

# Meadowlark Hills Messenger

Meadowlark Hills Retirement Community

Aug. 11, 2016

## Going once, going twice *2nd annual auction to benefit Good Samaritan Fund*

*Submitted by Becky Fitzgerald*

When Vern Gannon speaks, people listen. The local auctioneer's talent for fast talking will be on display Saturday, Sept. 10, at the 2<sup>nd</sup> annual Meadowlark Hills Benefit Auction planned for the Utopia Room at St. Thomas More Catholic Church, 2900 Kimball Ave. Proceeds benefit the Meadowlark Hills Foundation's Good Samaritan Fund, which assists residents in Meadowlark Hills healthcare households who have outlived their financial resources. Once again, Gannon is donating his time and that of his staff members so that more auction revenue will go toward the fund.

Part of my duties as Development Director has been to meet with residents and family members during their "right-sizing" processes, and I've had the pleasure to work over the past year with many cheerful givers. A variety of sofas, chairs, tables, desks, dressers and lamps have been carefully stacked in three storage units around Manhattan, and on the afternoon of Sept. 9, Pat Callaghan and a team of movers will load the contents of our three units and haul the goods to the church. Pat also is generously donating his time and the use of his truck and trailers.

Several residents have let me know that they have items they'd like to give toward this worthwhile effort. Household items, such as decorative glassware, rugs,



[above] Helen Toburen's family donated this dresser and needle art piece. Inset Photo: A collector's item on this year's auction block is a cast iron Fido by Hubley Manufacturing.



artwork (decorative and fine art), décor items (inside and outside), gently used small appliances, clocks, holiday items, etc., may be donated again this year, and apt. 401 has been reserved as a collection point. "Real" and costume jewelry received much interest at last year's sale, and, so far, little has been donated in that category. If you have gemstone pieces or costume jewelry that you no longer wear or need, please consider helping them find new homes through the auction.

Donations will be accepted from 10 a.m. to 1 p.m. on Friday, Aug. 19, and from 2 to 5 p.m. on Friday, Aug. 26. Anything not reserved for the auction will be taken to Trinity Presbyterian Church, one of our six founding churches, for their annual rummage sale on Aug. 27. We will not accept clothing, shoes, books or outdated electronic equipment, such as video cassette recorders and old TVs. Flat-screen models are welcome.

If you have large donations that cannot be brought to #401, please contact Becky at 323-3843 to arrange a pick-up time.

Volunteers are needed to accept donations during the collection times and the afternoon of Sept. 9 to unpack boxed items and arrange them on tables. If you're willing to help, please contact Becky.

## UPCOMING EVENTS & ANNOUNCEMENTS

### Piano Recital with Steve Shields

**Friday, Aug. 12, at 7 p.m.**

Steve Shields, CEO of Action Pact Development, will perform a piano recital at 7 p.m. Friday, Aug. 12, in the Community Room. Steve, former CEO of Meadowlark Hills, is a man of many talents, including being an entertainer. If you have never had the opportunity to listen to Steve perform, don't miss out on this wonderful performance!

### August Focus Group

**Thursday, Aug. 11, at 10 a.m.**

The Focus Group scheduled for August will highlight another great staff member at 10 a.m. today, Aug. 11.

The staff attendee for August Focus Group will be Dietitian, Lisa Schwarz. Come meet Lisa in the KSU Classroom!

### Library Donation

Thanks to Esther Headrick for donating *My Little Valentine* by KelLee Parr to the Meadowlark Hills Library! The story is factual and based on hundreds of letters between written between a mother and a daughter.

### Jokes of the Week

What do you get when you cross a potato with an elephant?  
Mashed Potatoes!

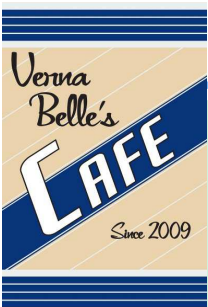
What did one penny say to the other penny?  
We make perfect cents.

What do planets like to read?  
Comet books.

Why do seagulls fly over the sea?  
Because if they flew over the bay, they would be called baygulls!

Why did the cow go to outer space?  
To visit the milky way.

What do you get when you cross a porcupine and a turtle?  
A slowpoke.



## Lunch Specials

**August 14 – August 20**

Hours: Monday–Friday, 8 a.m. to 5 p.m.

Saturday–Sunday, 9 a.m. to 1 p.m.

<b>Sunday, Aug. 14 – Tuna Salad Sandwich with Side</b> (Tuna Salad on white or wheat bread with your choice of side)	<b>\$3.75/\$5.50</b>
<b>Monday, Aug. 15 – Bacon &amp; Tomato Grilled Cheese with Tomato Soup</b> (Bacon, Tomato & cheese on toasted Italian bread)	<b>\$3.75/\$5.50</b>
<b>Tuesday, Aug. 16 – Ham &amp; Swiss Sliders with Fruit Salad</b> (Ham & Swiss cheese on warm Hawaiian Rolls with Honey Mustard & seed glaze)	<b>\$3.75/\$5.50</b>
<b>Wednesday, Aug. 17 – Patty Melt with Potato Salad</b> (Grilled Hamburger patty with caramelized onion, Swiss cheese & thousand island dressing on toasted Rye bread)	<b>\$3.75/\$5.50</b>
<b>Thursday, Aug. 18 – Philly Cheese Steak Panini with Pistachio Salad</b> (Hot roast beef with Swiss cheese & sautéed peppers & onions on toasted Italian bread)	<b>\$3.75/\$5.50</b>
<b>Friday, Aug. 19 – Crunchy BBQ Chicken Sandwich with Melon Salad</b> (Grilled Chicken Sandwich topped with BBQ sauce, Swiss cheese and French fried onions on a toasted bun)	<b>\$5.50</b>
<b>Saturday, Aug. 20 – Egg Salad Sandwich with Side</b> (Classic Egg Salad on white or wheat bread with your choice of side)	<b>\$3.75/\$5.50</b>

## UPCOMING EVENTS & ANNOUNCEMENTS

### Kansas City Royals Trip

**Wednesday, Sept. 21, at 12:30 p.m.**

Residents, staff and family members are invited to Kansas City's Kauffman Baseball Stadium to watch the Royals take on the Minnesota Twins at 6:15 p.m.

Thursday, Sept. 29. Transportation on a chartered 56-passenger bus departs from the visitor parking area by Prairie Star Patio at 1 p.m. (please arrive by 12:30 p.m.).

Upon arrival at the stadium, we will set up a tailgate supper catered by Prairie Star Restaurant, including sandwiches, chips and dip, salads, fruit, water and soda. Attendees should bring lawn chairs, coolers with adult beverages, tailgating games, cash for food/drinks inside the stadium (Sept. 29 is Buck Night! All hot dogs and peanuts are only \$1!). Plates and silverware will be provided. Adult beverages are permitted and can be transported in the storage area under the bus.

Registration for the event is open. Interested staff and residents can sign up in the Blue Book at the Hospitality Desk. Please include your phone number, indicate whether you are a resident or staff member and your method of payment. The cost for the trip is **\$35** per person, which includes your ticket, transportation and tailgate supper. There is a limited amount of tickets available and registration will be on a first-come, first-served basis. Cancellations need to be made by **Wednesday, Sept. 21**, for full reimbursement. Cost of the event can be paid via cash, check, and credit card or can be charged to your monthly statement. **Employees can have the cost deducted from their paycheck.**

Departure from the stadium to return home will be contingent on when the game ends, but we expect to return around 11 p.m. Please contact Monte, Sarah, Jayme or Chris.

### KelLee Parr Presentation

**Friday, Aug. 19, at 7 p.m.**

Friday, Aug. 19, Meadowlark Hills welcomes back KelLee Parr, author of the book, "My Little Valentine."

KelLee will discuss his book, which is the true story of his mother and grandmother's journey to find one another. The story is factual and based on his personal experiences, information shared by family members and hundreds of letters between mother and daughter.

Mr. Parr will be talking about his book, answering questions and sharing the motivation behind the book. His presentation starts at 7 p.m. in the Community Room.

### 8th Annual Speedy PD

**Saturday, Aug. 27, at 8 a.m.**

Mark your calendar to run, walk and/or volunteer at the 8<sup>th</sup> Annual Speedy PD Race for Parkinson's on Saturday, Aug. 27, at Tuttle Creek State Park! The USATF Certified 5k and 10k courses and ½ Mile Family Fun Run/Walk are presented by UMB Bank and the proceeds benefit the Meadowlark Hills Parkinson's Program.

The proceeds allow the Parkinson's Program to offer free services to those in the Flint Hills affected by Parkinson's Disease (PD). These free services include: monthly education group meetings, caregiver support group, physical exercise classes, Rock Steady & Fit 2 Fight PD Boxing classes, voice classes, educational symposiums, transportation to activities, a lending library of books, walkers and voice amplifiers and personal consultations.

To register, simply go to [www.runspeedypd.org/registration/](http://www.runspeedypd.org/registration/) or stop by the Hospitality Desk to pick up a paper registration form. When registering, be sure to join the Meadowlark Team! The 5k and 10k races begin at 8 a.m., and the Half Mile Family Fun Run/Walk starts at 9:15 a.m.

We also are searching for volunteers to ensure our participants are safe and have fun. Please email: [info@bodyfirst.com](mailto:info@bodyfirst.com) or call Jeanette Wagner at (783) 323-3870. You can volunteer AND run/walk.

Prior to the race, join us for a Pasta Party at 6:30 p.m. Friday, Aug. 26, at the Holiday Inn Campus. Cost is \$12 for adults and \$6 for children 10 and under. The event will begin with presenter Don Rasmussen, Meadowlark Hills resident, followed by the key note speaker Tymber Lee, former professional baseball player and entrepreneur from Wichita, Kan. You can sign up in the Blue Book located at the Hospitality Desk to attend the Pasta Party and/or transportation.

If you have any questions, please contact Michelle, Parkinson's Program Leader, at (785) 323-3899.

We look forward to seeing you and your family and friends Friday, Aug. 26, and Saturday, Aug. 27!

### Memory Activities Class

**Wednesday, Aug. 17, at 10 a.m.**

Memory Activities Class (MAC) provides education, activities and discussions about memory and cognition in an informal setting. All levels of abilities are welcome and snacks will be provided. This group will meet from 10 to 11 a.m. Wednesday, Aug. 17, in the KSU Classroom.

## UPCOMING EVENTS & ANNOUNCEMENTS

### Parkinson's Webinar: What are the other Parkinsonisms?

**Thursday, Aug. 18, at 11 a.m.**

In this webinar we'll discuss atypical parkinsonisms of corticobasal degeneration, multiple system atrophy, Lewy body dementia and progressive supranuclear palsy. What are the similarities and differences? Could treatments for one condition help those with another, including Parkinson's disease?

This webinar is at 11 a.m. Thursday, Aug. 18, in the West Conference Room.

### Manhattan Summer Chorus

**Wednesday, Aug. 17, at 7 p.m.**

Friends, Romans, Countrymen — and residents of Meadowlark Hills — lend Penny Senften your ears!

It may be a bit of “midsummer madness” (*Twelfth Night*), but the Manhattan Summer Chorus will be performing music in honor of William Shakespeare at 7 p.m. Wednesday, Aug. 17, in the Community Room!

Shakespeare has been described by Ben Johnson, “not of an age, but for all time,” and is one of the most quoted authors in history. In recognition of the 400th Anniversary of Shakespeare's death, the program will focus on pieces of music that have a connection to Shakespeare in some way, including modern takes on some of his most famous plays (e.g. Bernstein's *West Side Story after Romeo and Juliet*; Cole Porter's *Kiss me, Kate* and *The Taming of the Shrew*).

### Memory Café

**Wednesday, Aug. 17, at 10 a.m.**

Memory Café will meet in the West Conference Room from 10 to 11 a.m. Wednesday, Aug. 17. This new group features story sharing, reminiscing, and social engagement.

It will be facilitated by Bridget Larkin, Licensed Social Worker and Arlene Lundberg, Companion. All are welcome to participate in this informal setting and snacks are provided.

### Grief Support Group

**Tuesday, Aug. 16, at 10:30 a.m.**

Join Bridget Larkin, LMSW, Social Services Leader, and Chaplain Patty Brown-Barnett, DMin, in a Grief Support Group from 10:30 to 11:30 a.m. Tuesday, Aug. 16, in the Living Room.

### NEW Theatre Restaurant Trip

**Wednesday, Aug. 17, at 9 a.m.**

Meadowlark Hills will be taking a trip to the NEW Theatre Restaurant located in Kansas City, Kan. Wednesday, Aug. 17. The show for the day is Broadway hit, *Chicago*, the longest running American Musical in Broadway's history!

Set in the legendary city during the roaring “jazz hot” 20's, *Chicago* tells the story of two rival vaudevillian murderesses locked up in the Cook County Jail. Nightclub star Velma's serving time for killing her husband and sister and driven chorus girl Roxie has been tossed in the joint for bumping off the lover she's been cheating on her husband with. Not one to rest on her laurels, Velma enlists the help of prison matron Mama Morton and slickster lawyer Billy Flynn, who turn Velma's incarceration into a murder-of-the-week media frenzy. Thus, preparing the world for a splashy showbiz comeback! But Roxie's got some of her own tricks up her sleeve.

The cost for the trip is \$15 for transportation and \$35 for the theatre admissions which includes a fantastic dinner and show, choice of coffee, choice of tea or a soft drink. Desserts and alcoholic beverages are available at additional cost.

The group will depart from the Village Entrance at 9 a.m. with restroom breaks in between. Seating begins at 11:30 a.m., with lunch being served from 12 to 1 p.m. and show starting at 1:15 p.m. A sign up sheet is available in the Blue Book located at the Hospitality Desk. Please direct any questions to Monte Spiller, at (785) 323-3801.

### Living Room changes

Due to air conditioner maintenance in the Living Room, the following events have relocated.

Please see the events, dates and room changes listed below:

#### Thursday, Aug. 11

**9 a.m.** – Messenger Ladies, West Conference Room

**10 a.m.** – Great Decisions, West Conference Room

**1 p.m.** – Evelyn's Bible Study, West Conference Room

#### Friday, Aug. 12

**1:15 p.m.** – Parkinson's Care Partner Support Group, West Conference Room



## UPCOMING EVENTS & ANNOUNCEMENTS

### Walmart/Dillon's Shopping Trip



Take advantage of the complimentary transportation to local shopping centers.

Transportation goes to the following locations: Walmart and Dillons.

The next trip departs at 10 a.m. Wednesday, Aug. 17, from the Village Entrance. Please sign up in the Blue Book to register for transportation.

### Shopping Cart Opportunity

Thank you to all of those who have generously donated towards purchasing newer style grocery carts!

The goal is to phase out the old carts and purchase several more of the newer style grocery carts. The last carts were funded through resident donation at a cost of approximately \$200 per cart. With that same generous spirit, we could purchase several additional new carts.

A friendly reminder that if you are still wanting to donate — its not too late! Donations can be turned in at the Hospitality Desk.

### Memory Care Partner Support Group

**Wednesday, Aug. 17, at 10 a.m.**

Memory Care Partner Support Group is a group discussion that relates to challenges of a caregiver and ways to cope with the daily struggles of providing full time care to a loved one with memory and/or cognitive changes.

This group will meet from 10 to 11 a.m. Wednesday, Aug. 17, in the Tranquility Room.

### End of Summer Movie Night

**Wednesday, Sept. 21, at 6:30 p.m.**

Join us at 6:30 p.m. Wednesday, Sept. 21, for a night under the stars to celebrate the end of Summer! We will be hosting a movie night on Prairie Star Patio in order to enjoy the beautiful weather and outstanding food whipped up by Head Chef John Gasser.



What movie will we be watching? That's up to you! We want YOU to choose the movie for the night! Head to the Hospitality Desk to find a ballot box where you can give us your suggestions. The winning movie will be announced at September's Town Hall Meeting! We hope to see you there!

### Turnin' Soil Presentation: Perspectives on the Recent Sod busting in the United States

**Friday, Aug. 26, at 7 p.m.**

Kansas State Professor, Nathan Hendricks will be presenting on the expansion in cropland and how it can result in negative environmental impacts at 7 p.m. Friday, Aug. 26, in the Community Room.

Hendricks research program focuses on how to better understand economic incentives and how it affects the supply of agricultural products and the interaction between agricultural production, the environment and natural resources.

He often focuses within three areas: land use, water and agricultural policy. Some of this research has investigated agricultural supply dynamics, the cost effectiveness of alternative water conservation policies, the production affects of agricultural domestic support programs and econometric estimation of dynamic panels.

### Maintenance Update

Construction for a new cottage located on Meadowlark Valley will begin fairly soon. Vehicles from the construction company will be on Meadowlark Hills campus while construction is being completed.

There will be a large replacement of concrete on the sidewalk that runs down the west side of the tower past the Lyle House entrance. Additionally, the street and carports located on the west side of campus will be replaced with new concrete. The concrete replacement will be completed in sections. Jon Bechtel, Project Manger, will notify residents with reserved spaces where they will be temporarily relocated during the renovation.

Concrete replacement for a couple of driveways on campus began Tuesday, Aug. 2, with weather permitting.

The Kansas Room & Pub will be under construction starting Tuesday, Aug. 23. The Kansas & Pub will not be closed during construction work, but the table in front of where the window is currently located will not be accessible. The construction is estimated to be completed in a week.

### Acrylic Watercolor Painting for Fun

**Saturday, Aug. 13, at 9:30 a.m.**

The Acrylic/Watercolor Painting for Fun group will meet at 9:30 a.m. Saturday, Aug. 13, in the KSU Classroom.

Don't forget to bring paint supplies and be ready to paint away!

## UPCOMING EVENTS & ANNOUNCEMENTS

DRINK SPECIAL



### Aug. 14 to Aug. 20 Birky's Bubblegum

1 oz. Blue Curacao  
1 oz. Crème De Banana  
1 oz. Bailey's  
1 1/2 oz. Cream  
**\$3.75**

### Memory Care Partner Support Group *Wednesday, Aug. 17, at 10 a.m.*

Memory Care Partner Support Group is a group discussion that relates to challenges of a caregiver and ways to cope with the daily struggles of providing full time care to a loved one with memory and/or cognitive changes. This group will meet from 10 to 11 a.m. Wednesday, Aug. 17, in the Tranquility Room.

### Meadowlark Singers Practice *Monday, Aug. 15, at 3 p.m.*

Michael Oldfather, Music Director of the Meadowlark Hills Singers, would like to remind the singers that practice will start back up at 3 p.m. Monday, Aug. 15, in the Community Room.

### Messenger Ladies Help

Esther Sobering, Chair of the Messenger Ladies, is searching for an individual willing to cover Chair responsibilities while she is away and/or during emergencies only.

If you are interested or would like more information about this opportunity, please contact Esther at (785) 320-7882.

### Roofing Maintenance

***Starting Monday, Aug. 29***

Danker Roofing will be replacing Miller, Lyle, Tinklin and Collins House roofing starting Monday, Aug. 29.

### Vespers Services

***Sunday, Aug. 14, at 7 p.m.***

The Vespers service, led by Pastor Troy Bowers from First United Methodist Church, will be at 7 p.m. Sunday, Aug. 14, in the Community Room. All are welcome.

### Leader of the Pack

Have you noticed a Meadowlark Hills employee who has gone above and beyond? You can nominate them to be Leader of the Pack. An employee is chosen each month, and they are awarded.

Stop by the Human Resource office to fill out a nomination form with information about an outstanding employee.

## ASK SARAH

### Prairie Star

*Submitted by Sarah Duggan*

As the weather (hopefully!) begins to cool down, I hope to see more people out enjoying the patio adjacent to our lovely Prairie Star Restaurant. Once out there, I encourage patrons to take notice of the beautiful sculpture in the middle of the patio called Prairie Star – the piece the restaurant is named after.

Prairie Star, the sculpture, was designed by Richard Bergen. Originally, it was proposed as a finalist for the capitol dome project in Topeka, Kan. The sculpture stands on a limestone pedestal, making the piece a total of over seven feet tall! Prairie Star used to be displayed in the main foyer at the Village Entrance before it was moved to the



patio.

The artist, Dr. Bergen, holds an important place in Kansas history. His sculpture of a Kansa warrior is what was ultimately picked to stand atop the Kansas State House dome. The 20-foot, 3500-pound bronze sculpture, Ad Astra, is the only sculpture of a Native American warrior to be placed on top of a state capitol.

See you next week, thanks for stopping by!



[above] Prairie Star sculpture displayed outside in the Prairie Star Patio.

# SUMMER NIGHTS MENU

\$22 PER PERSON

## HORS D'OEUVRES

Artichoke & Tomato Bruschetta  
Mini Puffs with Chicken Salad  
Asparagus wrapped in Smoked Salmon

## APPETIZER

Seared Scallop in a Won Ton Basket  
Herbed Butter Sauce, Chives, Fried Spinach

## SALAD

Poached Pear in Burgundy  
Stuffed with Spring Mix  
Roasted Yellow Pepper, Goat Cheese  
Poppy Seed Ball, Blackberry  
and Chardonnay Vinaigrette

## ENTREE

Petite Filet Mignon  
with Wild Mushroom Duxelle  
in Phyllo Dough with a Demi Glaze  
Matchstick Vegetables

## DESSERT

Raspberry Clafouti

# PRAIRIE★STAR RESTAURANT

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

## Aug. 14 - Aug. 21

Includes beverage, starter and dessert.

A minimum of one-hour notice is required for reservations. The restaurant can accept up to four reservations per time, depending on party size. Reservations can be made in person or by calling 323-3820.

SUNDAY	August 14 ~ Lunch \$10	Dinner \$11
	Roast Turkey & Dressing Mashed Potatoes & Gravy Vegetable of the Day	Spaghetti & Meat Sauce Garlic Toast Vegetable of the Day
MONDAY	August 15 ~ Lunch \$9	Dinner \$12
	Grilled Ham & Cheese Sandwich Tomato Soup	Chicken Normandy Rice Pilaf Vegetable of the Day
TUESDAY	August 16 ~ Lunch \$8	Dinner \$13
	Fajita Bar (does not include drink, starter or dessert)	Roast Brisket with Bordelaise Sauce Potato Pancakes Vegetable of the Day
WED.	August 17 ~ Lunch \$10	Dinner \$12
	Chicken Ala King Egg Noodles Choice of Vegetable	Almond Crusted Pork Tenderloin with Cherry Balsamic Sauce Roasted Garlic Scalloped Potatoes Vegetable of the Day
THURS.	August 18 ~ Lunch \$7	Dinner \$12
	Breakfast Bar (does not include drink, starter or dessert)	Tortellini tossed with Marinara Topped with a Grilled Chicken Breast and Fresh Basil Vegetable of the Day
FRIDAY	August 19 ~ Lunch \$11	Dinner \$13
	Fish-N-Chips Coleslaw French Fries	Sautéed Orange Roughy with Sun Dried Tomato Sauce Cauliflower Mashed Potatoes Vegetable of the Day
SAT.	August 20 ~ Lunch \$11	Dinner \$15
	Stir Fry Beef White Rice Choice of Vegetable	Steak Night Baked Potato Vegetable of the Day

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



## Grosh Cinema Movies

Sunday, Aug. 14 - Saturday, Aug. 20

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

2 and 6 p.m., Sunday

### **Sunday, Aug. 14 – Man of the House (2005)**

A Texas Ranger must protect a group of cheerleaders who have witnessed a murder.

**Co-Starring: Tommy Lee Jones, Cedric The Entertainer & Christina Milian**

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

### **Monday, Aug. 15 – Three Coins in the Fountain (1954)**

Three American woman working in Rome, Italy, share a spacious apartment and the desire to find love and marriage, each experiencing a few bumps in their journeys to romance.

**Co-Starring: Clifton Webb, Dorothy McGuire & Jean Peters**

**Not Rated; 1 hr. 42 min.**

### **Tuesday, Aug. 16 – Jurassic Park (1993)**

A multimillionaire (Richard Attenborough) unveils a new theme park where visitors can observe dinosaurs cloned using advanced DNA technology.

**Co-Starring: Jeff Goldblum, Sam Neil & Laura Den**

**Rated PG-13; 2 hrs. 7 min.**

### **Wednesday, Aug. 17 – Bringing Up Baby (1938)**

Love runs wild for a hapless scientist and an unstoppable heiress in Howard Hawk's classic screwball comedy that ranks high on the American Flim Institute's list of the funniest Hollywood films ever made.

**Co-Starring: Katherine Hepburn, Cary Grant & Charles Ruggles**

**Not Rated; 1 hr. 42 min.**

### **Thursday, Aug. 18 – The Masked Saint (2016)**

A pastor and professional wrestler accepts a position at struggling church where he helps the community both in his official capacity and as his alter ego The Saint.

**Co-Starring: Brett Granstaff, Lara Jean Chorostecki & T.J. McGibbon**

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

### **Friday, Aug. 19 – Erin Brockovich (2000)**

An unemployed single mother becomes a legal assistant and almost single-handedly brings down a California power company accused of polluting a city's water supply.

**Co-Starring: Julia Roberts, David Brisbin & Dawn Didawick**

**Rated R sexual content, violence & language; 2 hrs. 11 min**

### **Saturday, Aug. 20 – Back to the Future (1985)**

Marty Fly, a seventeen-year-old high school student, is accidentally sent 30 years into past in a time-traveling DeLorean invented by his close friend, the maverick scientist Doc Brown.

**Co-Starring: Michael J. Fox, Christopher Lloyd & Lea Thompson**

**Rated PG; 1 hr. 56 min.**

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# This Week's Opportunities August 14 - August 20

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## SUNDAY • AUGUST 14

*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
- 2:30 p.m. ~ Pond Ride, VE
- 7:00 p.m. ~ Vespers, Pastor Troy Bowers, CR

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## MONDAY • AUGUST 15

*Trash pick-up day*

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

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Pond Ride, VE
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR
- 12:00 p.m. ~ Beginner Tai Chi, CR
- 12:00 p.m. ~ Yoga, KSU CL
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 1:10 p.m. ~ Meditation Group, TR
- 1:15 p.m. ~ Parkinson's Exercise Class, CR
- 1:30 p.m. ~ Ladies Pool Table Time, BP
- 2:30 p.m. ~ Pond Ride, VE
- 3:00 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ 5th Floor Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

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## TUESDAY • AUGUST 16

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

- 7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
- 10:00 a.m. ~ Pond Ride, VE
- 10:30 a.m. ~ Reality Check, TR
- 10:30 a.m. ~ Steady Yourself, CR
- 10:30 a.m. ~ Grief Support Group, LR
- 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. ~ LifeStory Writing Group, LR
- 2:30 p.m. ~ Pond Ride, VE
- 3:00 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Newspaper & Bible, LR
- 5:30 p.m. ~ 2nd Floor Supper, CR

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## WEDNESDAY • AUGUST 17

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

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Pond Ride, VE
- 10:00 a.m. ~ Walmart/Dillon's Shopping Trip, VE
- 10:00 a.m. ~ Worship Service led by Chaplain Patty Brown-Barnett, LR
- 10:00 a.m. ~ Memory Activities Class, KSU CL
- 10:00 a.m. ~ Memory Café, CON
- 10:00 a.m. ~ Memory Care Partners Support Group, TR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit and Be Fit, CR

- 12:00 p.m. ~ Yoga, KSU CL
- 12:00 p.m. ~ Beginner Tai Chi, CR
- 1:10 p.m. ~ Meditation Group, TR
- 1:30 p.m. ~ Pitch, GR
- 2:30 p.m. ~ Pond Ride, VE
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Fit 2 Fight PD, CR
- 7:00 p.m. ~ Summer Chorus Performance, CR

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## THURSDAY • AUGUST 18

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

- 9:00 a.m. ~ Messenger Ladies, CON
- 10:00 a.m. ~ Pond Ride, VE
- 10:00 a.m. ~ Meadowlark Bible Study, LR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:00 a.m. ~ Parkinson's Webinar, CON
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure Clinic, GR
- 2:00 p.m. ~ Low Vision Support Group, KSU CL
- 2:30 p.m. ~ Pond Ride, VE
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR
- 7:00 p.m. ~ IL Bingo, CR

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## FRIDAY • AUGUST 19

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

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Pond Ride, VE
- 10:20 a.m. ~ Weights 101, CR
- 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. ~ Pond Ride, VE
- 3:30 p.m. ~ Catholic Rosary, CR
- 7:00 p.m. ~ Resident Program: KelLee Parr, CR

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## SATURDAY • AUGUST 20

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

- 9:00 a.m. ~ Fit 2 Fight PD, CR
- 9:30 a.m. ~ Painting for Fun, KSU CL
- 10:00 a.m. ~ Pond Ride, VE
- 2:30 p.m. ~ Pond Ride, VE

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## 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
FC, Fitness Center	MS, Miller Spa
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
	WS, Woodshop