

Empowered LIVE! & Speedy Pd set the pace for a great weekend

By Michelle Haub, Special Programs Leader

The 10th Annual Speedy Pd Race for Parkinson's was Saturday, Aug. 25 at Tuttle Creek State Park. The weather was nothing short of steamy, but it didn't appear to rain on anyone's enjoyment of the day and the activities. The party-like atmosphere in race headquarters was amazing! This year, more than any other year, it seemed as if people stayed longer and enjoyed their time with family and friends while recharging with Eastside & Westside Markets fresh fruit, Panera bagels, Cox Bros BBQ and Houlihan's chips & dip. They rehydrated with Pepsi, Hiland Dairy chocolate milk, shaved ice and of course our signature Budweiser beer. People also enjoyed massages from Body First and Premier Chiropractic, as well as, the debut of the Barn Baseball Academy's Pitching at Parkinson's Dunk Tank.

The number of registered participants that enjoyed the beautiful 5k & 10k courses and the Half-Mile

Family Fun Run/Walk was a little lower than in 2017 as we had 796 (down from 822 in 2017). However, the Team Competition continued to grow again this year and was once again the best year yet! Team Rasmussen continued to *lead the pack* with their unbroken winning streak of Most Donations Raised. Don Rasmussen and his team of *Pups* raised an unmatched \$7,562! Not only was Team Rasmussen the *Alpha Dog* for raising donations, but they also did a great job with their costumes in promoting that "Without Pd Services, life would be RUFF." Their theme helped reinforce the purpose of the Speedy Pd, which is to raise money to help provide Parkinson's exercise, education, outreach and scholarship to those in the Flint Hills region affected by Parkinson's free of charge.

Dennis Rider led *his pack* of Team Coyote Crazy to the finish line for the third year in a row as the Largest

See Speedy Pd, page 6



Winter Bird Feeding

Friday, Sept. 28, at 7 p.m.

Meadowlark welcomes Chuck Otte at 7 p.m. Friday, Sept. 28, in the Community Room. Chuck is the Ag & Natural Resources Agent at Geary County Extension Office. He will be giving a presentation on bird feeding during the winter. Severe winter weather is not only hard on people but can be a life and death struggle for birds. Though birds also require water and shelter, food is often the resource most lacking during cold weather. Many different bird food mixes are available because various species often prefer different grains.

K-State Watch Party events

Saturday, Sept. 29, 2:30 p.m. & Oct. 6, 2:30 p.m.

Come to the Game Room for the KSU Watch Parties listed below. GO STATE!

- Sept. 29— kickoff at 2:30 p.m. KSU Wildcats vs. Texas Longhorns & refreshments will be served at 2 p.m.
- Oct. 6—kickoff at 2:30 p.m. KSU Wildcats vs. Baylor Bears & refreshments will be served at 2 p.m.

Earl Gritton's Birthday Celebration

Sunday, Sept. 30, at 3 p.m.

Join Earl Gritton, a Meadowlark Passport member, and his family in celebrating his 90th birthday! There will be an open house reception Sunday, Sept. 30, from 3 to 5 p.m. at St. Thomas More Church in the Tower Room.

Vespers Services

Sunday, Sept. 30, at 7 p.m.

The Vespers service will be led by Rev. Glenn Fogo from First United Methodist Church. Vespers service will begin at 7 p.m. on Sunday, Sept. 30, in the Community Room. All are welcome.

Town Meeting

Monday, Oct. 1, at 9:30 a.m.

All are invited to attend October's Town Meeting and hear the Meadowlark news at the October Town Meeting at 9:30 a.m. Monday, Oct. 1, in the Community Room.

Outdoor Opportunities Committee

Monday, Oct. 1, at 1 p.m.

Members of the Outdoor Opportunities Committee will meet at 1 p.m. Monday, Oct. 1, in the West Conference Room. This will be the last committee meeting for the season. Following the October meeting, the committee will reconvene March 4, 2019.

If you have questions prior to the meeting time, please contact Sarah Duggan at (785) 323-3878.

Coffee Corner: Feature Dessert!

Tuesday, Oct. 2, at 3 p.m.

Join us in the Community Room at 3 p.m. Tuesday, Oct. 2, for a social hour with coffee and a delicious dessert. Verne Belle's Café featured dessert will be a Pumpkin Spice Bar. All are welcome!

Memory Makers Luncheon

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

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

Living with Diabetes Series

Thursday, Oct. 4, at 9:30 a.m.

Meadowlark Medical Professionals is sponsoring a series titled *Living with Diabetes*. The first session will be at 9:30 a.m. Thursday, Oct. 4, in the KSU Classroom. This opportunity is open to all residents and Manhattan community members. Please sign up in the Blue Book if you plan to attend.

Parkinson's Education Group

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

You're invited to the monthly meeting of the Parkinson's Education Group at 2 p.m. Thursday, Oct. 4, in the Community Room. Kelly E. Lyons, PhD., director of Research and Education at Parkinson's Disease and Movement Disorder Center at University of Kansas Medical Center. Dr. Lyons will be presenting *Parkinson's Disease: More*

Than Motor Symptoms. No prior registration is required.

Change and Loss Series

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

An informal group offered to the Meadowlark community will be continuing to meet from 2 to 3 p.m. Thursday, Oct. 4, in the South Conference Room. Social Services Leader Bridget Larkin, Chaplain Patty Brown-Barnett, D. Min., Social Worker Kathleen Spearman and Social Work Intern Tiffany Bohl are collaborating to lead this group. This week's topic is *Open to the Presence of your Loss*.

There is no required reading materials for this series, and weekly participation is not required. Feel free to drop in even if you have not been to any previous meetings. 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. This opportunity is open to all who wish to work through life changes and loss in a supportive environment. The group is gathering for twelve weeks on Thursdays (excluding Thanksgiving).

Visions of Flint Hills Art Show & Benefit

Friday, Oct. 5, depart at 2:30 p.m.

Buttonwood Art Space and Friends of Konza Prairie are partnering for the 10th annual Visions of the Flint Hills Art Show and Benefit. The exhibition opening will be Friday, Oct. 5, at Buttonwood Art Space in Kansas City, Mo. If you'd like to attend the reception and view the exhibit, please register in the Blue Book. Meet at the Village Entrance at 2:30 p.m. for the ride to downtown Kansas City. Departure from Buttonwood Art Space is flexible. Transportation is complimentary.

Piano Performance

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

Piano students of Tetuana Allston, Ph.D. will be performing in the Community Room at 7 p.m. Friday, Oct. 5. The students are age 7 through 18. They will be performing works by Bach, Beethoven, Chopin, Rachmaninov, Debussy and other Contemporary composers. All are invited to attend a reception following the performance.

Behind the Scenes: My Fair Lady

Sunday, Oct. 7, at 12:30 p.m.

This UFM special event of Behind the Scenes of My Fair Lady at the MAC is for grandparents & their grandchildren (other adult/children relationships are welcome) on Sunday, Oct. 7, from 12:30 to 4:30 p.m. This event begins with a boxed lunch at the MAC. Director Penny Cullers will stop by to add her special insights for a Behind the Scenes perspective. Following the presentation, enjoy the MAC's production of My Fair Lady starting at 2 p.m.

The cost of the event is \$36 per adult and \$29 per child. Lunch, presentation and performance will place at the Manhattan Art Center located at 1520 Poyntz Ave. Deadline to register is Sept. 23. When registering, Please let UFM know if you have any special dietary needs. Register online at tryufm.org or by calling the UFM office at (785) 539-8763.

Hogtoberfest

Thursday, Oct. 25

Come support Meadowlark Foundation's Good Samaritan Fund with FOOD, FRIENDS and FUNdraising at Hogtoberfest! Food specials on Oct. 25 at Cox Bros. BBQ, 223 McCall Road, include a pulled pork and chicken slider buffet, available for \$9.99 from 11 a.m. to 2 p.m., and a hog roast buffet beginning at 5 p.m. for \$12.99. In addition to the buffet, enjoy traditional Oktoberfest polka music and beer selections.

Starting Monday, Oct. 1, raffle tickets for a 50/50 drawing will be available for \$5 each, and may be purchased at the Hospitality Desk, at the Verna Belle's Cafe or from Meadowlark's board members: Residents on the boards include Jean Beatty, Bob Crawford, Sandra Emley, Harriette Janke, Nyle Larson and Duane Miksch.

Five hog kissing candidates will solicit votes in the form of dollars, with the candidate collecting the most money kissing a (young) hog shortly after 6 p.m. on Oct. 25 at Cox Bros.

Part D Open Enrollment

Tuesday, Oct. 30

The North Central Flint Hills Area Agency on Aging will be coming to Meadowlark Hills

See Events, page 4

October Birthdays



Healthcare

10/3 Merle Schmidt	10/6 Brianna Richter
10/7 Evelyn Russell	10/7 Brittany Hernandez
10/12 Mary Jo Hageman	10/8 Anna Griesbaum
10/14 Leo Stolzer	10/8 Charles Anderson
10/17 David Bowers	10/9 Amanda Moorman
10/24 Donna Vanier	10/9 Mitchell Brock
10/25 Marie Doedyns	10/9 Kelli Thompson

Assisted Living

10/6 Madlyn Rietcheck	10/10 Madison Altis
	10/11 Elise Sulsar
	10/12 Jon Thompson
	10/13 Stephanie Lugo

Independent Living

10/2 Glen Leitch	10/14 Carie Scott
10/3 Betty Love	10/14 Damarea Haney
10/5 Jean Ponte	10/15 Bridget Larkin
10/8 Miles McKee	10/15 Krystan Miller
10/9 Carol Balding	10/16 Fred Dukes
10/11 Mary Lou Gibbs	10/16 Alex Horak
10/13 David Vanderbilt	10/17 Shauna Williams
10/15 Ed Lindly	10/17 Hannah Mathies
10/19 Bill Stamey	10/19 Kristi Cook
10/19 Dick Pannbaker	10/19 Renee King
10/21 Ernie Welti	10/20 Athena Ko
10/21 Mike Sekal	10/21 Kate Cashman
10/23 Max Bayer	10/21 Katy Hensley
10/23 Don Rasmussen	10/22 Lisa Lawton
10/24 Polly Ferrell	10/22 Betty Dishman
10/25 Junior Wagner	10/22 Omar Barragan
10/27 Dotty Blacker	10/23 Alayna Noe
10/27 Jane Swofford	10/23 Bethany Allen
10/27 Brian Spooner	10/24 Hunter Stephenson
10/30 Pat Vogt	10/26 Cathy Bristol
	10/27 Kimm Burton
	10/27 Kim Ensley

Employees

10/1 Alyssa England	10/28 Cynthia Artis
10/1 Erin Hildreth	10/28 Mayumi Saito
10/1 Ashlyn Moll	10/28 Kaitlyn Gilmore
10/1 Grace Worcester	10/30 Fran Bard
10/1 Erikah Lyons	10/30 Kesha Beaufosse
10/2 Kyra Pinkston	10/30 Kathleen Spearman
10/4 Mary Jo Eichman	10/31 Giovanni Johnson
10/4 Stephanie Smith	
10/4 Madison Brockish	

Events, continued from page 3

Tuesday, Oct. 30. for Open Enrollment and discuss your Part D plans. Sign up in the Blue Book at the Hospitality Desk. Watch your mail during the upcoming months.

Do not put up, shred or throw away any mail that will allow you to make an informed decision during the 2018/2019 Open Enrollment period. Your current Part D plan will notify you if they are changing anything. Bring your Medicare card, insurance card and the list of all medications you are currently taking (name of drug, dosage, 30- day quantity and monthly cost), your pharmacy can send you a copy of your medications upon request. Contact Rita at (785) 323-3891 with questions.

Hale Concert Series

Sunday, Nov. 11, at 3 p.m.

This year's Hale Concert Series will be hosted in other venues due to the fire damage in Hale Library. The first performance of the series will be at 3 p.m. Sunday, Nov. 11, as Dr. Bryan Pinkall and Amanda Arrington will present "Voices on the Western Front." The concert will celebrate the 100th anniversary of the end of World War I. The concert portrays the story of three men's lives during World War I, English composer George Butterworth, Olympic gold medalist Frederick Kelly and French composer Alberic Magnard through video stories and live music.

There will be no charge for this concert, so bring all your friends! It is an Outreach Concert sponsored by the Friends of the K-State Libraries and the Department of Music, Theater, and Dance. It will be in All Faiths Chapel and there will be a free bus for transportation from Meadowlark.

For more information, contact Mary Ellen Titus at (785) 537-7656.

Employee Gift Fund

Gifting instructions were sent out by mail Sept. 16, for the annual Meadowlark Hills Employee Gift Fund. Any amount can be given for appreciation and gratitude for the hard work throughout the year of our over 450 employees. A lock box will be at the Hospitality Desk for donations. No one at Meadowlark will know the amount of

individual donations, just a grand total. Gifts are for employees due to the no-tipping policy at Meadowlark.

K-State College of Vet Medicine

Attention Meadowlark residents and Passport members! If you are a graduate from the College of Veterinary Medicine with Kansas State University, the Department would love to hear from you. The University is looking to interview graduates from the past and share their stories with current and other graduate students of the Veterinary Medicine program. If this interest you, please contact Sharon Green at (785) 532-4229 or Monte Spiller at (785) 323-3801.

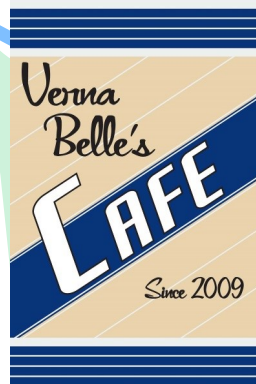
Walk to End Alzheimer's update

Thank you to everyone who helped make the first Walk to End Alzheimer's in Manhattan a success! Meadowlark raised \$1,655 as a team, with a large majority of our donations coming from t-shirt sales. This helped contribute to the \$58,966.37 (and still counting!) that the Manhattan Walk has raised for the Alzheimer's Association.

Meadowlark had a great turnout – we had approximately 100 people who attended the Walk as a part of our team! Thanks to everyone who participated in making the event and the Meadowlark successful!

Concrete repair & road closures

Concrete repair work will begin Monday, Oct. 1, in front of 2142 and 2150 Meadowlark Road. This will close the road north of the Village Entrance only having access for 2140 and 2142 Meadowlark Rd. The north end will be closed southbound from 2150 and 2152 Meadowlark Rd. with access to their driveways only. Traffic will have to go around and there will be no parking on the street where the cones will be during this time. The concrete repair is scheduled to take two weeks to complete, weather permitting.



LUNCH & BREAKFAST SPECIALS

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

Sunday, Sept. 30

Breakfast: Omelets with Fruit

Monday, Oct. 1

Breakfast: Biscuits & Gravy

Lunch: Garlic Chicken Pizza

shredded chicken, tomato & green onions on a flatbread crust topped with mozzarella cheese & garlic alfredo sauce ~ \$3.99 / \$5.99

Tuesday, Oct. 2

Breakfast: Breakfast Sandwich & Fruit

Lunch: Tomato Pesto Grilled Cheese & Tomato Soup
mozzarella cheese, basil pesto & tomato on choice of Italian or wheatberry bread ~ \$3.99 / \$5.99

Wednesday, Oct. 3

Breakfast: Breakfast Burrito & Fruit

Lunch: Chili and Cinnamon Rolls

ground beef, chili beans, tomato & onions in a tomato sauce with chili seasonings ~ \$3.99 / \$5.99

Thursday, Oct. 4

Breakfast: Biscuits & Gravy

Lunch: Street Tacos with Choice of Side

shredded pork, cheddar cheese, cilantro lime slaw & an avocado sauce on a mini flour tortilla ~ \$3.99 / \$5.99

Friday, Oct. 5

Breakfast: Waffle or Pancake

Lunch: Mini Mississippi Ham Sandwiches with Side
sliced ham topped with a cheese & bacon sauce on a slider bun ~ \$3.99 / \$5.99

Saturday, Oct. 6

Breakfast: Omelets with Fruit

Speedy Pd, from page 1

Social Team! He rounded up 68 of his closest friends and family to *howl* their way to victory! For the Largest Corporate Team competition, The Loan Rangers from KS State Bank showed they had a good sense of humor and know how to form a large team as they *lassoed up* 34 rangers for their team! And don't forget about those Fastest Team awards...Kaw Valley Greenhouses employees sure know how to *grow fast* twitch fibers as they won the Corporate Award again...remaining undefeated! Team D.A.N.C. ran away with the Fastest Social Award!

This year marked not only the tenth Anniversary of the Speedy Pd Race for Parkinson's (sponsored by UMB Bank), but the first year of Empowered LIVE!, a celebration of living well with Pd (sponsored by Vanderbilt's). It was a wonderful Friday evening at the Holiday Inn Campus! Vendors who provide supplies and services to those affected by Pd were present to help educate attendees. John Baumann, a motivational speaker from Florida who has Parkinson's, did a great job of providing education, insight, tips and humor for embracing Pd. Many of our VIPs (Very Important People with Parkinson's) also displayed their beautiful artwork to represent one avenue of doing what you love, despite the diagnosis. We were even treated to a great performance from the K-State Marching Band!

Meadowlark Parkinson's Program leaders and participants are very grateful to all who participated in Empowered LIVE! And/or the Speedy Pd Race! A cash total of over \$61,000 was raised to help provide FREE education, outreach, scholarship and exercise to those affected by Parkinson's living in the Flint Hills Region. Additionally, the event received gift-in-kind support totaling \$27,105 in value. We sincerely thank you for your support and we look forward to seeing you on Saturday, Aug. 24, 2019!

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On the Special Passenger

submitted by Helen Roser

All had been wonderful for the million dollar horse until that day. Bred for speed, he was the pride and joy of his owner. With the other horses, he moved serenely about the farm where chickens and ducks moved, unpenned.

His training from his devoted trainer had gone well. When he was ready to run his first big race on a distant track, he proud owner bought his own plane to take him.

So the special horse was loaded up and flown to the distant track where he received V.I.P. treatment. It was a few days until the big race, but the special horse was not his happy self. He wouldn't eat. He moped.

The trainer was frantic. Sad horses don't win races. "What is the problem?" The trainer yelled, "What are we missing?" His assistant said in a thoughtful voice: "All I can see that is missing is that chicken that hangs around his stall."

The trainer's eyes widened and he yelled: "That is it The chicken! He missed the chicken! Take the plane! Go get that chicken and bring it here!"

So they flew back to the farm, scraped up the chicken they found in the empty stall, and flew it to the big track.

When the horse saw his best friend, he was his happy self again. He won the big race.

That is why, before his plane takes off with the special horse, the trainer, who wants to make sure, always asks: "Do we have his chicken on board?"

In It to Win It!

by Sarah Duggan

All four members of the Duggan family participated in the tenth annual Speedy Pd Race for Parkinson's Disease on Saturday, Aug. 25, at Tuttle Creek State Park. Murphy Rose was delighted with her half-mile family fun run performance and celebrated with a delicious sno-kone at race headquarters. She looks forward to "her" race every

year and I enjoy watching her determined face as she sprints toward the finish line. The event's success can not only be attributed to the amazing support of the Manhattan community, but also to the leadership of Michelle Haub, Special Programs Leader; Doug Sellers, Race Director; and Becky Fitzgerald, Meadowlark Foundation Director.



NEW books at the Library!

Fiction titles

Mr. Paradise, by Elmore Leonard
Gunman From Rawhide, by Todhunter Ballard
Riders of Deathwater Valley, by James C. Work
Clabbered Dirt, Sweet Grass, by Gary Paulsen
Thirty-Two and a Half Complications, by Denise Grover Swan
High on Gold, by Lee Richmond
Keeping the House, A Novel, by Ellen Baker
Chesapeake Blue, by Nora Roberts
Still Lives, by Maria Hummel
The Group, by Mary McCarthy
Scarlet Feather, by Maeve Binchy
A Dangerous Friend, by Ward Just

Large-Print Fiction titles

The Ever-Running Man, by Marcia Muller
The Broken Promise Land, by Marcia Muller
You Have the Right to Remain Puzzled, by Parnell Hall
Wyoming Tough, by Diana Palmer
Lost and Found, by Jim Lehrer
Cold Pursuit, by T. Jefferson Parker
The House Next Door, by Anne Rivers Siddons
The Killing Edge, by Heather Graham
The Hopefuls, by Jennifer Close
Talk Before Sleep, by Elizabeth Berg
Dream When You're Feeling Blue, by Elizabeth Berg
Harry Potter and the Chamber of Secrets, by JK Rowling
Harry Potter and the Prisoner of Azkaban, by JK Rowling
Harry Potter and the Sorcerer's Stone, by J K Rowling

Book on CD

Angel's Fall, by Nora Roberts

Non-Fiction titles

Peopling the Plains, Who Settled Where in Frontier Kansas, by James R. Shortridge
American Heroes, Honoring Those Who Set an Example For All Of Us, by Reminisce
The Graphic Work of Birger Sandzen, by Charles Pelham Greenough
Alan Shields, by the Beach Museum of Art
Giving Life to Glass, the Art of Lino Tapliapietra, by the Beach Museum of Art
The Regionalist Vision of William Dickerson, by the Beach Museum of Art
Times and Remembrance, A Kansas Legacy, by Bobbie A. Pray
The Power of a Praying Woman, by Stormie O'Martian
Midnight Rising, John Brown and the Raid That Sparked the Civil War, by Tony Horowitz
Mark and Livy, The Love Story of Mark Twain and the Woman Who (Almost) Tamed Him, by Resa Willis
Miracles and Massacres, True and Untold Stories of the Making of America, by Glenn Beck
Acts of War, The Behavior of Men in War, by Richard Holmes
Winter Solstice, by Rosamunde Pilcher (large print)
Duty, Memoirs of a Secretary at War, by Robert M. Gates
The Character of the Poet: Wadsworth in The Prelude, by Richard J. Onorato
Churchill's Trial, Winston Churchill and the Salvation of Free Government, by Larry P. Arnn
The Politician, An Insider's Account of John Edwards Pursuing of the Presidency and the Scandal That Brought Him Down, by Andrew Young
Thomas Jefferson, The Art of Power, by Jon Meacham

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	Sept. 30 ~ Lunch \$13	Dinner \$11
	Pot Roast with Carrots, Onions, Celery Mashed Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	Oct. 1 ~ Lunch \$10	Dinner \$12
	Fish & Chips Coleslaw	Braised Chicken Leg & Thigh Ala Orange Wild Rice Vegetable du Jour
TUESDAY	Oct. 2 ~ Lunch \$8	Dinner \$13
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Pork Tenderloin Piccata Risotto Vegetable du Jour
WED.	Oct. 3 ~ Lunch \$10	Dinner \$12
	Beef & Noodles Choice of Vegetable	Turkey Loaf Mashed Potatoes & Gravy Vegetable du Jour
THURS.	Oct. 4 ~ Lunch \$7	Dinner \$13
	Breakfast Bar <i>(does not include drink, starter, or dessert)</i>	Roast Brisket with Wild Mushroom Sauce Potato Pancake Vegetable du Jour
FRIDAY	Oct. 5 ~ Lunch \$10	Dinner \$12
	Breaded Pork Tenderloin Sandwich French Fries Choice of Vegetable	Chicken Breast Florentine with Supreme Sauce Roasted Red Potatoes Vegetable du Jour
SAT.	Oct. 6 ~ Lunch \$10	Dinner \$15
	BBQ Chicken Drumsticks Au gratin Potatoes Choice of Vegetable	Steak Baked Potato Vegetable du Jour

**DRINK
SPECIAL**

Martini
 3 oz. Gin or Vodka & 1 oz. Martini & Rossi Extra Dry
 \$3.75

Grosh Cinema Movies

Sunday, Sept. 30, to Saturday, Oct. 6, 2018

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

Sunday, Sept. 30 — Duck Duck Goose (2018)

■ Peng is a freewheeling bachelor goose who'd rather do anything than practice for the upcoming migration. He must form a bond with two lost ducklings as they journey south.

■ Co-Starring: Jim Gaffigan, Zendaya & Lance Lim

■ Rated PG; 1 hr. 31 min.

Monday, Oct. 1 — The Flintstones (1994)

■ In this live-action feature of the cartoon show, Fred Flintstone finally gets the job he's always wanted, but it may just come at a price.

■ Co-Starring: John Goodman, Rick Moranis & Rosie O'Donnell

■ Rated PG; 1 hr. 31 min.

Tuesday, Oct. 2 — Two Weeks Notice (2002)

■ A lawyer decides that she's used too much like a nanny by her boss, so she walks out on him.

■ Co-Starring: Sandra Bullock, Hugh Grant & Alicia Witt

■ PG-13; 1 hr. 41 min.

Wednesday, Oct. 3 — 12 Strong (2018)

■ 12 Strong tells the story of the first Special Forces team deployed to Afghanistan after 9/11; under the leadership of a new captain, the team must work with an Afghan warlord to take down the Taliban.

■ Co-Starring: Chris Hemsworth, Michael Shannon & Michael Peña

■ Rated R for war violence and language; 2 hrs. 10 min.

Thursday, Oct. 4 — Same Kind of Different as Me (2017)

■ International art dealer Ron Hall must befriend a dangerous homeless man in order to save his struggling marriage to his wife, a woman whose dreams will lead all three of them on the journey of their lives.

■ Co-Starring: Greg Kinnear, Renee Zellweger & Djimon Hounsou

■ Rated PG-13; 1 hr. 59 min.

Friday, Oct. 5 — Fair Game (2010)

■ CIA operative Valerie Plame discovers her identity is allegedly leaked by the government as payback for an op-ed article her husband wrote criticizing the Bush administration.

■ Co-Starring: Naomi Watts, Sean Penn & Sonya Davison

■ Rated PG-13; 1 hr. 48 min.

Saturday, Oct. 6 — For the Love of the Game (1999)

■ A Detroit pitcher Billy Chapel, reflects on his life in major league baseball, after he finds out his girlfriend moves to London for a job. Thus forcing the ball player to analyze his life and how his career as a player.

■ Co-Starring: Kevin Costner, Kelly Preston & John Reilly

■ Rated PG-13; 2 hrs. 17 min.

Weekly Opportunities Calendar *Sept. 30 to Oct. 6*

Sunday • Sept. 30

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 Rev. Glenn Fogo, CR

Monday • Oct. 1

7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR
 8:30 a.m. ~ IL Resident Council, KSU CL
 9:30 a.m. ~ Town Meeting, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 12:00 p.m. ~ Yoga, KSU CL
 12:00 p.m. ~ Weights 101, CR
 1:00 p.m. ~ Outdoor Opportunities Committee
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:45 p.m. ~ Parkinson's Voice Class, CR
 3:30 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ Tuttle Creek Supper, MR
 7:00 p.m. ~ Community Bingo, KSU CL

Tuesday • Oct. 2 *Trash pick-up day*

10:30 a.m. ~ Steady Yourself, CR
 10:30 a.m. ~ Guided Meditation, GC
 11:15 a.m. ~ Chair Yoga, CR
 12:00 p.m. ~ Seven Dolors Book Discussion, FHR
 12:00 p.m. ~ Kimball Luncheon, MR
 1:30 p.m. ~ Osher Class: Barleycorn, MAC
 2:00 p.m. ~ LifeStory Writing Group, FHR
 3:00 p.m. ~ Coffee Corner—FEATURE DESSERT, CR
 3:30 p.m. ~ Ambassador Committee Meeting, WCR
 4:00 p.m. ~ Newspaper & Bible, FHR
 5:45 p.m. ~ KSU Social Club, CR
 7:00 p.m. ~ Dominoes, GR

Wednesday • Oct. 3

9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ Memory Activities Class, KSU CL
 10:00 a.m. ~ Memory Care Support Grp, SCR
 10:00 a.m. ~ Memory Café, WCR
 10:20 a.m. ~ Weights 101, CR
 10:30 a.m. ~ Worship Service, Lyle House
 11:00 a.m. ~ Sit & Be Fit, CR
 11:00 a.m. ~ Memory Makers Luncheon, MR
 11:00 a.m. ~ Library Committee Meeting, FHR
 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. ~ Rock Steady Boxing, CSC

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

4:00 p.m. ~ Christian Video Worship Service, FHR

Thursday • Oct. 4

8:30 a.m. ~ Messenger Team, SCR
 9:30 a.m. ~ Living with Diabetes Series, KSU CL
 10:00 a.m. ~ Meadowlark Bible Study, FHR
 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. Change and Loss Series, SCR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR
 6:30 p.m. ~ Osher Class: Life of David, CR

Friday • Oct. 5

9:30 a.m. ~ Seated Strength, CR
 9:30 a.m. ~ Art Committee Meeting, FHR
 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
 2:30 p.m. ~ Depart for Buttonwood Art Show, VE
 3:00 p.m. ~ Rock Steady Boxing, CSC
 3:30 p.m. ~ Catholic Mass, CR
 7:00 p.m. ~ Piano Performance, CR

Saturday • Oct. 6

9:30 a.m. ~ Painting for Fun, SCR
 2:00 p.m. ~ K-State Football Watch Party, GR

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
	MAC, Manhattan Art Center