



Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

May 8, 2014

Building Caregiver Confidence

Register today to attend free conference with the Alzheimer's Association at MLH

by Amanda Rall

You are invited to a learning opportunity, entitled "Building Caregiver Confidence," for family caregivers and friends who care for individuals with Alzheimer's disease or a related dementia from 2 to 4 p.m. Thursday, May 22, and Thursday, May 29, in the Community Room. Speakers from the Alzheimer's Association — Heart of America Chapter will present each topic.

Refreshments will be served. This is a free event however, pre-registration is requested. Register by calling Debbie Holroyd at (785) 271-1844 or emailing dholroyd@alz.org. You may also register through Amanda Rall at 323-3801 or Kristin Smith at 323-3800.

alzheimer's  **association®**

Schedule of Topics:

Thursday May 22

What can I expect?

An overview of Alzheimer's disease and related dementias including diagnosis, stages and family experiences.

Who is this person that I am caring for?

A discussion on managing resistance to care and communication.

Thursday, May 29

I can't do this anymore!

A conversation about the dilemma and issues around the placement decision. Covers options, resources and the decision making process.

I should, I ought, I have to...

A discussion on the guilt that typically goes along with the role of caregiver as well as the impact guilt has on caretaking.

Help Us Take 4-H to a Whole New Level!

by John Jobe

Riley County is an area with a vibrant youth culture. The young people in our population make Manhattan and the surrounding communities a great place to learn, grow, and live. Just within the last several years we have seen tremendous growth in the number of young people coming into our schools and community youth development programs. As one of the forerunners in the field of positive youth development, 4-H programming here in Riley County is looking to grow, adapt, and expand along side its young leaders of tomorrow. To accomplish this growth, we need community

partners willing to help us in our mission of growth by providing positive adult mentorship and volunteer opportunities. Recently Riley County 4-H has partnered with representatives from Meadowlark Hills in Manhattan to discuss the possibilities of enlisting residents, staff, and facilities to assist with the growth and scope of our programming. If you are interested in getting involved as a volunteer leader or know a parent looking to get their child enlisted in a wonderful program, please contact John Jobe at (785) 537-6353 or via email at jajobe@ksu.edu.



Thank you for your continued support of the MLH Foundation and its mission.

The Meadowlark Hills Messenger is proudly sponsored by The Trust Company.

UPCOMING EVENTS

Valerie Wright Lecture on Butterflies and Pollinators

Join Valerie Wright from the Konza Prairie in a lecture on Kansas butterflies and other pollinators at 7 p.m. Friday, May 9, in the Community Room.

Mother's Day Brunch

The Prairie Star Restaurant is hosting Mother's Day Brunch with two seating times available: 11 a.m. and 1 p.m. Sunday, May 11, in the Community Room. Cost is \$18 for adults and \$8 for children for the all-you-can-eat buffet. Reserve your seat now by signing up in the Blue Book located at the Hospitality Desk. The menu is listed in the Blue Book with the sign-up sheet.

Men's Coffee Group

Calling all Meadowlark Hills men! Lonnie Baker, CEO, and Garrett Lee, Health Services Director, will host a Men's Coffee Group starting at 9 a.m. Friday, May 9, in the Manhattan Room. This will be a time of fellowship and discussion among the residents of Meadowlark Hills with Garrett and Lonnie, while enjoying hot coffee! The Men's Coffee Group will meet once a month on Friday the first full week of the month. Lonnie and Garrett will take turns hosting. Please contact Kristin Smith at 323-3800 with any questions.

Bill Thomas' Second Wind Tour

You're invited to the Second Wind Tour in Kansas City on Thursday, May 22, departing from the Village Entrance at 9 a.m. Our first destination will be the Bristol Seafood Grill for lunch, where we will order from the elegant seafood menu.

Registration is available in the Blue Book, located at the Hospitality Desk. Cost of the event is between \$50 and \$60 per person and includes transportation, lunch and the experience of the Second Wind Tour.

Community Bingo

Calling all Bingo players! Community Bingo will begin at 7 p.m. Monday, May 12, in the KSU Classroom. Starting Monday, May 19, Community Bingo will take place every Monday at 7 p.m. in the Community Room. Only \$1 to play; come join in the fun!

Meadowlark Hills Market

This year's Meadowlark Hills Market will be Friday, Aug. 1, and Saturday, Aug. 2. On Monday, May 12, we will have a large furniture only pick-up day. If you have large furniture that you wish to donate that needs to be picked up, please contact Pam Reding at 323-3890 to schedule a time on May 12. Smaller items can be donated closer to the date of the Market.

Development Director Interview

All applications have been reviewed and strong candidates have completed the first round of interviews with the search committee for the Development Director. All residents will have the opportunity to meet the candidates during moderated Town Hall style meetings. This process will be very similar to how residents met the CEO candidates as we went through that process. The first candidate interviewed on Wednesday, April 23. The second moderated Town Hall meeting will be held from 3:45 to 4:30 p.m. Friday, May 9, in the Community Room. Tracy Musselman is happy to answer any questions you may have about this process. Please don't hesitate to call her with questions at (785) 323-3878.

Symphony in the Flint Hills

Meadowlark Hills is able to secure a block of tickets to the ninth annual Symphony in the Flint Hills. This year's event is set for Saturday, June 14, at Rosalia Ranch in Butler County, near Eldorado, Kan.

With the increased price of tickets for 2014, the package price offered by Meadowlark Hills, which includes a concert ticket, reserved seat, meal and transportation, will be between \$145 and \$160 per person. Register for this event by signing up in the Blue Book located at the Hospitality Desk.

Packages will be offered on a first-come, first-serve basis. Residents, board members, Passport members, and their friends and families will have first priority.

A schedule of events and departure time will be announced as soon as the information is released. More details to come! If you have questions, please contact Becky Fitzgerald at 323-3802, or Amanda Rall at 323-3801.

UPCOMING EVENTS

Center on Aging Lecture Series

Dr. Migette Kaup is a professor of interior design at Kansas State University. Migette and her husband, Steven Kaup, went on an adventure to Madagascar last summer. Migette will share their experiences with the culture, animals and how Madagascar compares to traveling in other African countries at the Center on Aging Lecture Series at 4 p.m. Thursday, May 8, in the Community Room. Migette will use her talents with design to help you experience Madagascar visually through images taken on their trip.

General Support Group—New Time

The General Support Group has changed meeting times and date. The group will now meet on Wednesdays at 2:30 p.m. instead of Saturday afternoons. Beginning at 2:30 p.m. Wednesday, May 14, the General Support group will be led by the Social Service Leader, Kristen Martin, in the KSU Classroom. There will not be a group held on Saturday, May 10. The General Support Group provides an opportunity to share and discuss various losses and to receive support and education about the bereavement process. Everyone is invited to attend.

Brain Booster

Brain Booster is a memory-support program that revolves around playing games, technology and trying new things. This specific combination of memory enhancing activities is designed to give the brain a dynamic boost. Kansas State University students from the Gerontology Club will provide a featured activity and technology assistance every Friday from 1:30 to 3:30 p.m. in the Game Room. Hope to see you there!

Research Subjects Needed

The Department of Kinesiology at Kansas State University is looking for research subjects to complete a study on lung functioning as we age. The participants would need to visit the Kinesiology lab (in Ahearn Fieldhouse) for an initial visit, complete four weeks of in-home breathing exercises and finish with a final visit to the lab. The in-home breathing exercises would be done with a non-invasive handheld trainer, completing 60 breaths per day, inhaling against the trainer. The researchers are looking for interested individuals, who are 65 years or older, without pulmonary or cardiovascular disease. Please contact Fitness Leader, Jeff Heidbreder at, (785) 341-2995 to sign-up, or with any questions you may have.

Prairie Star Kitchen Update

The Prairie Star kitchen will be updating their air conditioning and heating unit from Monday, May 12 through Wednesday, May 14. During this time, Prairie Star will offer a buffet-style lunch each day with the menu being closed. The restaurant will be open for dinner patrons with normal service and menu options.

Irma Fallon Memorial Service

Irma Jean Fallon passed away on April 19, 2014, at the age of 85, following an extended struggle with Alzheimer's disease. You are invited to join the family in a memorial service celebration of her loving life at 10:30 a.m. Saturday, May 24, at Peace Lutheran Church, 2500 Kimball Avenue. A reception will follow at the church. Memorials may be given to Peace Lutheran Church, Lutheran Campus Ministry or Donald J. and Erma J. Fallon Scholarship Fund at the KSU Foundation. Memorials may be sent in the care of Yorgensen-Meloan-Lundeen Funeral Home, 1616 Poyntz Ave. Manhattan, KS 66502.

Extended Trip Survey

Attention Meadowlark Hills Travelers! There is an extended trip survey available for interested persons to fill out to determine where the next destination will be for the Travelers. Please ask a member of the Hospitality Staff for a survey. Surveys need to be returned to the Hospitality Desk by Thursday, May 22.

Anthropology Film Premier

For the past four months, Kansas State Anthropology students have been living at Meadowlark Hills. Now they are ready to share the documentary they have been working on all this time. Please join them at 7 p.m. Friday, May 16, in the Community Room to enjoy the show! Refreshments will be served and discussion will follow.

Summerfest 2014

Meadowlark Hills invites you and your family to Summerfest 2014! This event is free and fun for all ages! This lively block party will be complete with inflatables, sno-kones, live music and food! Summerfest will be Friday, June 6, starting at 4:45 p.m. with a huge welcome! The cookout will start at 5 p.m. and the live band, the Tomcats, will be performing at 6 p.m. Don't miss out on this fun-filled night!

ASK ANNIE!

Q: What's the BUZZ about the BEEs?

submitted by Annie Peace

Clever question, and here's what I now know!

We have recently become home to a hive of bees. A bee hive has been installed behind the maintenance shop to help pollinate milkweed and other plants in the area.

Bees are one of the top pollinators in the Midwest and have recently become endangered due to a disease that has been wiping out entire hives across the country. We were approached by a beekeeper as a site to host a hive to help improve pollination in the area. To accommodate the bees and further increase pollination, we have planted milkweed along the fence line that will also attract Monarch butterflies during their annual migration. The beekeepers, a Colonel and his daughter, will maintain the hive.

I have done some research and found a few other fun facts on bees that may be good to know as we begin to share our home with them:

- Bees have been known to travel up to seven miles to find food and nectar to make honey, although they will only travel as far as they need.

- A typical bee hive can be home from anywhere between 30,000 and 70,000 bees.
- Bees typically only sting to protect their hive or when they feel threatened.
- Only female bees can sting.
- Honey bees are not capable of pulling their stingers out of a victim and therefore leave their stingers inside the victim, flying off and dying shortly thereafter.
- According to the U.S. Department of Agriculture, these under-appreciated workers pollinate 80 percent of our flowering crops which constitute 1/3 of everything we eat
- Each honey bee colony has a unique odor for members' identification.
- It is estimated that 1100 honey bee stings are required to be fatal

Thank you for another great questions, please keep them coming.



TOWN MEEING MINUTES

Monday, May 5, 2014

Welcome and Introduction of New Residents, Amanda Rall

Kip Williams and Mary Lou Gibbs were introduced as new Independent Living residents.

Campus Update, Lonnie Baker

Lonnie reported that it has been one year since the change in organizational focus and structure. Now there is a need to determine what Meadowlark Hills can do to meet and accommodate the needs of residents. A meeting will be scheduled to discuss this topic and everyone is encouraged to take the time to attend. There were over one hundred volunteers to help make Spring Clean-Up a success. Ashley Green did an amazing job organizing and leading this event. Sarah Duggan put together a slide show presentation with pictures of the happenings during Spring Clean-Up. Thank you to all the residents, employees and volunteers for giving their time.

Board of Trustee Update, Dirk Daveline

Dirk Daveline reported that May will be his last meeting as Chair on the Board of Trustees. He will

move to the Board Treasurer to serve a two to three year term. Larry Fox will become the new Board Chair. The Board has concluded that improvements need to be made to Honstead House and Sloan House. They have determined this is a better option than rebuilding. The process is scheduled to begin sometime this summer, with the board's approval. The Board is in the process of approving next years budget. If you have any issues or concerns, please reach out to a board member or call the Board Chair.

Health Services Update,

Garrett Lee

Garrett invited all men at Meadowlark Hills to attend the Men's Coffee Group. Lonnie or Garret will be the host at these meeting, which meet once a month in the Manhattan Room. Quarterly walkthroughs have been done around campus and several things need to be addressed in the households. The decision has been made to purchase new furniture.

TOWN MEETING MINUTES

Health Services Update, Garrett Lee—continued

Jenice Howard, Clinical Educator, has been working on getting her certification after which she will begin teaching CNA classes. This should begin sometime in July and will give Meadowlark Hills the ability to retain good staff members. Roshanna Robinson, the Social Services intern will be leaving. We would like to thank her for all of her involvement with residents and staff. Those who would like to thank her can stop by the Manhattan Room at 4 p.m. on Wednesday, May 7.

Community Relations Update, Sarah Duggan

Meadowlark Hills has the opportunity to get involved with children in 4-H. Sarah Duggan introduced John Jobe, a Riley County Extension Agent for 4-H. Over the last several months, John has been trying to grow 4-H in Riley County. In order to achieve this growth, he has been working with the community to increase volunteers. John requested Meadowlark Hills residents involvement with 4-H kids. New short-term, nontraditional programs are now available. Residents can volunteer to work with 4-H children by filling out an Interest Matching Form located at the Hospitality Desk. Riley County 4-H could use Meadowlark Hills facilities for some of their activities.

Fitness Services Update, Jeff Heidbreder

Wednesday, May 28, 2014 is National Senior Health and Fitness Day. There will be no exercise classes on this day however, everyone is welcome to join Jeff Heidbreder at 9 a.m. in the Community Room for fitness testing. This testing will consist of six different tests. A documentary, *Age of Champions*, will be

shown at 10:30 a.m., after all fitness test are complete. The Speedy PD Race is coming up in August. This is a non-competitive race to benefit the Parkinson's Program. Training will begin in June and will be Saturday mornings at 8 a.m. at City Park. The Kansas State Kinesiology Department is looking for volunteers to participate in a lung function test. They plan to start this test within in the next couple of weeks. Participants must be 65 years of age or older without cardiovascular or pulmonary disease. If interested please contact Jeff Heidbreder.

IL Update/Upcoming Events, Amanda Rall

Kansas State Anthropology students will host a video premier in the Community Room on Friday, May 16. Summerfest is scheduled for Friday, June 6, at 4:45 p.m. We will be contacting residents if we need to use their driveways. Two outings are currently scheduled for Meadowlark Hills Residents. The first is KC Royals at Kauffman Stadium in Kansas City. Come and watch the Royals take on the Cleveland Indians. Residents, staff and family members are invited. Please sign up in the Blue Book located at the Hospitality Desk. Cost for the trip is \$30 and includes ticket, tailgate and transportation. The second outing will on Thursday, May 22, to see Dr. Bill Thomas' Second Wind Tour in Kansas City. Attend this outing and learn innovative new ways to think about aging. The day will consist of speeches and music. We will also be stopping to eat at seafood restaurant for lunch. Those who wish to attend should register as soon as possible. Please contact Amanda Rall with any questions. The Symphony in the Flint Hills is Saturday, June 14. Meadowlark

Hills has acquired a block of tickets. Those who wish to attend should sign up as soon as possible. More information about this event will be available soon. Our trip this fall has been narrowed down to four choices. These choices are Minneapolis, Minnesota; New Orleans, Louisiana; New Mexico; or San Antonio, Texas. All trips have been scheduled to avoid home football games. Please pick up a survey and choose which destination you prefer. All the information about the trips can be found on the surveys. Valerie Wright will be here Friday, May 9 at 7 p.m. to give a lecture on butterflies and pollinators. Everyone is welcome to attend.

Board of Trustees Election, Amanda Rall

Sandra Emely and Don Rasmussen will be stepping down as the Resident Board of Trustees Members. Two new candidates will take their place in July. The candidate that replaces Sandra is eligible for two full terms (a total of six years). Don Rasmussen's replacement will be completing the last two years of Don's term and will be eligible for an additional second term (a total of 5 years). The two candidates are Orris Kelly and Jean Beatty. Their biographies will be in the Messenger this Thursday, May 8. Ballots will be distributed on Friday, May 9. Residents are encouraged to place their vote for one of the candidates. The candidate's new position will be announced in June at the next Town Meeting.

Adjourn

Submitted by Angela Burton

BOARD OF TRUSTEE CANDIDATE BIOGRAPHY

Jean Beatty

My name is Jean Beatty. I live in Meadowlark Valley with my husband Cam and our dog Fender.

I am a retired special education teacher. I have taught and advocated for special needs children in Michigan, Taiwan, China (where I established the Beijing International Preschool), Japan, Hungary, and Utah.

I have lived at Meadowlark Hills for six and a half years. I have been on the Independent Living Resident Council for five years – three of which I have served as Chair of the Council. During my tenure as Chair, I have sought to improve communication between the residents and the staff, to improve communication between the Council and the Board of Trustees, to formalize policies and procedures that affect the residents and to shorten the length of the Council's meetings. I feel confident in saying that I have accomplished all of these goals. I also served on the Meadowlark Hills CEO Search Committee where I had the opportunity to meet several Board members.

I am a Kansas certified advocate for long term care patients. I was assigned by the State of Kansas Ombudsman's Office to the Stoneybrook Retirement Community and I volunteered there for over a year. I

hope to do more advocating for long term care patients in the future as I feel that this is a worthwhile program that greatly benefits those patients who may not have a voice.

I served on the Riley County Senior Center Board of Trustees for three years – one of the three years as Chair.

During that time it was one of my goals to bring information about Meadowlark Hills to the Center Board and to the members of the Center. At the same time I sought to keep the Meadowlark Hills staff apprised of the opportunities the Senior Center presented. This resulted in Meadowlark's participation in the Senior Center Senior Fair and other events.

Over the years I have been involved with many organizations – Girl Scouts, church groups, Boy Scouts, AAUW, and NEA, to name a few. I feel that service is the price one pays for the space one occupies on earth. It would be my pleasure to represent you on the Meadowlark Hills Board of Trustees.



SPECIAL INTEREST GROUP

Writing about your past adds a dimension to your life...

submitted by Charley Kempthorne

Join the Life Story group, led by Charley Kempthorne, at 2 p.m. every other Tuesday in the Living Room. The next meeting will be held on Tuesday, May 20. Call Kay Shanks at 539-2066, for more details. Or just suit up (with a pen and paper or your laptop) and show up, no experience necessary! The following story was written by a member of the writing group:

My mother, the architect/designer/contractor

by Esther Headrick

Sooner or later every mother finds that she must become a multi-talented individual. My mother was an architect/designer/contractor who could also wallpaper and paint. The first home they bought was a small square little home about 30 to 40 years old. It was four rooms and a path on the north edge of the little town in

northwestern Kansas – Norton, Kansas.

It was perfect for newlyweds, but then my grandma came to live with them and they adopted me, and three years later they added my brother – and something had to be done to make space for all of us.

Mother proceeded to weatherize the enclosed back porch. She found a handyman to make a bedroom on the south side, a small entry hall in the center, and a kitchen on the left. A doorway was cut from the former dining room/kitchen. Then it was time to fit in a bathroom. Part of the closet in the bedroom was utilized and a portion of the dining room. There was a door from the former dining room/kitchen and also one from the bedroom – what a difference that made in the little house!

Next she had the handyman enclose the front porch so that it became an extension of the living room and it could be a guest room when she put in the duafold. That was an antique piece of oak furniture that was a forerunner of a sofa bed.

BOARD OF TRUSTEE CANDIDATE BIOGRAPHY

Orris E. Kelly

Chaplin (Major General) Orris E. Kelly, US Army Retired was born July 28, 1926 in Montrose, Kansas. He entered the Army in January 1944 in the Army Specialized Training Program (Reserve) and attended the University of Kansas. He took Basic Training at Camp Fannin, TX, serving as a squad leader. In January 1945, he was sent to Officer Candidate School at Ft. Benning, Georgia. He graduated May 29th, 1945 as a Second Lieutenant at age 18. (In 1976, he was installed in the Officer Candidate School Hall of Fame). He served in the Army of Occupation in Germany (1946) as part of the Constabulary. He was separated from the Army in January 1947 as a First Lieutenant, USAR, returning to college at Kansas Wesleyan University for an AB degree. Orris Kelly went to Garrett Theological Seminary in Evanston, Illinois, graduating June of 1953 and ordained an elder at the United Methodist Church. He re-entered the Army as a chaplain reporting to Fort Leonard Wood, Missouri.

He served in many units including the 8th Calvary Regiment in Japan, the Seventh Infantry Division in Korea and as Division Chaplain of the Fourth Infantry Division in Vietnam. He served on the staff and faculty of the US Army Chaplain School, Director of the Armed Forces Retreat Center in Berchtesgaden, Germany, and Office Chief of Chaplains. In the Pentagon he served as Director, Plans, Programs, and Policies as Executive Office to the Chief of Chaplains. In 1975 he was nominated to be Chief of Chaplains by President Ford, approved by the Senate and promoted from Colonel to Major General. He served as Chief of Chaplains from 1975 to 1979. In August of 1979 he was retired as Major General.

After retirement he served as Associate General Secretary for the Division of Chaplains and Related Ministries of the Board of Higher Education and Ministry of the United Methodist Church. The Division of Chaplains was tasked to endorse clergy to serve in hospitals, prisons, industry, and the military. In 1985, he was selected to the Vice President for Pastoral Services for the Hospital Corporation of America, a 476 hospital

corporation in Nashville, Tennessee. He left that position in 1987 to return to Kansas to round out his career to serve churches until retirement from the United Methodist Church in 1989.

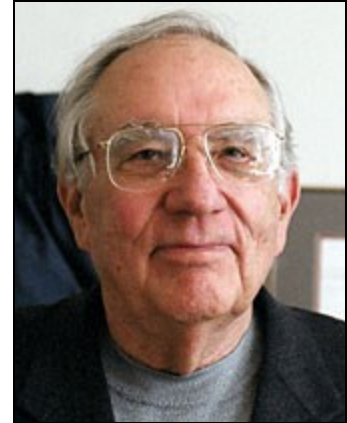
Education includes Command and General Staff College at Ft. Leavenworth, KS, the US Army War College in Carlisle Barracks, PA, Master of Science in Counseling at Shippensburg State University, and honorary doctoral degrees from Kansas Wesleyan University in Salina, KS, and Westmar College in Iowa.

Awards from the Army include the Distinguished Service Medal, Legion of Merit with 2 Oak Leaf Clusters and other awards and decorations.

Other honors include Four Chaplains Award, Aaron and Hur Award, Distinguished Alumni Award from Kansas Wesleyan University, and Award from Indiana State Police for assisting in the training of chaplains.

Orris Kelly served for three years on the National Advisor Committee on Cemeteries for the Veterans Administration in Washington, DC. Other civic activities include the Manhattan, KS Chamber of Commerce, Military Relations Committee, the Military Officers Association, Association of the US Army, Vietnam Veterans, Veterans of Foreign Wars, Military Chaplains Association, Landon Lecture Patron, and supporter of McCain events at Kansas State University. He served on two ethics committees at Kansas State University, past member of Kiwanis and Lion's Club and was a member of the First United Methodist Church in Manhattan, KS.

His first wife, Phyllis Louise (Goodenow) died of ALS in 1990. He is married to Charlotte Ann (Bowman)(Scott) with seven children, 14 grandchildren and nine great-grandchildren.



PRAIRIE★STAR

RESTAURANT

May 11 – May 17
Includes beverage, starter and dessert.

SUNDAY	May 11 ~ Lunch \$18	Dinner \$10
	Mother's Day Brunch <i>Sign-up in the Blue Book.</i>	Hot Roast Beef Sandwiches Mashed Potatoes Vegetable of the Day
MONDAY	May 12 ~ Lunch \$7	Dinner \$11
	Deli Bar (does not include drink, starter or dessert)	Chicken Fried Steak Mashed Potatoes & Gravy Vegetable of the Day
TUESDAY	May 13 ~ Lunch \$7	Dinner \$12
	Pasta Bar (does not include drink, starter or dessert)	Coconut Shrimp Roasted Red Potatoes Vegetable of the Day
WED.	May 14 ~ Lunch \$7	Dinner \$12
	Potato Bar (does not include drink, starter or dessert)	Lasagna Garlic Toast Vegetable of the Day
THURSDAY	May 15 ~ Lunch \$6	Dinner \$12
	Salad Bar (does not include drink, starter or dessert)	Sautéed Pork Chops Mashed Potatoes & Cream Gravy Vegetable of the Day
FRIDAY	May 16 ~ Lunch \$10	Dinner \$10
	Fried Pork Fitter Sandwich French Fries Cole Slaw	Chicken Florentine in Supreme Sauce Wild Rice Vegetable of the Day
SATURDAY	May 17 ~ Lunch \$10	Dinner \$11
	Tamale Pie Black Beans Mexican Rice	Meat Loaf Mashed Potatoes & Gravy Vegetable of the Day

*You may substitute an extra vegetable for the starch on any special for no additional charge.

Grosh Cinema Movies

Monday, May 12 - Sunday, May 18

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

Monday, May 12 – Dr. Doolittle (1998)

A Doctor finds out that he can understand what animals are saying. And the animals find out that he understands.

Co-starring: Eddie Murphy, Peter Boyle, Ossie Davis

Rated PG-13; 1 hr. 35 min.

Tuesday, May 13 - Million Dollar Baby (2004)

A determined woman works with a hardened boxing trainer to become a professional.

Co-starring: Hilary Swank, Clint Eastwood, Morgan Freeman

Rated PG-13; 2 hrs. 12 min.

Wednesday, May 14 – Return to Snowy River (1988)

Young Jim Craig returns to his home in the Australian high country. He finds that things are not as he left them - his girlfriend is being pursued by another man, and her father doesn't want Jim back into her life.

Co-starring: Tom Burlinson, Sigrid Thornton, Brian Dennehy

Rated PG; 1 hr. 39 min.

Thursday, May 15 – The Time Travelers Wife (2009)

A romantic drama about a Chicago librarian with a gene that causes him to involuntarily time travel, and the complications it creates for his marriage.

Co-Starring: Eric Bana, Rachel McAdams, Ron Livingston

Rated PG-13; 1 hr. 47 min.

Friday, May 16 – The Heat (2013) **Resident Request*

An uptight FBI Special Agent is paired with a foul-mouthed Boston cop to take down a ruthless drug lord.

Co-starring: Sandra Bullock, Michael McDonald, Melissa McCarthy

Rated R; 1 hr. 47 min.

Saturday & Sunday, May 17 & 18 – A Prairie Home Companion (2006)

**Resident Request*

A look at what goes on backstage during the last broadcast of America's most celebrated radio show, where singing cowboys Dusty and Lefty, a country music siren, and a host of others hold court.

Co-starring: Lily Tomlin, Meryl Streep, Woody Harrelson

Rated PG-13; 1 hr. 45 min.

This Week's Opportunities May 11 – May 17

SUNDAY • MAY 11

10:00 a.m.~ Church Service, CR
11:00 & 1 p.m. ~ Mothers Day Brunch, CR
2:00 & 6:00 p.m.~ Movie, GC

MONDAY • MAY 12

Trash pick-up day.

Dental Hygiene Clinic, 207– *By Appointment Only*
Large Furniture Pick-Up Day—*Call Pam Reding at 323-3890*

9:30 a.m. ~ Seated Strength, CR
10:20 a.m. ~ Weights 101, CR
11:15 a.m. ~ Sit and Be Fit, CR
11:30 a.m. ~ Meadowlark Valley Lunch, LR
12:00 p.m. ~ Beginner Tai Chi, CR
12:00 p.m. ~ 1st Presbyterian Men's Club, MR
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. ~ Hearing Aid Doctor, CON
3:00 p.m. ~ Meadowlark Singers Practice, CR
7:00 p.m. ~ Game Time, GR
7:00 p.m. ~ Community Bingo, KSU CR

TUESDAY • MAY 13

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Seven Dolors Book Discussion, LR
1:00 p.m. ~ Tai Chi, CR
2:00 p.m. ~ Card Making with Michelle, LR
3:00 p.m. ~ Coffee Corner, CR
4:00 p.m.~ Newspaper & Bible, LR
5:30 p.m.~ 4th Floor Supper, MR
7:00 p.m.. ~ Dominoes, GR

WEDNESDAY • MAY 14

8:00 a.m. ~ Centering Prayer, TR
9:00 a.m. ~ New Perspectives, MR
9:00 a.m. ~Building & Grounds Committee, LR
9:30 a.m. ~ Seated Strength, CR
10:00 a.m.~ Wal-Mart/Hy-Vee Shopping Trip, VE
10:00 a.m. ~ Memory Support Group, CON
10:00 a.m. ~ Church Service, KSU CR
10:20 a.m. ~ Weights 101, CR
11:15 a.m. ~ Sit and Be Fit, CR
12:00 p.m. ~ 2nd Men's Club Lunch, MR
12:00 p.m. ~ Beginner Tai Chi, CR
1 to 2 p.m. ~ Fitness Center Office Hour, FC
1:30 p.m. ~ Afternoon Presby Church Circle, LR
1:30 p.m. ~ Pitch, GR
2:30 p.m. ~ General Support Group, CON
3:00 p.m.. ~ Call Hall Ice Cream, KR
4:00 p.m. ~ 3rd Floor Meeting, CR
7:00 p.m. ~ Game Time, GR

THURSDAY • MAY 15

9:00 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. ~ Low Vision Support Group, KSU CR
3:30 p.m. ~ Dementia Caregiver Support Group, KSU CR
5:30 p.m.~ Meadowlark Circle Supper, MR
7:00 p.m. ~ IL Bingo, CR
7:00 p.m. ~ Woodwinds Anonymous Practice, LR
7:30 p.m.~ Sons of the American Revolution, CON

FRIDAY • MAY 16

9:30 a.m. ~ Seated Strength, CR
10:00 a.m.~ Veterans Group, GC
10:20 a.m. ~ Weights 101, CR
11:15 a.m. ~ Sit and Be Fit, CR
12:30 p.m.~ Mending Angel, GR
1:00 p.m. ~ Hand and Foot Card Games, GR
1:15 p.m. ~ Parkinson's Exercise Group, CR
1:30 p.m.~ Brain Booster, GR
3:30 p.m.~ Catholic Rosary, CR
7:00 p.m.~ Anthropology Video Premier, CR

SATURDAY • MAY 17

10:00 a.m. ~ Color Theory Class, MCR
1:00, 4:00 and 7:00 p.m. ~ Movie, GC

• ROOM ABBREVIATIONS •

BP, Billiards Parlor	LB, Library
CR, Community Room	LR, Living Room
CON, Conference Room	MR, Manhattan Room
FC, Fitness Center	MCR, Miller Craft Room
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CR, KSU Classroom	WS, Woodshop



May 12 – 17
Benedictine
Stop by the pub this week
where any drink made with the
special is only
\$3.75

DRINK SPE-