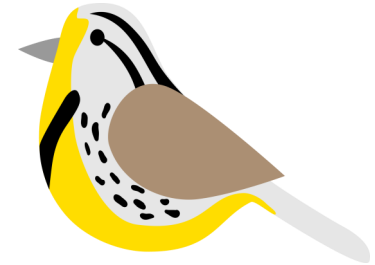


## Meadowlark Hills Gets New Signs



Have you noticed anything different at the entrances here at Meadowlark Hills? We have two new signs.

Keep an eye out for more renovations and updates happening on and around campus!



## Meadowlark Wellness Olympiad 2017 Update: Week 3 and Week 4

We are about halfway through the Wellness Olympiad and the competition is getting fierce! You can find the current team scores posted in the Game Room! Continue tracking your physical activity and healthy eating choices on your tracking sheets and don't forget to turn them in to the Hospitality Desk or Caul Fitness Center by 5 p.m. on Tuesday, May 2. Week 4 challenges are as follows:

**Ah-MAZING Sphere Challenge:** The challenge will be taking place Tuesday, May 2, from 12 to 2 p.m. in the West Conference Room! Teams need to sign-up for a ten minute slot in the Blue Book at the Hospitality Desk. We ask that teams with earlier time slots keep the challenge a secret from those teams that have yet to try it. Is your team prepared to be "AMAZED!?"

**Wii Bowling Challenge** will be held on Friday, May 5 from 2:30 to 4 p.m. in the KSU Classroom. Each participant will have the opportunity to practice for two frames. One point is given per pin knocked down in five consecutive frames.

The May 3 Seminar will be led by Lisa, our dietitian, at 2 p.m. in the KSU Classroom. She will be discussing **Protein Sources: Beans and Lentils!** The group walks will be Wednesday, May 3 at 1 p.m. and Thursday May 4, at 4 p.m., meeting at the Village Entrance.

If you have any questions, contact Jeff Heidbreder at (785) 341-2995 or stop by the Caul Fitness Center.

Thank you to all the teams that participated in the Nutrition Quiz and Scavenger Hunt.

## UPCOMING EVENTS & ANNOUNCEMENTS

### May Day Basket Orders

Remember your delight when a May Day basket showed up on your front porch? Here is your chance to bring back that time-honored tradition to your loved ones, co-workers, friends and neighbors.

Members of the Little Apple Pilot Club will hand deliver a beautiful flower in a vase with a card to the person/persons of your choice May 1. The cost is \$20 per vase or 3 for \$45. Orders will be taken from March 20 to April 28. Orders will be capped at 125 due to time constraints for delivery. Please contact June Schnittker at [juneschnittker@gmail.com](mailto:juneschnittker@gmail.com) 785-313-7010 or Marjorie Devlin at [marjdevlin@gmail.com](mailto:marjdevlin@gmail.com) 785-556-3078 to place your orders.

### Missionary to Speak at Bible Study

**Today, April 27, at 10 a.m.**

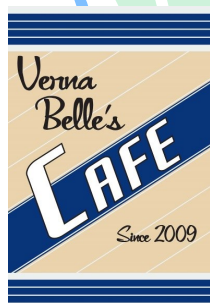
A special visitor will be speaking at the Meadowlark Bible Study today, April 27, at 10 a.m. Paul Barkey and Virginia Koon will be here with Titus Dumitru, Field Director for Friends of the Gypsy Roma. This will be his first visit the U.S. and he will be speaking on the situation of the Roma people and the exciting news of what is happening in Romania and further into Eastern European countries. Everyone is welcome to come and meet Titus in the Living Room.

### Glenda & Mike's Magic Show

**Friday, April 28, at 7 p.m.**

On Friday, April 28, at 7 p.m. in the Community Room, Meadowlark welcomes back Glenda and Mike Mann! They are a husband and wife team with a unique profession. Combining illusions, ventriloquism and comedy to entertain and inform.

The Mann's have appeared throughout the United States at state fairs, community festivals, school assemblies, libraries, churches and business meetings. Glenda is the magician. She is a member of the International Brotherhood of Magicians, and has studied under some of the greatest magicians including Harry Blackstone Jr. She presents polished magical routines that quickly gain the attention of adults as well as children. Mike, the ventriloquist, humorously converses with different puppets. He not only performs comedy routines, but ad-libs throughout the program. His human ventriloquist routine turns anyone into a puppet. The Mann's programs are for all ages. Come and enjoy this unique and original entertainment!



## Lunch Specials May 1 – May 5

Hours: Monday—Friday, 7 a.m. to 4 p.m.

**NEW:** Saturday—Sunday, 7 a.m. to 11 a.m.

<b>Monday, May 1 - BLT with Fruit Salad</b> <i>(Bacon, lettuce and tomato on Italian panini or wheatberry bread)</i>	<b>\$3.75/\$5.50</b>
<b>Tuesday, May 2 - Turkey Avocado Wrap with Pasta Salad</b> <i>(Turkey, guacamole, and Swiss cheese wrapped in a flavored tortilla with lettuce and tomato)</i>	<b>\$3.75/\$5.50</b>
<b>Wednesday, May 3 - Chicken Alfredo Pizza</b> <i>(Shredded chicken, tomatoes and green onions on a flatbread crust with alfredo sauce and mozzarella cheese)</i>	<b>\$3.75/\$5.50</b>
<b>Thursday, May 4 - BBQ Pork Sandwich with Cheesy Potatoes</b> <i>(Shredded pork and BBQ sauce on a butter toasted bun).</i>	<b>\$5.50</b>
<b>Friday, May 5 - Quesadilla Day</b> <i>(Your choice of cheese, chicken, or steak on a crispy tortilla with vegetable)</i>	<b>\$3.00/\$4.00/\$5.00</b>

# May BIRTHDAYS

## **Residents**

### **Health Care**

5/3 Phyllis Eyestone  
 5/8 John Pickrell  
 5/15 Daniel Fung  
 5/16 Samuel Farmer  
 5/22 Eleanor Collier  
**5/22 Jack Davis**  
 5/22 Doris Gaul  
 5/22 Lillian Rothfuss  
 5/22 Ramona Woodhouse  
 5/29 Donald Holt

### **Assisted Living**

5/8 David Schoneweis  
 5/26 Betty Calhoun  
 5/28 Joan Sondergard

### **Independent Living**

5/3 Barbara Engelhardt  
 5/5 Shirley Williams  
 5/11 James Shanteau  
 5/11 Max Brecheisen  
 5/14 Sharon Smith  
 5/14 Nao Ohno  
 5/15 Mary Griffith  
 5/15 Doris Phillips  
 5/15 Jack Watson  
 5/16 Nathan Bolls  
 5/19 Frances Holcombe  
 5/20 Ellen Hoover  
 5/22 Martha Bloom  
 5/22 Elaine Manges  
 5/22 Mary Smith  
 5/26 Marjorie McKee  
 5/29 Nancy Kopp  
 5/30 Patricia Hook

## **Employees**

5/2 Taylor McAnerney  
 5/2 Braden McCune-Streit  
 5/2 Charla Spillman  
 5/3 Vanessa Leach  
 5/3 Samantha Smith  
 5/3 Cassidy Sweet  
 5/5 Alyssa Lamb  
 5/6 Alexandria Anderson  
 5/7 Nicholas Haverkamp  
 5/7 Daveda Johnston  
 5/7 Michelle Lehmer  
 5/7 Jamie Rogers  
 5/9 Katie Gray  
 5/10 Tim Zachary  
 5/11 Roderick Anderson  
 5/11 Jordan Minto  
 5/12 Allison Brynds  
 5/12 Bonnie Gilligan  
 5/12 Katrina Leisner  
 5/13 Olivia Hinz  
 5/14 Tanner Boggs  
 5/14 Shana Carradine  
 5/14 Abigail Lechtenberg  
 5/15 LaTisha Garvin  
 5/16 Kelly Claycamp  
 5/17 Carol Madsen  
 5/19 Alyssa Chabrier  
 5/19 Loreal Williams  
 5/20 Alexis Romero  
 5/21 Marsha Miller  
 5/21 Kelsey Olberding  
 5/23 Bradley Olson  
 5/24 Delaney Keeler  
 5/25 Jeff Heidbreder  
 5/26 Amy Bise  
 5/26 Kenneth Hager  
 5/27 Ariel Molby  
 5/30 Cheyanne Helms  
 5/31 Madison Tuxhorn

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

## UPCOMING EVENTS & ANNOUNCEMENTS



Join us all day today at Cox Bros. BBQ as we partner to raise funds to benefit the Meadowlark Parkinson's Program during National Parkinson's Awareness Month!

### Main Events:

\$2 Pork Sliders All Day

Coach Bill Snyder will be at Cox Bros. BBQ for lunch and will be available for photos and autographs

Beer, Boxing and BBQ (new to this year!) will be from 5-9 p.m. and will include a hog roast buffet, beer garden and a Rock Steady Boxing Demo from 7:30 to 8 p.m.

Bryan Stoll will be performing live country music from 6-9 p.m.

### Raffle!

Win Jordy Nelson's Autographed Pro-Bowl Jersey!

Tickets are available until noon today at Cox Bros. BBQ or at [www.meadowlark.org](http://www.meadowlark.org)

### Hale Concert Transportation

*Friday, April 28, at 6:45 p.m.*

As a reminder, there will be free bus transportation for those going to the Hale Concert on Friday evening, April 28. The bus will depart Meadowlark at 6:45 p.m. Please sign up in the Blue Book.

### Grief Support Group

*Monday, May 1, at 1:30 p.m.*

Grief Support Group is an opportunity for residents and families to discuss grief and healing in a supportive environment. The group is facilitated by Patty Brown-Barnett, DMin, Chaplain and Bridget Larkin, LMSW, Social Services Leader. Our next group will meet on Monday, May 1, from 1:30 to 2:30 p.m. and continue on Monday afternoons through Monday, June 12.

### Rasmussen Pool Tournament

It's that time again! Register for our Semi-Annual Pool Tournament that will start on Wednesday, May 10.

This year we are doing things a little different. We will have a women's only bracket and a men's only bracket, with the winners of each bracket facing off to determine the ultimate champion.

Sign-up in the Billiards Parlor starting Friday, May 5, through Tuesday, May 9. Look for the bracket to be displayed Wednesday morning, May 10. If you have any questions, contact the Resident Services Leader, Monte Spiller at (785) 323-3801.

### Greater Manhattan Project Survey

The Greater Manhattan Project is asking for your help! Manhattan Area leaders have initiated a Community and Economic Development Strategy process to create a consensus-based vision for the next five years and beyond in Greater Manhattan. The development of the Manhattan Area Community and Economic Development Strategy will provide community leaders with a clear picture of the type of place its stakeholders want it to be in the future. Your input related to Greater Manhattan's competitive challenges, needs, and opportunities is crucial to ensure that the Strategy will be effective. With your help, area leaders will identify the issues and challenges that affect Manhattan's competitive position, economic success and key opportunities.

This survey should take between 15 and 30 minutes to complete. All your responses are confidential. Your participation is important and very much appreciated! You can access the survey by visiting <http://greatermanhattanproject.com>

### Going Away Party

*Friday, April 28, from 10:30 to 11:30 a.m.*

Join us to wish Natalie Springer-Barnes, Chaplain Intern, best wishes and farewell. Feel free to come-and-go as you wish. Refreshments will be served.

### Class Canceled

Due to Town Meeting on Monday, May 1, at 9:30 a.m. in the Community Room, Seated Strength will be canceled and Weights 101 will be moved to 12 p.m.

## UPCOMING EVENTS & ANNOUNCEMENTS

### Ladies Luncheon

*Thursday, May 11, at 12:30 p.m.*

The May program will be a presentation by Allana Parker, Creator of Design at the Riley County Historical Museum, who will talk about AQ Little Known Historical Treasure on the K-State Campus.

Lunch will include chicken pecan and wild rice salad, fresh seasonal fruit, hot rolls and lemon tart.

The luncheon will be held in the Manhattan Room on Thursday, May 11, at 12:30 p.m. Please sign up in the Blue Book if you plan to attend.

### Mystery Trip: Clue #4

It's not the destination, but the journey,  
or so the saying goes.

Whether going or coming,  
we'll rest where water flows.



### Nelson's Landing

*Wednesday, May 17, at 11 a.m.*

Join us as we travel to Leonardville, Kansas on Wednesday, May 17 to enjoy a delicious lunch at Nelson's Landing.

It is known for its outstanding food including some of the best pies you will ever taste! Nelson's Landing is owned and operated by the Mother of Kansas State, Jody Nelson, along with help from the rest of her family.

We will depart from the village entrance at 11 a.m. Cost for transportation is \$7 and a sign-up sheet is available in the Blue Book at the Hospitality Desk. You will be responsible for your own lunch.

### Meadowlark Hills Got Talent! **Canceled**

Due to lack of participation, the talent show scheduled on Thursday, May 4, is canceled for this year.

## ASK SARAH

### It's Not Goodbye, Just See You Later

What is that people say...? Oh yes, "All good things must come to an end." A bittersweet expression that holds a disturbing amount of truth. We've reached a point in the year that we must send off another amazing individual who has been a pleasure to work with over the past few months. Our Community Relations intern, Shannon Conover, will complete her internship with us tomorrow, April 28.

Shannon has been a phenomenal asset to the Community Relations team, especially at a time of transition and change through Magye's departure from Manhattan and the birth of my second child (who is doing GREAT, by the way!). Shannon assisted with willingness and grace through completing the Messenger in an efficient and timely manner. She also played a vital role in planning and executing the Memory Matters Symposium and today's Pig Out for Parkinson's with the program leader, Michelle Haub.

Thank you, Shannon, for making this internship experience one that I and my team enjoyed immensely. I appreciate your hard work, fun spirit and flexibility. Good luck in your future - we will miss you! It's not goodbye, just see you later.

### Symphony in the Flint Hills

*Saturday, June 10th*

We will be taking a group to the 12th anniversary of Symphony in the Flint Hills on Saturday, June 10.

We will travel to the Deer Horn Ranch in Geary County, where they will continue their tradition of stories, art, music and magic under the prairie sky. They will also commemorate the 150th Anniversary of the Chisholm Trail with special guest, western song artist Michael Martin Murphey.

The package price offered, which includes a ticket, reserved seat and transportation, will be \$114. You can register for this event by signing up in the Blue Book, located at the Hospitality Desk. Residents, Passport Members, board members and their friends and families are welcome. Monte Spiller and Becky Fitzgerald are expected to serve as staff escorts. If you have questions, please contact Monte at 323-3801.

# PRAIRIE★STAR RESTAURANT

Monday to Saturday, 10:30 to 8 p.m.  
Sunday, 10:30 a.m. to 7 p.m.

## April 30 - May 6

No reservations will be taken during renovations. Lunch & dinner will be served Monday to Friday in the Kansas Room & Game Room. Verna Belle's is open for sitting during dinner only. Delivery fee is waived and to go orders can be placed and picked up in the Pub.

<b>SUNDAY</b>	<b>April 30 ~ Lunch \$10</b>	<b>Dinner \$14</b>
	Roast Turkey Sausage Sage Dressing Mashed Potatoes Vegetable of the Day	Coconut Shrimp Rice Pilaf Vegetable of the Day
<b>MONDAY</b>	<b>May 1 ~ Lunch \$10</b>	<b>Dinner \$12</b>
	B.B.Q. Brisket Sandwich Potato Salad Choice of Vegetable	Braised Chicken Legs and Thighs in Lemon Thyme Sauce Mashed Sweet Potatoes Vegetable of the Day
<b>TUESDAY</b>	<b>May 2 ~ Lunch \$7</b>	<b>Dinner \$14</b>
	Taco Bar (does not include drink, starter, or dessert)	Shrimp and Crab Fettuccine Alfredo Garlic Toast Vegetable of the Day
<b>WED.</b>	<b>May 3 ~ Lunch \$11</b>	<b>Dinner \$13</b>
	Beef Burgundy Crepes Rice Pilaf Choice of Vegetable	Braised Short Ribs Green Chili Mashed Potatoes Vegetable of the Day
<b>THURS.</b>	<b>May 4 ~ Lunch \$9</b>	<b>Dinner \$13</b>
	Macaroni and Cheese Bar (does not include drink, starter, or dessert)	Meatloaf Mashed Potatoes Vegetable of the Day
<b>FRIDAY</b>	<b>May 5 ~ Lunch \$12</b>	<b>Dinner \$12</b>
	Sautéed Orange Roughy Roasted Red Potatoes Choice of Vegetable	Grilled B.B.Q. Chicken Breast Au Gratin Potatoes Vegetable of the Day
<b>SAT.</b>	<b>May 6 ~ Lunch \$10</b>	<b>Dinner \$15</b>
	Ham and Cheese Quiche Cole Slaw Choice of Vegetable	Kentucky Derby (Details in next week's Messenger)

\*You may substitute an extra vegetable for the starch

\*\* Buffet Style (Includes Small Salad Bar, Condiments & Dressings, and the Soup Of The Day)

## Grosh Cinema Movies

Sunday, April 30 - Saturday, May 6

Show Times: 1, 4 and 7 p.m., Monday – Saturday

2 and 6 p.m., Sunday

### **Sunday, April 30 – Cool Runnings (1993)**

When Derice Bannock's chances of qualifying for Jamaica's track team are dashed, he and his islander friends attempt to form a bobsled team.

**Co-Starring: John Candy, Doug E. Doug & Rawle D. Lewis**

**Rated PG; 1 hr. 38 min.**

### **Monday, May 1 – Take Me Home (2011)**

Thom is an unlicensed New York cabbie who takes on the fare of his life when a woman asks him to drive her to California to see her ailing father.

**Co-Starring: Amber Jaeger, Sam Jaeger & Victor Garber**

**Rated PG-13; 1 hr. 36 min.**

### **Tuesday, May 2 – Leap Year (2010)**

Anna chooses February 29 to propose marriage to her boyfriend, but after meeting a charming innkeeper, she must evaluate her original plans.

**Co-Starring: Amy Adams, Matthew Goode & Adam Scott**

**Rated PG; 1 hr. 40 min.**

### **Wednesday, May 3 – Miss Potter (2006)**

Blending lush animation sequences with live-action drama, director Chris Noonan constructs this unconventional biopic about the personal life of beloved children's author and illustrator Beatrix Potter.

**Co-Starring: Renee Zellweger, Ewan McGregor & Emily Watson**

**Rated PG; 1 hr. 33 min.**

### **Thursday, May 4 – The Parent Trap (1961)**

Resourceful long-lost twins are on a mission to reunite Mom and Dad. Step one: scare off Dad's two-faced fiancée.

**Co-Starring: Hayley Mills, Maureen O'Hara & Brian Keith**

**Rated G; 2 hrs. 9 min.**

### **Friday, May 5 – Homeward Bound: The Incredible Journey (1993)**

A lovable golden retriever, a sassy cat and a feisty bulldog pup mistakenly believe their owners have abandoned them in this lighthearted adventure.

**Co-Starring: Michael J. Fox, Sally Field & Don Ameche**

**Rated G; 1 hr. 24 min.**

### **Saturday, May 6 – Keeping Up With the Joneses (2016)**

After moving into a sleepy suburban cul-de-sac, a married couple starts to suspect that their new neighbors are undercover government agents.

**Co-Starring: Zach Galifianakis, Isla Fisher & Jon Hamm**

**Rated PG-13; 1 hr. 45 min.**

# This Week's Opportunities April 30 - May 6

## **SUNDAY • APRIL 30**

*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, CR

## **MONDAY • MAY 1**

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
- 8:30 a.m. ~ Resident Council, KSU CL
- 9:30 a.m. ~ Town Meeting, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ St. Luke's Communion, LR
- 12:00 p.m. ~ Yoga, KSU CL
- 12:00 p.m. ~ Weights 101, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 1:30 p.m. ~ Grief Support Group, CON
- 2:15 p.m. ~ Parkinson's Voice Class, KSU CL
- 3:00 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ Tuttle Creek Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

## **TUESDAY • MAY 2**

*Trash pick-up day*

*Breakfast at Verna Belle's—Breakfast Sandwich with Fruit*

- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolours Book Discussion, LR
- 12:00 p.m. ~ Kimball Luncheon, MR
- 12:30 p.m. ~ Wellness Olympiad Ah-Mazing Sphere Challenge, CON
- 2:00 p.m. ~ LifeStory Writing Group, LR
- 3:00 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Newspaper & Bible, LR

## **WEDNESDAY • MAY 3**

*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, CON
- 10:00 a.m. ~ Memory Care Partner Support Group, TR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ Memory Luncheon, MR
- 11:30 a.m. ~ 1st Men's Club Luncheon, CON
- 12:00 p.m. ~ Yoga, CR
- 1:00 p.m. ~ Wellness Olympiad Group Walk, VE
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 1:30 p.m. ~ Pitch, GR
- 2:00 p.m. ~ Wellness Olympiad Seminar, KSU CL
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Rock Steady Boxing, KSU CL
- 4:00 p.m. ~ Lutheran Video Worship Service, LR

## **THURSDAY • MAY 4**

*Breakfast at Verna Belle's—Biscuits & Sausage Gravy*

- 8:00 a.m. ~ Messenger Ladies, CON
- 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 Clinic, GR
- 2:00 p.m. ~ Parkinson's Education Group, CR
- 4:00 p.m. ~ Wellness Olympiad Group Walk, VE
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

## **FRIDAY • MAY 5**

*Breakfast at Verna Belle's—Waffle or Pancake*

- 9:30 a.m. ~ Art Committee, LR
- 9:30 a.m. ~ Seated Strength, CR
- 10:20 a.m. ~ Weights 101, CR
- 10:30 a.m. ~ Natalie's Going Away Party, KSU CL
- 11:00 a.m. ~ Sit and Be Fit, CR
- 12:30 p.m. ~ Mending Angel, GR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 2:30 p.m. ~ Wellness Olympiad Wii Bowling, KSU CL
- 3:30 p.m. ~ Catholic Mass, CR

## **SATURDAY • MAY 6**

*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

### **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	



**April 30 to May 6**

**Rum and Coke**  
**2 oz. Bacardi Superior**  
**4 oz. Cola**  
**\$3.75**

\*Meadowlark News Channel can be viewed on Channel 1960