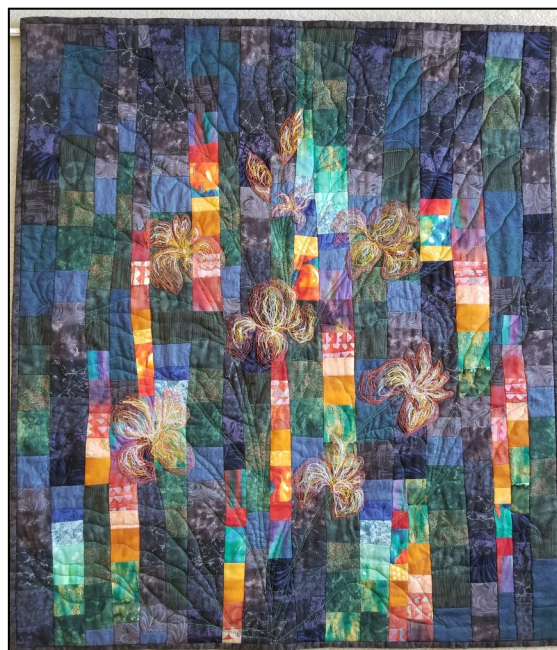


Mingle Mania

New event to benefit memory program



[above left] "A Sund Dog Barks in Pott County", an original watercolor by the late Gene Ernst.

[above right] Harriette Janke, apt. 332, donated a quilted creation she calls Dancin' Hot Hot Hot" to entice Art Mingle bidders.

by Becky Fitzgerald

Capitalizing on an extensive art collection featuring well-known local and Kansas artists, Meadowlark staff have joined with several Manhattan community members to plan an inaugural event, **Art Mingle: Manhattan Memories**, to benefit the Meadowlark Memory Program. Guests at a Friday evening reception, March 9, are invited to mingle with friends among the colorful galleries in the Community Center. Food for thought, lively libations, treasured tunes and art appreciation are part of the night's plan.

Meadowlark chef John Gasser and his talented team will tempt three of the five senses with an array of eye-catching appetizers, several of which will be as pleasing to the brain as they are to the palate. Craft beers, wine and a specialty cocktail are on the beverage menu, and two local guitarists are pairing up to deliver jazz and classic pop/rock hits. There's plenty to see, taste and hear, but Minglers won't want to miss an Artists' Showcase, featuring local art legend Oscar Larmer and his former student, Ralph Fontenot. They'll be greeting fans and making new friends while surrounded

See Mingle, page 3

Photo contest winners

See pages four and five of today's Messenger for the winners of Meadowlark's first-ever Live Your Way, Every Day Photo Contest!

Prairie Star hours

Prairie Star Restaurant will close at 6 p.m. Friday, Feb. 16. A to-go only buffet-style special will be offered and will include meatloaf, hash brown casserole and a vegetable plus a starter and dessert.

Five Things to Do This Month

Submitted by Judy Cattell from the Harvard Health Letter dated January 2018.

- 1. Consider investing in a home treadmill.** It removes one excuse to stay sedentary on a rainy or cold day.
- 2. Ask questions about a new prescription.** Learn how it works and why you need it.
- 3. Watch sinus symptoms.** If they don't clear up in 10 days, report them to a doctor.
- 4. Keep unhealthy foods out of the house.** You'll avoid the temptation to eat them.
- 5. Check with your doctor about shingles prevention.** A new vaccine was approved in October 2017.

Town Meeting Survey, due Feb. 16

Please submit completed Town Meeting surveys to the Hospitality Desk by Friday, Feb. 16. Blank surveys can be picked up from your floor or neighborhood representative and the Hospitality Desk.

Meadowlark Singers Concert

Friday, Feb. 16, at 7 p.m.

Love is in the air! You're invited to the Meadowlark Singers Valentine's Day Concert at 7 p.m. Friday, Feb. 16, in the Community Room. You are sure to leave *loving* the performance!

K-State Men's Basketball Games

Sat., Feb. 17; Wed., Feb. 21; & Sat., Feb. 24

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, Feb. 17, at Noon vs Iowa State on ESPNU (channel 244 @ home / channel 2244 in Game Room) - **watch party with refreshments**

~ Wednesday, Feb. 21, at 8 p.m. vs. Texas on ESPNU (channel 244 @ home / channel 2244 in Game Room)

~ Saturday, Feb. 24, at 5 p.m. vs. Oklahoma on ESPNU (channel 244 @ home / channel 2244 in Game Room) - **watch party with refreshments**

Vespers Services

Sunday, Feb. 18, at 7 p.m.

The Vespers services will be led by Rev. Glenn Fogo from First United Methodist Church. Vespers service will begin at 7 p.m. Sunday, Feb. 18, in the Community Room. All are welcome.

Meditation 101

Tuesday, Feb. 20, at 10:30 a.m.

The Memory & Parkinson's Programs are teaming up to provide you with another opportunity to learn something new for your brain and body health! Erin Davis is facilitating Meditation 101 from 10:30 to 11 a.m. Tuesday, Feb. 20, in Grosh Cinema. No prior experience or understanding of meditation is necessary. Erin will educate you about the principles of meditation and guide you through a structured

session. Please sign up in the Blue Book as seating is limited.

Shopping Trip

Wednesday, Feb. 21, at 10 a.m.

Transportation will travel to Dillons and Walmart at 10 a.m. Wednesday, Feb. 21, departing from the Village Entrance. Please register in the Blue Book to participate.

Parkinson's Partners Luncheon

Friday, Feb. 23, at 12 p.m.

Join the Parkinson's Partners Luncheon for a relaxing lunch from noon to 1 p.m. Friday, Feb. 23, in the Community Room.

Please sign up in the Blue Book by Monday, Feb. 19. Cost is approximately \$9 per person.

On Bended Knees: The Night Rider Story

Friday, Feb. 23, at 7 p.m.

Join Meadowlark residents, Duane and Pat Miksch, at 7 p.m. Friday, Feb. 23, in the Community Room as they present *On Bended Knees: The Night Rider Story*, a video production from KET (Kentucky PBS). The video is hosted by Bill Cunningham, author of the book in which the video is named after. Cunningham is now a Kentucky Supreme Court Judge.

The story is of the Night Riders and the Black Patch Tobacco War (1904 to 1909). The war was the longest and most violent uprising in the United States between the Civil War and the race riots of the 1960s. Background on the area, the host, video producer and contributing historian will be presented by Duane and Pat. All who are interested are invited to attend.

Concert at All Faiths Chapel

Thursday, March 1, at 7:30 p.m.

At 7:30 p.m. Thursday, March 1, Slawomir Dobrzanski, piano and Ben Sayevich, violin will be playing a concert at All Faiths Chapel on the KSU campus. This is a FREE concert. A FREE bus will go from Meadowlark to All Faiths. Sign up in the Blue Book if you want to attend.

Ben Sayevich is from the International School of Music at Park College, Parkville, Missouri. He played a concert with Dr. Dobrzanski, from KSU, last spring at Hale Library. The concert on March 1st is one not to be missed!

Mingle, from page 1

by examples of their work.

Prompting the theme of Manhattan Memories, Larmer and Fontenot are arguably Manhattan's most known artists, and their work has been admired for decades. Their relationship may best be described as mentor/mentee. Larmer's paintings have become part of the visual fabric and esthetic identity of our community, and Fontenot has recorded in his landscapes and cityscapes the changing appearance of Manhattan as it has grown and prospered.

In addition, large paintings by the late Elfreda Johnson Peterson will be on display. These paintings, now hidden gems of Meadowlark's collection, previously hung at Manhattan's Scheu's Café, which operated from the 1930s to the 1970s on the southwest corner of 5th and Poyntz (currently the location of the Manhattan Area Chamber of Commerce). Even if you didn't eat at Scheu's, you'll want to see these big beauties.

The theme, Manhattan Memories, also reflects the event's beneficiary. The memory program, now in its third year, provides education and engagement opportunities for persons affected by memory loss. All program services are FREE and are open to anyone in the Flint Hills region.

Friday's Art Mingle will include silent and live auctions, featuring art-related items and experiences, as well as party favors for all attendees also will be part of the fun. Larmer and Fontenot both have committed to providing pieces for the live auction. Pottery, objects made by Flint Hills Woodturners members, a hand-pieced quilt dated 1930, original work by current and former Meadowlark residents as well as pieces by the late Gene Ernst also will tempt bidders in the silent or live auctions.

A VIP (very important paintings) Tour begins at 6 p.m., with a general Mingle following at 7 p.m. Mingle tickets are \$50 per person. A limited number of VIP tickets are available at \$75 per person and includes select food and beverages, a docent-led tour, reserved parking and a souvenir drinking glass. For more information or to make reservations, call 785-537-4610. Tickets may also be purchased online at www.meadowlark.org.

The fundraiser has generated generous support from the local business community in the form of sponsorships. Community First National Bank is

the presenting sponsor, with the (Jack and Joann) Goldstein Fund, a supporting organization of Greater Manhattan Community Foundation, and Kellstrom Pharmacy also supporting the March 9 event.

Art Mingle: Manhattan Memories is one of three events during a memorable March weekend. On Saturday, March 10, allow your eyes and feet to wander at Art Mingle: Fine Art Fair. Local and area painters, potters, sculptors, etc., are expected to exhibit and sell their work to the public from 10 a.m. to 4 p.m. at Meadowlark Hills Community Center.

There is no charge to attend the Fair, but breakfast and lunch are available for purchase at Meadowlark's restaurant and café. Plan to spend a few hours and cure your cabin fever!

A list of participating artists will be released as names and their media become available. If you're an artist and would like information about participating, contact Ginny Young at artbyginny@gmail.com.

A third opportunity for art appreciation is to occur on Sunday, March 11, when Kansas State University theater students present a staged reading of a play, *Numb & Number*, written by Deborah Murray, an instructor in the university's English department. The play reading is planned for 4 p.m. at Manhattan Art Center.

"*Numb and Number* is based on my family's experience facing our mother's Alzheimer's diagnosis--not so much about Alzheimer's as about the emotional upheaval a family faces when someone they love gets this diagnosis," Murray writes.

The students will be led by Sally Bailey, Director of the Drama Therapy Program and a faculty member of the Gerontology program. Lynsey Becher, a Meadowlark employee, and Emily Trube, both of the Drama Therapy master's program, are lead actresses. Becher works at Verna Belle's Café.

Admission is by donation, with proceeds benefiting Meadowlark Memory Program. Murray's mother lived at Meadowlark Hills from 2008 until her death in 2015. Complimentary transportation for residents is available to the performance. Please register in the Blue Book. *Follow Meadowlark on Facebook, @meadowlarkmhhk, to receive event updates.*

Live Your Way, Every Day Photo Contest Winners



[above] **First Place Winner**, staff category; submitted by Brittany Hernandez & Jenna Pickett
"Letting loose and sharing a smile with friends."



[left] **First Place Winner**, non-staff category; submitted by Rita Groneck
"Fishing at Meadowlark with Carol and Tim."

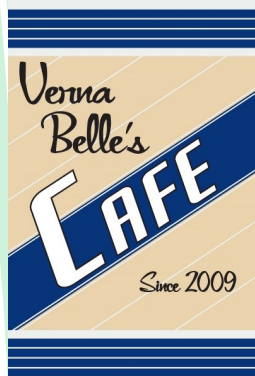
[above] **Second Place Winner**, staff category; submitted by Nancy Knopp,
"The Lyle House family partied on their flag & flower-bedecked patio during the July 4th holiday!"



[above] **Second Place Winner**, staff category; submitted by Elizabeth Thomas "Daisies from Daniel for Mother's Day"



[above] **Third Place Winner**, staff category; submitted by Hope Laubhan "Looking into the future at Mardi Gras"



LUNCH SPECIALS

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

Monday, Feb. 19

Meatball Sub with Choice of Side
meatballs, marinara sauce & shredded mozzarella cheese on a sub roll
\$3.99 / \$5.99

Tuesday, Feb. 20

BBQ Chicken Pizza
shredded chicken, french-fried onions & green onions on a flatbread crust topped with mozzarella cheese & BBQ sauce
\$3.99 / \$5.99

Wednesday, Feb. 21

Grilled Cheese with Tomato Soup
american, swiss & cheddar cheese on your choice of butter-toasted white or wheat bread
\$3.99 / \$5.99

Thursday, Feb. 22

Turkey Avocado Wrap with Choice of Side
turkey, avocado, shredded swiss cheese, lettuce & tomato wrapped in a flavored tortilla
\$3.99 / \$5.99

Friday, Feb. 23

White Chicken Chili with Cornbread Muffin
shredded chicken, great northern beans & onions in a creamy soup served with a cornbread muffin
\$3.99 / \$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	Feb. 18 ~ Lunch \$12	Dinner \$12
	Baked Ham with Balsamic Cherry Sauce Scalloped Potatoes Vegetable du Jour	Grilled Cajun Chicken Breast Red Beans & Rice Vegetable du Jour
MONDAY	Feb. 19 ~ Lunch \$10	Dinner \$12
	Sweet & Sour Chicken Rice Choice of Vegetable	Stuffed Pork Tenderloin with Apples, Rosemary & Thyme Wild Rice Cake Vegetable du Jour
TUESDAY	Feb. 20 ~ Lunch \$8	Dinner \$14
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Sautéed Orange Roughy with Lemon Butter Roasted Red Potatoes Vegetable du Jour
WED.	Feb. 21 ~ Lunch \$10	Dinner \$12
	Fried Catfish Coleslaw French Fries	Chicken Breast ala Orange Wild Rice Vegetable du Jour
THURS.	Feb. 22 ~ Lunch \$7	Dinner \$12
	Pasta Bar <i>(does not include drink, starter, or dessert)</i>	Swiss Steak Mashed Potatoes with Gravy Vegetable du Jour
FRIDAY	Feb. 23 ~ Lunch \$10	Dinner \$12
	Quiche Lorraine Rice Pilaf Choice of Vegetable	Roast Turkey with Sausage Sage Dressing Mashed Potatoes with Gravy Vegetable du Jour
SAT.	Feb. 24 ~ Lunch \$10	Dinner \$14
	Steamed Polish Sausage Fried Potatoes Choice of Vegetable	Shrimp Alfredo Garlic Toast Vegetable du Jour

**DRINK
SPECIAL**

Berry Breeze
 2 oz. Skyy Vodka, 1/4 oz. Lime Juice, 2 oz. Ginger Ale & 1/2 oz. Cranberry Juice
 \$3.75

Grosh Cinema Movies

Sunday, February 18 to 24, 2018

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

Sunday, Feb. 18—Cars 3 (2017)

Sleek female race car Cruz Ramirez helps old-time champion Lightning McQueen make a comeback as he faces a new generation of high-tech racers.

Co-Starring: Owen Wilson, Cristela Alonzo, Chris Cooper, Nathan Fillion & Larry the Cable Guy

Rated G; 1 hr. 42 min.

Monday, Feb. 19—Knight and Day (2010)

Perpetually unlucky in love, June becomes intrigued by a mysterious man who unexpectedly drags her into a whirlwind adventure involving devious enemies, and life-threatening confrontations.

Co-Starring: Tom Cruise, Cameron Diaz & Peter Sarsgaard

Rated PG-13; 1 hr. 49 min.

Tuesday, Feb. 20— Crazy, Stupid, Love (2011)

When Cal Weaver learns that his wife wants a divorce, he reluctantly faces the prospect of single life.

Meanwhile, Cal's adolescent son is in love with his 17-year-old babysitter.

Co-Starring: Steve Carell, Ryan Gosling & Julianne Moore

Rated PG-13; 2 hrs. 1 min.

Wednesday, Feb. 21— Meet the Fockers (2004)

Newly engaged Greg and Pam join Pam's straitlaced family on an RV trip down to Miami to meet

Greg's eccentric parents. Greg's future father-in-law refuses to play nice with anyone.

Co-Starring: Robert De Niro, Ben Stiller, Barbara Streisand & Dustin Hoffman

Rated PG-13; 1 hr. 55 min.

Thursday, Feb. 22— J. Edgar (2011)

Leonardo DiCaprio stars in this riveting biopic as J. Edgar Hoover, the longtime FBI director as notorious for his overzealous methods of law enforcement as for the rumors regarding his cross-dressing and close relationship with protégé Clyde Tolson.

Co-Starring: Leonardo DiCaprio & Naomi Watts

Rated R for brief strong language; 2 hrs. 17 min.

Friday, Feb. 23 – Bring it On (2000)

Captain Torrance Shipman attempts to lead her cheer crew to its sixth national title.

Co-Starring: Kirsten Dunst, Eliza Dushku & Gabrielle Union

Rated PG-13; 1 hr. 39 min.

Saturday, Feb. 24— Caddyshack (1980)

This comedy classic follows the travails of young caddy Danny Noonan as he gets tangled in high-jinks involving the eclectic and ridiculous members of Bushwood Country Club

Co-Starring: Chevy Chase, Rodney Dangerfield & Ted Knight

Rated R for nudity and mild profanity; 1 hr. 39 min.

Weekly Opportunities Calendar *Feb. 18 – Feb. 24*

Sunday • February 18

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 Glenn Fogo from First United Methodist Church, CR

Monday • February 19

Breakfast at Verna Belle's—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. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 2:00 p.m. ~ Osher Class: J.R. Brinklly, BFH
- 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
- 6:00 p.m. ~ LEAP! Class, KSU CL
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • February 20

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
- 10:30 a.m. ~ Meditation 101, GC
- 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 • February 21

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. ~ 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
- 6:30 p.m. ~ Osher Class: Gunmen, Scoundrels, and Lawmen of the West, CR

Thursday • February 22

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
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 2:00 p.m. ~ Stepping On, KSU CL
- 2:30 p.m. ~ Gerontology Class, CR
- 4:00 p.m. ~ St. Paul's Episcopal Church Service, LR

Friday • February 23

Breakfast at Verna Belle's—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 Partner Support Grp, LR
- 7:00 p.m. ~ On Bended Knees, CR

Saturday • February 24

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
- 5:00 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
BFH, Bank of Flint Hills	

*Meadowlark News Channel can be viewed on Channel 1960