



# MEADOWLARK

Messenger

June 21, 2018

Manhattan, Kansas

Messenger Editor: Sarah Duggan

*A local not-for-profit organization  
enhancing senior lifestyles*

## 4th of July Celebration

*Submitted by Monte Spiller*

You're invited to celebrate Independence Day at Meadowlark Hills Wednesday, July 4. A dinner buffet will be served in Prairie Star Restaurant for \$12 per person. No prior registration is required and the menu will be printed in next week's Messenger.

After dinner, join us in the West Parking Lot and on Lyle House Patio for cold drinks while you enjoy some hot music from our special guest Doug "Chappie" Chapman starting at 8:30 p.m.

Doug will be performing various music, including Motown hits from the 60's and more. Following the performance, stick around for the firework display beginning at sundown in the West parking lot. Residents, staff and family members are encouraged to come out. We look forward to seeing you there!

## Meadowlark Fishing Tournament

*submitted by Monte Spiller & Terry Livingston*

It's time for the second annual Meadowlark Fishing Tournament! The tournament is open to all residents, staff and family members and will take place at Bayer Pond on Meadowlark's campus. Not only will you have a good time fishing, you also have the chance to compete for some great prizes!

Residents Terry Livingston and Don Rasmussen will lead the kick-off meeting for the tournament at 2 p.m. Friday, June 29, in the KSU Classroom. The tournament will run from 3 p.m. Friday, June 29, through noon Friday, July 6. A post-tournament gathering and awards ceremony will be at 2 p.m. Friday, July 6, in the KSU Classroom.

If you have questions, please contact Monte Spiller at (785) 323-3801.

## History of the Cowboy



*submitted by Charlene Brownson, UFM Community Learning Center*

The State of Kansas has become the eighth state to pass the National Day of the Cowboy bill in perpetuity. Governor Colyer has signed HB 2437 into law this session; it establishes the fourth Saturday in July each year as the National Day of the Cowboy.

In recognition of the first National Day of the Cowboy under this law, please join UFM Community Learning Center and Manhattan Public Library at 6:30 p.m. Tuesday, July 10, at the library to learn about the important part that Kansas played in western history. Presenter Ron Wilson, the Cowboy Poet Lariat, will share the history of the cowboy complete with cowboy poetry. The program is free and open to the public. Register online at [www.tryufm.org](http://www.tryufm.org) or by calling (785) 539-8763.

The best cowboy poetry comes from real life, and Ron Wilson has been there. He grew up on the Lazy T Ranch near Manhattan, Kan., where the family raised cattle, horses, hogs, wheat, corn, milo, and kids. Ron produces "Kansas Profiles," a weekly newspaper column and radio broadcast produced by the Huck Boyd Institute and distributed statewide and online. Ron has performed at the American Royal, the National Agricultural Hall of Fame, Old Cowtown in Wichita, the Prairie Rose Chuckwagon Supper, the Kansas Museum of History, Governor's inauguration, and more. He hosts a television show called "Cowboy Up" on Cox cable television systems in Manhattan and across Kansas.

### **Lemonade & Limeade**

They're back! Fresh-squeezed lemonades and limeades are available again in Verna Belle's Café for \$3.

### **Pizzaz Salon, closed for holiday**

Pizzaz Salon will be closed July 2 to 6 to allow Shannon and Kathy the opportunity to spend some time with family. Please call the salon at (785) 537-6189 to schedule your appointment if you'd like to be seen prior to their time off.

### **PD Webinar**

*Friday, June 22, at 10:30 a.m.*

You're invited to join the Parkinson's disease webinar titled Exercise for Parkinson's Disease at 10:30 a.m. tomorrow, June 22, in the KSU Classroom. Exercise is often prescribed for people with Parkinson's as one of the most important parts of their treatment plan. The panelists will discuss what research is telling us about exercise and PD and how you can integrate physical activity into your daily life.

### **Denims & Lace on the Patio**

*Friday, June 22, at 7 p.m.*

With summer here, let's get out on the Prairie Star Patio and listen to some good music! Meadowlark welcomes for the first time Denims & Lace! At 7 p.m. Friday, June 22, this foursome is a self-describes variety dance band that will have you out of your seat, moving and grooving.

### **Birthday Party for Jane Westfall**

*Saturday, June 23, at 3 p.m.*

You're invited to celebrate the 90th birthday of Dr. Jane Westfall from 3 to 5 p.m. Saturday, June 23, in the Community Room. Cake and punch will be served. Jane requests no gifts, please.

### **Vespers Services**

*Sunday, June 24, at 7 p.m.*

The Vespers service will be led by Reverend Deacon Jerry Erpeldine from St. Thomas More Catholic Church. Vespers service will begin at 7 p.m. Sunday, June 24, in the Community Room. All are welcome.

### **Coffee Corner Feature Dessert**

*Tuesday, June 26, at 3 p.m.*

The Feature Dessert for Coffee Corner Tuesday,

June 26, is a Raspberry Blondie. Come enjoy this delicious dessert!

### **Day Trip to Lawrence, Kansas**

*Wednesday, June 27, depart at 9 a.m.*

Wednesday, June 27, we will be taking a day trip to the Spencer Museum of Art located on the University of Kansas' campus. We will have a guided tour of their feature exhibit "Big Botany: Conversations with the Plant World." After the tour you will have some time to explore other parts of the museum on your own. We then will have lunch at Free State Brewery, where lunch will be the responsibility of each individual.

There is a sign-up sheet located in the Blue Book at the Hospitality Desk and we will depart from the Village Entrance at 9 a.m. The cost for transportation is \$7 per person and admittance into the museum is free.

### **ARTful Memories**

*Wednesday, June 27, depart at 9:45 a.m.*

The ARTful Memories Class will meet at the Beach Museum of Art at 10 a.m. Wednesday, June 27. 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.

### **Card Making with Michelle Lehmer**

*Wednesday, June 27, at 1:30 p.m.*

You're invited to make greeting cards for all occasions with Michelle at 1:30 p.m. Wednesday, June 27, in the West Conference Room. All who are interested are invited to attend.

### **Diabetic Support Group**

*Wednesday, June 27, at 1:30 p.m.*

The Diabetic Support Group will meet at 1:30 p.m. Wednesday, June 27, in the KSU Classroom. Please contact Lisa Schwarz at (785) 323-3830 with questions.

### **Speedy Pd Art Class**

*Thursday, June 28, at 10:30 a.m.*

Join us for another Speedy Pd Art Class to make

the art for the age-group awards for the Speedy Pd Race at 10:30 a.m. Thursday, June 28, in the South Conference Room. People with Parkinson's and any who have been affected by Pd are encouraged to make the awards that give the Speedy Pd the most unique Age Group Awards in the region. Kathrine Schlageck, Beach Museum Education Director, provides the materials, education and inspiration. No previous art experience is needed.

**Farewell Party for Hope Laubhan**  
**Friday, June 29, at 2 p.m.**

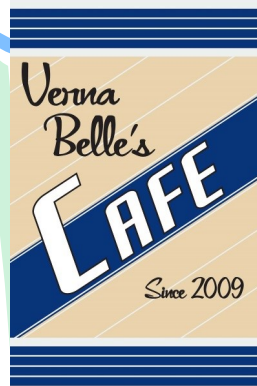
Hope Laubhan, Verna Belle's Café team member, will be leaving soon to move home to Wichita, Kan. and we will miss her! You're invited to a come-and-go style farewell party from 2 to 4 p.m. Friday, June 29, in Verna Belle's Café. Refreshments will be served.

**Heart Strings performance**  
**Friday, June 29, at 7 p.m.**

Joe and Kathy Hopeck is a husband/wife duo who have been performing in Topeka, KC, Manhattan and Wichita areas for over ten years. They play a variety of songs from the 50s, 60s, and 70s, including favorites from the Beatles, Elvis, Eagles, Jimmy Buffet and many other artists. Joe and Kathy provide a wonderful listening experience, and if you love to dance, Heart Strings is for you! Come out to the Community Room at 7 p.m. Friday, June 29, and they promise a good time!

**Ivan & Dorothy Thompkins**  
**Birthday & Anniversary Party**  
**Saturday, June 30, at 2 p.m.**

You're invited to celebrate with Ivan and Dorothy Tompkins at 2 p.m. Saturday, June 30, in the Community Room. They will be celebrating Ivan's 90th birthday and their 65th wedding anniversary. Refreshments will be served and the couple requests no gifts.



# LUNCH & BREAKFAST SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.  
Saturday & Sunday, 7 to 11 a.m.  
(785) 323-3818

**Sunday, June 24**

**Breakfast:** Omelets with Fruit

**Monday, June 25**

**Breakfast:** Biscuits & Gravy

**Lunch:** BBQ Chicken Pizza

*shredded chicken, green onions & french-fried onions on a grilled flatbread pizza with mozzarella cheese with BBQ sauce ~ \$3.99 / \$5.99*

**Tuesday, June 26**

**Breakfast:** Breakfast Sandwich & Fruit

**Lunch:** Foot Long Grilled Cheese with Side cheddar cheese, Monterey jack cheese, candied bacon, chipotle spread & fried eggs on toasted Italian bread~  
**\$3.99/ \$5.99**

**Wednesday, June 27**

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Tuscan Turkey Sandwich with Choice of Side turkey, mozzarella & tomato bruschetta on butter-toasted sourdough bread~ **\$3.99 / \$5.99**

**Thursday, June 28**

**Breakfast:** Biscuits & Gravy

**Lunch:** Sweet Chili Chicken Tacos with Side shredded chicken, marinara sauce, parmesan and mozzarella cheese on buttered garlic bread —  
**~ &3.99 / \$5.99**

**Friday, June 29**

**Breakfast:** Waffle or Pancake

**Lunch:** Mini Nacho Burger with Choice of Side ground beef patty topped with nacho cheese, pico de gallo and lettuce on a mini bun ~ **\$3.99 / \$5.99**

**Saturday, June 30**

**Breakfast:** Omelets with Fruit

# 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.

<b>SUNDAY</b>	June 24 ~ Lunch \$12	Dinner \$11
	Baked Ham <i>with Peach Compote</i> Loaded Mashed Potatoes Vegetable du Jour	Spaghetti & Meat Sauce Garlic Toast Vegetable du Jour
<b>MONDAY</b>	June 25 ~ Lunch \$10	Dinner \$12
	Beef Burgundy Crepes Rice Pilaf Choice of Vegetable	BBQ Chicken Ranch Roasted Red Potatoes Vegetable du Jour
<b>TUESDAY</b>	June 26 ~ Lunch \$8	Dinner \$13
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Herb Crusted Pork Tenderloin <i>with Red Wine Vinaigrette</i> Risotto Vegetable du Jour
<b>WED.</b>	June 27 ~ Lunch \$10	Dinner \$12
	Grilled Chicken Parmesan French Fries Choice of Vegetable	Fried Catfish <i>with Tartar Sauce</i> Hash Brown Casserole Vegetable du Jour
<b>THURS.</b>	June 28 ~ Lunch \$8	Dinner \$12
	Baked Potato & Sweet Potato Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Cordon Bleu <i>with Supreme Sauce</i> Rice Pilaf Vegetable du Jour
<b>FRIDAY</b>	June 29 ~ Lunch \$10	Dinner \$14
	Meatball Sub Sweet Potato Fries Pasta Salad	Braised Short Ribs Twice Baked Potato Vegetable du Jour
<b>SAT.</b>	June 30 ~ Lunch \$10	Dinner \$14
	Fish & Chips French Fries Coleslaw	Grilled Salmon <i>with Sun-Dried Tomato Sauce</i> Baked Potato Vegetable du Jour

**DRINK SPECIAL** | Blue Hawaiian  
 2 oz. Pineapple Juice, 1 oz. Coconut Rum &  
 1 oz. Blue Curacao  
 \$3.75

## Grosh Cinema Movies

Sunday, June 24, to Saturday, June 30, 2018

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

### **Sunday, June 24 — Hoodwinked! (2005)**

- Little Red Riding Hood, the Wolf, the Woodsman, and Granny all tell the police the events that led up to their encounter.
- Co-Starring: Anne Hathaway, Glenn Close & Patrick Warburton
- Rated PG; 1 hr. 20 min.

### **Monday, June 25 — National Treasure (2004)**

- A historian races to find the legendary Templar Treasure before a team of mercenaries. Ben's close to discovering its whereabouts, as is his competition, but the FBI is also hip to the hunt.
- Co-Starring: Nicholas Cage, Diane Kruger & Justin Bartha
- Rated PG; 2 hrs. 11 min.

### **Tuesday, June 26 — Must Love Dogs (2005)**

- A forty-something preschool teacher looks to the personals for a change of pace and a relationship, with hilarious results.
- Co-Starring: Diane Lane, John Cusack & Elizabeth Perkins
- Rated PG-13; 1 hr. 38 min.

### **Wednesday, June 27 — The Glenn Miller Story (1954) \*Resident Request**

- Biography of bandleader Glenn Miller from his beginnings to his death over the English Channel in December 1944. The unemployed trombone player Glenn Miller is always broken, chasing his sound to form his band and hocking his instrument in the pawn house to survive.
- Co-Starring: James Stewart, June Allyson & Harry Morgan
- Rated G; 1 hr. 55 min.

### **Thursday, June 28 — Legally Blonde 2: Red, White & Blonde (2003)**

- Elle Woods heads to Washington D.C. to join the staff of a congresswoman in order to pass a bill to ban animal testing.
- Co-Starring: Reese Witherspoon, Sally Field & Bob Newhart
- Rated PG-13; 1 hr. 35 min.

### **Friday, June 29 — Seabiscuit (2003) \*Resident Request**

- True story of the undersized Depression-era racehorse whose victories lifted not only the spirits of the team behind it but also those of their nation.
- Co-Starring: Tobey Maguire, Jeff Bridges & Elizabeth Banks
- Rated PG-13; 2 hrs. 20 min.

### **Saturday, June 30 — The Help (2011)**

- An aspiring author during the civil rights movement of the 1960s decides to write a book detailing the African American maids' point of view on the white families for which they work, and the hardships they go through on a daily basis.
- Co-Starring: Emma Stone, Viola Davis & Octavia Spencer
- Rated PG-13; 2 hrs. 26 min.

# Weekly Opportunities Calendar *June 24 to June 30*

## Sunday • June 24

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 Deacon Larry Erpeldine, CR

## Monday • June 25

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, CR  
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
 1:45 p.m. ~ Parkinson's Voice & Conversation, CR  
 5:30 p.m. ~ Eastside Supper, MR  
 7:00 p.m. ~ Community Bingo, CR

## Tuesday • June 26

*Trash pick-up day*

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  
 7:00 p.m. ~ Dominoes, GR

## Wednesday • June 27

9:00 a.m. ~ Depart for Day Trip to Lawrence, VE  
 9:30 a.m. ~ Seated Strength, CR  
 9:45 a.m. ~ Depart for ARTful Memories, VE  
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE  
 10:00 a.m. ~ Worship Service, FHR  
 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  
 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR  
 1:30 p.m. ~ Diabetic Support Group, KSU CL  
 1:30 p.m. ~ Card Making with Michelle, WCR  
 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  
 3:00 p.m. ~ Unitarian Universalist Fellowship, MR  
 4:00 p.m. ~ Lutheran Video Worship Service, FHR  
 5:30 p.m. ~ 1st Floor Supper, FHR

## Thursday • June 28

8:30 a.m. ~ Messenger Team, WCR  
 10:00 a.m. ~ Meadowlark Bible Study, FHR  
 10:30 a.m. ~ Steady Yourself, CR  
 10:30 a.m. ~ Speedy PD Art Class, SCR  
 11:15 a.m. ~ Chair Yoga, CR  
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
 2:00 p.m. ~ Class: Understanding Civic Divide, CR

## Friday • June 29

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  
 2:00 p.m. ~ Farewell Party for Hope, VB  
 2:00 p.m. ~ Fishing Tournament Kick-Off Mtg, KSU CL  
 2:30 p.m. ~ Rock Steady Boxing, CSC  
 7:00 p.m. ~ Heart Strings, CR

## Saturday • June 30

9:30 a.m. ~ Painting for Fun, SCR  
 2:00 p.m. ~ Ivan & Dorothy Tompkins Birthday & Anniversary Party, CR

### Room Abbreviations

BP, Billiards Parlor	CH, Collins House
WCR, West Conference Room	CR, Community Room
CSC, Combative Sports Center	GR, Game Room
FHR, Flint Hills Room	WL, Wroten Library
GC, Grosh Cinema	PSP, Prairie Star Patio
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
SCR, South Conference Room	VE, Village Entrance
VB, Verna Belle's Cafe	

\*Meadowlark News Channel can be viewed on Channel 1960

### Temporary road closure

A small section of road on the west side of campus will be closed for repairs starting Monday, June 25, weather permitting. This area is located just north west of the dock next to the carports. The team anticipates having all concrete work currently in progress on campus completed by the end of June, weather permitting.