rib Sandwich French Fries Choice of Vegetable	Chicken Florentine with Supreme Sauce Wild Rice Vegetable du Jour
THURS.	Feb. 1 ~ Lunch \$9	Dinner \$11
	Mac & Cheese Bar <i>(does not include drink, starter, or dessert)</i>	Beef & Sausage Lasagna Garlic Toast Vegetable du Jour
FRIDAY	Feb. 2 ~ Lunch \$10	Dinner \$12
	Steamed Polish Sausage with Sauerkraut German Potato Salad Choice of Vegetable	Chicken Fried Chicken Mashed Potatoes & Gravy Vegetable du Jour
SAT.	Feb. 3 ~ Lunch \$10	Dinner \$15
	Hot Brown Choice of Vegetable	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL | Rum & Coke
 2 oz. Bacardi Superior Rum & 4 oz. Cola
 \$3.75

Grosh Cinema Movies

Sunday, January 28 to February 3, 2018

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

Sunday, Jan. 28—Moana (2016)

In Ancient Polynesia, when a terrible curse incurred by the Demigod Maui reaches Moana's island, she answers the Ocean's call to seek out the Demigod to set things right.

Co-Starring: Auli'i Cravalho, Dwayne "The Rock" Johnson & Rachel House

Rated PG; 1 hr. 47 min.

Monday, Jan. 29—Victoria & Abdul (2017)

Queen Victoria strikes up an unlikely friendship with a young Indian clerk named Abdul Karim.

Co-Starring: Judi Dench, Ali Fazal, & Tim Pigott-Smith

Rated PG-13; 1 hr. 51 min.

Tuesday, Jan. 30—Loving Vincent (2017)

In a story depicted in oil painted animation, a young man comes to the last hometown of painter Vincent van Gogh to deliver the troubled artist's final letter and ends up investigating his final days there.

Co-Starring: Douglas Booth, Jerome Flynn & Robert Gulaczyk

Rated PG-13; 1 hr. 34 min.

Wednesday, Jan. 31—La La Land (2016)

While navigating their careers in Los Angeles, a pianist and an actress fall in love while attempting to reconcile their aspirations for the future.

Co-Starring: Ryan Gosling, Emma Stone & Rosemarie DeWitt

Rated PG-13; 2 hrs. 8 min.

Thursday, Feb. 1—Unleashed (2016)

When a cosmic event turns Emma's dog and cat into two perfect guys, Emma reconsiders her outlook on dating, hilariously works out her trust issues, and ultimately learns to love herself.

Co-Starring: Steve Howey, Sean Astin & Justin Catwin

Rated TV-14; 1 hr. 36 min.

Friday, Feb. 2 – Mad Money (2008)

Three female employees of the Federal Reserve plot to steal money that is about to be destroyed.

Co-Starring: Diane Keaton, Queen Latifah & Katie Holmes

Rated PG-13 1 hr. 44 min.

Saturday, Feb. 3—America's Sweethearts (2001)

A movie publicist deals with the messy public split of his movie's co-stars while keeping reporters at bay while a reclusive director holds the firm's print hostage.

Co-Starring: Julia Roberts, John Cusack & Billy Crystal

Rated PG-13; 1 hr. 42 min.

Weekly Opportunities Calendar *Jan. 28 - Feb. 3*

Sunday • January 28

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 with Rev. Kati Collins from Frist Presbyterian Church, CR

Monday • January 29

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

9:30 a.m. ~ Seated Strength, CR
 9:45 a.m. ~ Transportation departs for Kansas Day Trip to Wheat Innovation Center, VE
 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. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 1:45 p.m. ~ Parkinson's Voice Class, CR
 3:30 p.m. ~ MLH Singers Practice, CR
 6:00 p.m. ~ LEAP! Class, KSU CL
 7:00 p.m. ~ Community Bingo, CR

Tuesday • January 30

Trash pick-up day

Breakfast at Verna Belle's—Breakfast Bierock with Fruit

9:30 a.m. ~ Literature of Aging, WCR
 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

Wednesday • January 31

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Worship Service, LR
 10:00 a.m. ~ Memory Activities Class, KSU CL
 10:00 a.m. ~ Memory Café, WCR
 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. ~ Pitch, GR
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Call Hall Ice Cream, KR
 4:00 p.m. ~ Lutheran Video Worship Service, LR

Thursday • February 1

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

8:30 a.m. ~ Messenger Ladies, WCR
 9:30 a.m. ~ Literature of Aging, 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
 2:00 p.m. ~ Stepping On, KSU CL
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • February 2

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. ~ 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. ~ Music with MAMTA, CR

Saturday • February 3

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
 3:00 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

*Meadowlark News Channel can be viewed on Channel 1960

(785) 537-4610 • www.meadowlark.org