



Get Up & Get Movin’

Meadowlark Wellness Olympiad 2018, sign up today!

by Jeff Heidbreder, Fitness Leader

Registration for the 2018 Meadowlark Wellness Olympiad is now open! Registration forms can be found at the Hospitality Desk and completed forms should be placed in the drop box at the same location. Sign your team up before the registration deadline of Monday, April 2.

The Olympiad will start with the Kick-off Party from 2 to 3 p.m. Friday, April 6, in the Community Room where we will distribute participant materials, review the rules and hold the first Team Challenge.

The six-week Olympiad will run from April 9 to May 20. Participants will track physical activity, be encouraged to make healthy food choices and compete in challenges to earn points for their team.

Many prizes will be awarded; you may win something just for working towards better health!

Each team will consist of three participants and can be made up of Meadowlark residents, employees and Passport members. This year each team will be randomly assigned a “home country,” which will play a part in some of the challenges throughout the Olympiad. Please contact Jeff Heidbreder (785) 341-2995 with any questions. Sign up and see if your team has what it takes to be Olympiad Champions!

STAY WELL CHECKLIST

- ☐ HEALTHY FOOD
- ☐ REGULAR EXERCISE
- ☐ CREATIVE THINKING
- ☐ STRESS RELIEF

Annual Pig Out event includes raffle prize

The 8th annual Pig Out for Parkinson’s, benefiting Meadowlark Parkinson’s Program, is set for Thursday, April 19, at Cox Bros. BBQ. A raffle prize is again part of the fun with proceeds also supporting the Parkinson’s Program. Raffle tickets for a K-State Football Experience package will be sold beginning Monday, March 26. We’re pleased to announce the prize winner will receive:

~ Two seats in the Kansas State University president’s suite for the Nov. 17 game at Bill Snyder Family Stadium vs. Texas Tech. Your hosts will be Richard “Dick” Myers and his wife, Mary Jo. President Myers, K-State’s 14th president, is a retired four-star general in the United States Air Force. The Myerses are K-State graduates.

The weather on Nov. 17 could be cold, rainy, snowy or all three, so viewing the game from the comfort of a suite in such good company, will be ... Sweet! Our thanks to First Lady Mary Jo Myers for the donation of the passes.

“We wish you great success with this event! I have friends with Parkinson’s, and we are grateful for what you do for people that deal with all the negative effects of this life-impacting disease,” Mary Jo Myers said.

~ A new pair of Nike Cortez shoes, the shoes Coach Bill Snyder famously wears on the sideline on game days, autographed by the

See Raffle, page 5

EASTER BRUNCH



\$17/adult & \$10/child

Sign up for Easter Brunch at the host stand in
Prairie Star Restaurant or by calling (785) 323-3820.

COLD

Green Salad Waterfall
Jell-O Molds
Poached Salmon
Deviled Eggs
Seafood Salad
Marinated Asparagus
Fresh Fruit
Waldorf Salad
Cucumbers with Dill
Potato Salad with Crab
Tarragon Vinaigrette
Chicken Salad
Caprese Salad
Pasta Salad
Tabbouleh with Pita
Brie with Crackers &
Baguettes

HOT

Carved Prime Rib with
au jus & horseradish
Carved Ham
Baked Sole
with Dill Sauce
Herb-Crusted
Pork Tenderloin
with Wild Rice
Chicken & Dumplings
Bacon & Leek Quiche
Fried Drumsticks with
Macaroni & Cheese
Gruyere Gratin
Potatoes
Green Beans
Broccoli Soufflé

DESSERT

Chocolate Banana Bread Pudding with Jack Daniels Sauce	Raspberry Walnut Torte
Chocolate Cream Pie	Black Forest Cake
Coconut Cream Pie	Tropical Carrot Cake
Speckled Malted Cake	Cream Puffs
Dutch Apple Pie	Pecan Pie
Lemon Meringue Pie	Tiramisu
	Mocha Roulades

BREAD

Dinner Rolls / Assorted Muffins
Cinnamon Rolls

Building & Grounds Committee

The Building and Grounds Committee will begin meeting in April. Meetings are scheduled for the second Wednesday of each month (April through September) at 9 a.m. in the Flint Hills Room (formerly the Living Room). If you have questions, please contact Bob Klemm, chairman of the committee, at (785) 537-0980.

AM Exercise Classes canceled, 3/23

Seated Strength, Weights 101 and Sit & Be Fit are canceled for tomorrow, March 23. Classes will resume Monday, March 26.

Memorial Service for Norma Thompson

Friday, March 23, at 10:30 a.m.

A memorial service for Norma Thompson will be held Friday, March 23, at 10:30 a.m. in the Community Room at Meadowlark Hills. All are invited to attend.

Argyle Socks

Friday, March 23, at 7 p.m.

Two guys and their argyle socks, Nick Hernandez and Jeff Hupe, are an acoustic duo from the band *The Argyles* of Wamego, Kan. *The Argyles* will be entertaining in the Community Room at 7 p.m. Friday, March 23.

Nate began playing acoustic and electric guitar over ten years ago. Jeff has been a lifelong drummer on a variety of percussive instruments and joined the praise band with Nate this past year. Together they will perform an acoustic show of varying genres. All are welcome to attend.

Vespers Services

Sunday, March 25, at 7 p.m.

The Vespers services will be led by the College Avenue United Methodist Church Youth Group. Vespers service will begin at 7 p.m. Sunday, March 25, in the Community Room. All are welcome.

Emily's Feature Dessert!

Tuesday, March 27, at 3 p.m.

Emily's Feature Dessert for Coffee Corner Tuesday, March 27, is Chocolate Cream Pie! Sometimes associated with comedians who use them as gimmicks in their routine (*pieing* is the act of throwing a pie at a person or people), the

cream pie is filled with rich custard or pudding and often topped with whipped cream. Don't worry, there won't be any *pieing* at next week's Coffee Corner because it will be too delicious to waste!

Elementary Leadership Group

Tuesday, March 27, at 3:30 p.m.

A group of fifth and sixth grade students from Amanda Arnold Elementary School are coming to Meadowlark from 3:30 to 5 p.m. Tuesday, March 27. When they first arrive, they will head to the Community Room to participate in Coffee Corner. While they are here, they plan to entertain residents with their musical talents, while dazzling their wits during a few games of chess, checkers, and Apples to Apples! If you are already a Coffee Corner "regular", please feel free to stick around from 4 to 5 p.m., to spend time with these wonderful youth!

Dominoes

Tuesday, March 27, at 6 p.m.

All who are interested are invited to play Dominoes Tuesday, March 27, at 6 p.m. in the Game Room.

ARTful Memories

Wednesday, March 28, depart at 9:45 a.m.

The ARTful Memories Class will meet at the Beach Museum of Art at 10 a.m. Wednesday, March 28. Transportation to the museum will be available and will depart from the Village Entrance at 9:45 a.m. Please sign up in the Blue Book if you would like to utilize this service.

The class is led by Art Educator Kim Richards who will take the group through the museum followed by a short discussion in the Beach Café. The class will conclude at 11:30 a.m. There is no charge to attend the event, Please contact Michelle Haub at 323-3899 with questions.

Sense of the Past

Thursday, March 29, at 10:30 a.m.

Do you love painting or drawing? Well if so, this class is for you! Join Rachel Severt at 10:30 a.m. Thursday, March 29, in the South Conference Room (formerly the Tranquility Room) for a student-led painting activity as she works at helping participants relive memories through the use of the five senses. Each week, participants will

create a piece of artwork showcasing a small aspect of this memory.

This week will be focusing on the theme of coffee. Join as we not only drink coffee, but actually learn how to paint with it! Come out to discover that coffee is not always just for drinking here around Meadowlark but rather, can also be used to create beautiful pieces of artwork through the use of a simple technique taught during this class. Please feel free to contact Rachel Severt for further information at (254) 285-1363.

Evening of Musical Theater

Friday, March 30, at 7 p.m.

On Friday, March 30, Cheryl Richt and several of her students will present *An Evening of Musical Theater*.

Cheryl is an Instructor of Voice at Kansas State University teaching studio voice. Ms. Richt holds vocal performance degrees from the University of Illinois, Champaign-Urbana (MM, BM), and while a student of Phyllis Bryn-Julson, was awarded the Graduate Performance Diploma in vocal performance from the Peabody Conservatory of Music, Baltimore, MD. They look forward to entertaining the residents of Meadowlark at 7 p.m. March 30 in the Community Room.

Outdoor Opportunities Committee

Monday, April 2, at 1 p.m.

Members of the Outdoor Opportunities Committee will meet Monday, April 2, at 1 p.m. in the West Conference Room. If you have questions prior to the meeting time, please contact Sarah Duggan at (785) 323-3878.

Calling at 4-Hers!

Saturday, April 14, at 9 a.m.

A group of local 4-H youth will be coming to Meadowlark, on Saturday, April 14, from 9 a.m. to 1 p.m., to come and learn more about what makes our community so special and meet some of our wonderful residents! These youth are a part of a unique group that focuses on leadership and citizenship. If you would be interested in talking about your own 4-H experience during a casual discussion with these 4-Hers, please sign up in the Blue Book, or contact Jana at (785) 323-3890.

NEW books at the Library!

Fiction titles

A Traitor to Memory, by Elizabeth George
Preditor, by Patricia Cornwall
Scandalous Behavior, by Stuart Woods
(large print)
The Melody Lingers On, by Mary Higgins Clark
On the Street Where You Live, by Mary Higgins Clark
Daughters-in-law, by Joanna Trollope
(large print)
NYPD Red, by James Patterson (large print)
The Rooster Bar, by John Grisham
A Piece of the World, by Christina Baker Kline
The Last Kind Words Saloon, by Larry McMurtry
Magpie Murders, by Anthoony Horowitz
The Last Place You Look, by Kristen Lepionka
Origin, by Dan Brown
Two Kinds of Truth-A Bosch Novel, by Michael Connelly
The Mending String, by Cliff Coon (large print)
Driving in the Dark, by Deborah Moggach
(large print)

Non-fiction titles

Beyond the Messy Truth: How We Came Apart and How We Come Together, by Van Jones
Blue Man World, by Blue Man Group
The Great Agnostic: Robert Ingersoll and American Freethought, by Susan Jacoby
Prairie Fires: the American Dreams of Laura Ingalls Wilder, by Caroline Fraser
At Home in the Heartland: Midwestern Domestic Architecture, by Robert Winter & Alexander Vertikoff
Citizens of London: the Americans Who Stood With Britian in its Darkest, Finest Hour, by Lynne Olson
Gateway to Freedom: the Hidden History of the Underground Railroad, by Eric Foner

Audio books

The Longest Ride, by Nicholas Sparks
Maximum Ride, by James Patterson
The War Within, Bob Woodward
The Rule of Nine, by Steve Martini

Good Friday Communion Service

Friday, March 30
4 p.m.
Community Room

The Service will be led by Rev. Cam McConnell from the First Presbyterian Church. The invitation to the sacrament of communion is extended to all Christians regardless of denomination.

Welcome, Michele!

by Sarah Duggan, Community Relations Director
Starting last Friday, residents, guests and staff members may have noticed a new face at the Reception Desk inside Meadowlark’s main entrance (the Village Entrance). Michele Riter has joined the Meadowlark team and will be at the Reception desk Monday through Friday.

Her role will include all duties that Maggi Birchmeier maintained and also some additional clerical support functions for marketing and fundraising efforts at Meadowlark. Maggi won’t be leaving us, however she will transition to the Human Resources team in the next few days.
Please welcome Michele to Meadowlark in the coming weeks as you pass through the lobby. We’re excited to have her as a part of the team!

Change & Loss Series

by Chaplain Patty Brown-Barnett

An informal group will be starting on Wednesday, April 4 for the Meadowlark community. Social Services Leader Bridget Larkin, Chaplain Patty Brown-Barnett, D.Min., and Household Coordinator Ebonie Christion will be working together to lead this group, ably assisted by Social Services Intern Claire Williams. Together we hope to provide a supportive environment for finding hope and healing in a safe place.

There will be no required reading materials for this series, and weekly participation is not required. Those who wish to purchase *Understanding Your Grief* by Alan D. Wolfelt, Ph.D., as a resource, will be able to follow group sessions in more detail. We hope to keep our conversations flexible, depending on the desires and needs of those who participate. This opportunity is open to all who wish to work through life changes and loss in a supportive environment. The group will gather for twelve weeks on Wednesdays from 2 to 3 p.m. in the South Conference Room (formerly known as the Tranquility Room).

Passport members, residents and their family members, as well as Meadowlark staff are welcome to come.

Raffle, from page 1

Wildcats' Hall of Fame coach. The shoes are in Coach Snyder's size, 9 1/2. The shoes come inside a display case.
~ A \$100 Academy Sports + Outdoors gift card. This retailer, located on Tuttle Creek Blvd., offers K-State apparel and tailgating items as well as a large selection of athletic shoes and sporting goods.

Raffle tickets are \$1 each or six for \$5. Purchase them at the Hospitality Desk, Verna Belle's Café, Cox Bros BBQ and from Parkinson's Program participants. The winner will be drawn at 8:30 p.m. on April 19 at Cox Bros. BBQ. The winner need not be present to win.



LUNCH SPECIALS

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

Monday, March 26

Mushroom Swiss Burger with Choice of Side
grilled hamburger topped with sautéed mushrooms & onions on a toasted hamburger bun
\$5.99

Tuesday, March 27

Pizza Day
build your own pizza with toppings from the salad bar on a grilled pizza crust
\$5.99

Wednesday, March 28

Grilled Cheese with Tomato Soup
american, swiss & cheddar cheese on your choice of italian or wheatberry bread
\$3.99 / \$5.99

Thursday, March 29

Cuban with Choice of Side
pulled pork, ham, swiss cheese, pickles & mustard on toasted italian bread
\$3.99 / \$5.99

Friday, March 30

Turkey Avocado Wrap with Choice of Side
turkey, shredded cheese, guacamole, lettuce & tomato wrapped in a flavored tortilla
\$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	March 25 ~ Lunch \$12	Dinner \$11
	Grilled Raspberry Chicken Smoked Cheddar Scalloped Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	March 26 ~ Lunch \$10	Dinner \$12
	Hot Turkey Sandwich Mashed Potatoes & Gravy Choice of Vegetable	Fried Catfish with Tartar Sauce Hashbrown Casserole Vegetable du Jour
TUESDAY	March 27 ~ Lunch \$7	Dinner \$13
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Braised Short Ribs Green Chile Mashed Potatoes Vegetable du Jour
WED.	March 28 ~ Lunch \$10	Dinner \$12
	Spaghetti & Meat Sauce Garlic Toast Choice of Vegetable	BBQ Chicken Gouda Scalloped Potatoes Vegetable du Jour
THURS.	March 29 ~ Lunch \$8	Dinner \$11
	Baked Potato & Sweet Potato Bar <i>(does not include drink, starter, or dessert)</i>	Meatloaf Mashed Potatoes Vegetable du Jour
FRIDAY	March 30 ~ Lunch \$10	Dinner \$14
	Pork Stroganoff Noodles Choice of Vegetable	Stuffed Sole with Crab Roasted Red Potatoes Vegetable du Jour
SAT.	March 31 ~ Lunch \$10	Dinner \$15
	Sautéed Orange Roughy Rice Pilaf Choice of Vegetable	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL | **Peach Tea**
2 oz. Peach Schnapps, 1 oz. Skyy Vodka & 1 oz. Orange Juice
\$3.75

Grosh Cinema Movies

Sunday, March 18, to Saturday, March, 24, 2018

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

Sunday, March 25—The Prince of Egypt (1998)

In this animated retelling of the Book of Exodus, Egyptian Prince Moses (Val Kilmer), upon discovering his roots as a Jewish slave, embarks on a quest to free his people from bondage.

Co-Starring: Val Kilmer, Ralph Fiennes, Michelle Pfeiffer & Sandra Bullock

Rated PG; 1 hr. 40 min.

Monday, March 26—Darkest Hour (2017)

Winston Churchill must face one of his most turbulent and defining trials: exploring a negotiated peace treaty with Nazi Germany, or standing firm to fight for the ideals, liberty and freedom.

Co-Starring: Gary Oldman, Kristin Scott Thomas, Lily James & Stephen Dillane

Rated PG-13; 2 hrs. 5 min.

Tuesday, March 27— The Zookeeper’s Wife (2017)

Warsaw Zoo caretakers Antonia and Jan Zabinski place themselves in grave danger when they begin collaborating with the Resistance in an effort to save Jews from horrors of the Warsaw Ghetto.

Co-Starring: Jessica Chastain, Daniel Brühl, Johan Heldenbergh,

Rated PG-13; 2 hrs. 6 min.

Wednesday, March 28— Something the Lord Made (2004)

Although Vivien Thomas, a black man in the 1930s, is originally hired as a janitor proves himself adept at assisting the “Blue Baby Doctor” with his medical research.

Co-Starring: Alan Rickman, Yaslin Bey & Kyra Sedgwick

Rated NR; 1 hr. 52 min.

Thursday, March 29— Meditation Park (2017)

A dutiful wife and mother re-examines her veneration of her husband after she finds another woman's underwear in his laundry.

Co-Starring: Cheng Pei-pei, Sandra Oh, Liane Balaban & Tzi Ma as Bing

Rated TV-13; 1 hr. 34 min.

Friday, March 30 – Lethal Weapon (1987)

A veteran policeman, Murtaugh, is partnered with a younger, suicidal officer, Riggs. They both have one thing in common: hating working in pairs. Now they must learn to work with one another.

Co-Starring: Mel Gibson, Danny Glover & Gary Busey

Rated R for violence, profanity and drug use; 1 hr. 47 min.

Saturday, March 31— People Like Us (2012)

When Sam attends his estranged father’s funeral, he learns about a sister he never knew and is told to bring her and her young son their inheritance.

Co-Starring: Sam Worthington, Octavia Spencer & Tim McGraw

Rated PG-13; 1 hr. 55 min.

Weekly Opportunities Calendar *March 25– March 31*

Sunday • March 25

Breakfast at Verna Belle's—Omelets with Fruit

9:30 a.m. ~ Miller Worship Service, MFR
10:30 a.m. ~ Worship Service, CR
2:00 p.m. ~ Wroten Worship Service, WL
7:00 p.m. ~ Vespers with the College Avenue United Methodist Church Youth Group, CR

Monday • March 26

Breakfast at Verna Belle's—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
12:00 p.m.~ 1st Pres. Men's Luncheon, MR
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
5:30 p.m. ~ Eastside Supper, MR
6:00 p.m. ~ LEAP!, KSU CL
7:00 p.m. ~ Community Bingo, CR

Tuesday • March 27

Trash pick-up day

Breakfast at Verna Belle's—Breakfast Sandwich w/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, FHR
3:00 p.m. ~ Coffee Corner, CR—FEATURE DESSERT!
4:00 p.m. ~ Newspaper & Bible, FHR
5:30 p.m. ~ 3rd Floor Supper, CR
6:00 p.m. ~ Dominoes, GR

Wednesday • March 28

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, FHR
9:45 a.m. ~ Depart for ARTful Memories, 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. ~ Pitch, GR
1:30 p.m. ~ Diabetic Support Group, KSU CL
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Rock Steady Boxing, CSC
3:00 p.m. ~ Call Hall Ice Cream, KR
4:00 p.m. ~ Lutheran Video Worship Service, FHR
5:30 p.m. ~ 1st Floor Supper, LR

Thursday • March 29

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, FHR
10:30 a.m. ~ Steady Yourself, CR
10:30 a.m. ~ A Sense of the Past, SCR
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
2:30 p.m. ~ Gerontology Class, CR

Friday • March 30

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
1:00 p.m. ~ Hand & Foot Card Games, GR
1:00 p.m. ~ Parkinson's Exercise Class, CR
2:30 p.m. ~ Rock Steady Boxing, CSC
4:00 p.m.~ Good Friday Communion Service, CR
7:00 p.m. ~ Evening of Musical Theater, CR

Saturday • March 31

Breakfast at Verna Belle's—Omelets with fruit

9:30 a.m. ~ Painting for Fun, KSU CL

Room Abbreviations

BFH, Bank of Flint Hills	BP, Billiards Parlor
CH, Collins House	CON, Conference Room
CR, Community Room	CSC, Combative Sports Center
FHR, Flint Hills Room (<i>formerly Living Room</i>)	
GC, Grosh Cinema	GR, Game Room
HD, Hospitality Desk	KR, Kansas Room (Pub)
KSU CL, KSU Classroom	LB, Library
MFR, Miller Friendship Rm	MR, Manhattan Room
MS, Miller Spa	PS, Prairie Star Restaurant
PSP, Prairie Star Patio	
SCR, South Conference Room (<i>formerly Tranquility Rm.</i>)	
VE, Village Entrance	WL, Wroten Library

Updated menu, Prairie Star Restaurant

Prairie Star Restaurant's dinner-special menu for tomorrow, March 23, and Saturday, March 24, have been changed. See below for updated menu offerings.

Friday, March 23: Prime Rib, Anna Potatoes & Vegetable du Jour

Saturday, March 24: Salmon, Baked Potato & Vegetable du Jour