

Let there be light!

Memorial gift ensures flag can be seen day AND night

by Becky Fitzgerald, Development Director

Arriving home to Meadowlark Hills one night after flying into Manhattan's airport, Anna Walsh, apt. 408, noticed something amiss as she looked toward the visitors' entrance. Our American flag, which flies daily from a pole near the circle drive, was hanging in darkness.

Seeing this, she remembered a poorly lit flag that had spurred her husband to action several years ago. A member of the Kiwanis club in Council Grove, he led an effort to bring a poorly lit flag into the light.

"The club was in charge of the upkeep at a park, and there was a flag at the park entrance," recalled Anna, also a Kiwanis member. "A nearby street light was lighting the flag, and people there thought the street light was adequate, but Gordon said 'No, it isn't.'"

Col. Gordon P. Walsh served 31 years in the U.S. Army, completing two tours of duty in Vietnam. A Purple Heart recipient, he served in many capacities including as a battalion commander. Gordon took his concern for the hard-to-see Stars and Stripes to his Kiwanis club, and the club made sure a spot light

cont. page 4, Light

The Law of Guge Family Vacations

By Sarah Duggan

When I was seven-years-old, my parents took my younger sister, Holly, and I on our first summer family vacation. The destination was San Antonio, Texas and there are two things I remember well from that trip. I can recall our day at Sea World where I sat in the splash zone to watch the Shamu show and I was disgusted when the salt water from the tank was splashed *into* my mouth. My smile that had been wide, and apparently agape, faded and I looked up at my dad in horror as he laughed saying, "Then keep your mouth shut!"

The second thing from our San Antonio trip that I remember is being pooped on by a bird (or was it a bat...?) while riding a boat down the San Antonio River Walk. This may seem minor to you, and when looked at as an isolated event, it is insignificant. However, in retrospect this was the moment that set the tone for our Guge Family

vacations for the coming years.

The next summer my parents loaded us up for a trip to Colorado Springs—sounds lovely right? Not if you are an eight-year-old with a violent case of altitude sickness.

In South Dakota, we overstayed our welcome when the truck broke down on the way home because the gas gauge said we had plenty of fuel and in fact, there was none. We stayed in our pop-up camper at a tent site behind a Super 8 motel for two extra nights. Holly and I swam all afternoon in the heat of the sun without a lick of sunscreen on—mom was doing laundry and dad was likely exhausted from the set back—and the two of us ended up with our worst sunburn to date.

In Arkansas we camped at Beaver Lake where it rained every day except one. When I was 14-years-old we found ourselves back in Texas on the beach in Corpus Chrisit and dad backed mom's new Jeep Liberty into a trash can on a pole right there in the sand. Oh, and that hotel had an ant

cont. page 6, Vacation

Meadowlark Ladies Luncheon, trip postponed

Today, June 8, 12:30 p.m.

The Meadowlark Ladies Luncheon trip to the K-State Student Union has been postponed until August 10.

However, the Living Room has been reserved for 12:30 p.m. today, June 8, for those who would like to meet for lunch and conversation. No sign up is required and the meal will be today's buffet bar.

Art Committee meeting

Friday, June 9, at 9:30 a.m.

The Art Committee will meet at 9:30 a.m. Friday, June 9, in the Living Room.

Jazz in June

Friday, June 9, depart at 6:45 p.m.

You're invited to Jazz in June at 7:30 p.m. Friday, June 9, at Hale Library on the K-State campus. This annual concert with the K-State Faculty Jazztet features Kurt Gartner, percussion; Wayne Goins, guitar; Paul Hunt, trombone; Tod Kerstetter, clarinet; and Jeffrey Utter, bass. They will be joined for the fourth straight year by Beau Thomas Jarvis, jazz pianist.

Tickets can be purchased by visiting www.found.ksu.edu/rsvp/concertseries or by calling Darchelle Martin at (785) 532-7442. Transportation is free of charge and will depart from the Village Entrance at 6:45 p.m. Please sign up in the Blue Book if you would like to attend.

Music by Mike Greim

Friday, June 9, at 7 p.m.

Meadowlark welcomes Mike Greim at 7 p.m. Friday, June 9, in the Community Room. Mike plays acoustic music covering various genres and time periods from the 1950s through today. His music includes country, rock-n-roll, blues and pop. He has been playing music since he was a child, and over the years has been in several bands. Mike now enjoys playing a solo acoustic show.

Originally from Excelsior Springs, MO (home of The Elms Hotel), Mike has lived in Manhattan

since 2010. He and his wife, Tina, have three kids—Zack, Logan and Bentley.

Join the fun next Friday and remember, Mike does take requests....so come ready with songs or artists you'd like to hear!

Symphony in the Flint Hills

Saturday, June 10, depart at 2 p.m.

Monte and Becky will be departing at 2 p.m. with the group to head to the 12th Anniversary of Symphony in the Flint Hills on Saturday, June 10.

If you have questions, please contact Monte at 323-3801.

Anniversary Party

Saturday, June 10, at 2 p.m.

John and Mildred Lindholm invite you to celebrate their 70th Wedding Anniversary from 2 to 4 p.m. Saturday, June 10, in the Community Room at Meadowlark Hills.

They were married on June 8, 1947 and have four children and eight great grandchildren.

Vespers Services

Sunday, June 11, at 7 p.m.

The Vespers services, led by Rev. Glenn Fogo from First United Methodist Church, will be held at 7 p.m. Sunday, June 11, in the Community Room.

Building Caregiver Confidence

Mondays, through June 26, at 1:30 p.m.

The Alzheimer's Association in partnership with Meadowlark Memory Program will be holding a four-part workshop Mondays in June at 1:30 p.m. The series is for family caregivers and friends who care for individuals with Alzheimer's disease or a related dementia. The workshop will be held at the Manhattan Public Library Auditorium.

Light refreshments will be served. Sign-up sheets for transportation are available in the Blue Book.

If you have any questions or want to attend the workshop, please call (800) 272-3900 or contact Cindy Miller at (785) 271-1844.

KSU Alumni Association Social

Tuesday, June 13, at 3 p.m.

You're invited to the Kansas State Alumni Association reception during the normally

scheduled Coffee Corner hour at 3 p.m. Tuesday, June 13, in the Community Room.

The keynote speaker will be Association President and CEO Amy Button Renz, as well as K-State Head Volleyball Coach Suzie Fitz. Appetizers and drinks will be served.

News paper & Bible

Tuesday, June 13, 4 p.m.

Newspaper and Bible will meet at 4 p.m. Tuesday, June 13, in the Living Room.

Memory Café

Wednesday, June 14, at 10 a.m.

Memory Café will meet in the Pub at 10 a.m. Wednesday, June 14. This group features story sharing, reminiscing and social engagement. It is facilitated by Bridget Larkin and Arlene Lundberg. All are welcome to participate in this informal setting and snacks are provided.

Memory Activities Class

Wednesday, June 14, 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, June 14, in the KSU Classroom.

Coach Bill Snyder visits

Wednesday, June 14, at 2:30 p.m.

Coach Bill Snyder will be visiting Meadowlark Hills at 2:30 p.m. Wednesday, June 14, in the Community Room. A highlight video will be shown, then Coach and several of the players will speak and sign autographs. Refreshments will be served. Wear your purple and come visit with the Wildcats!

Beach Museum of Art: Monthly Artist Discussion

Wednesday, June 14, at 6:30 p.m.

Join Kim Richards from the Beach Museum of Art at 6:30 p.m. Wednesday, June 14, in the KSU Classroom to learn and discuss artist Raoul Dufy. All residents who are interested are invited to participate.

Speedy PD Art Workshop

Thursday, June 15, at 10:30 a.m.

Individuals affected by Parkinson's disease are invited to attend art workshops to make the age-group awards for the 9th Annual Speedy PD Race for Parkinson's Disease. Kathrine Schlageck, the Marianna Kistler Beach Museum Education Director, will lead the class and provide the materials and inspiration. Please join her at 10:30 a.m. Thursday, June 15, in the KSU Classroom for the first session.

Low Vision Support Group

Thursday, June 15, at 2:00 p.m.

Please join Nancy Stork with ATP, OCCCK, Inc. for the Low Vision Support Group at 2 p.m. Thursday, June 15, in the KSU Classroom. Nancy will be sharing low vision equipment and talking about helpful resources and programs. Please sign up in the Blue Book if you plan to attend.

NEW Theater Trip

Wednesday, June 21, depart at 9 a.m.

A day trip to the NEW Theater in Overland Park, Kan. has been scheduled for Wednesday, June 21. The show is *The Dixie Swim Club* starring Golden Globe and Emmy nominee, Morgan Fairchild.

Five southern women, whose friendships began many years ago on their college swim team, set aside a long weekend every August to recharge those relationships. Free from husbands, kids and jobs, they meet at the same beach cottage on North Carolina's Outer Banks to catch up, laugh and meddle in each other's lives. *The Dixie Swim Club* focuses on four of those weekends over a span of 33 years.

The cost for the trip is \$50, which includes transportation and ticket. The ticket covers the meal, show and a choice of coffee, tea or soft drink. Desserts and alcoholic beverages are available at an additional cost. The group will depart from the Village Entrance at 9 a.m. Seating will begin at 11:30 a.m., with lunch being served from noon to 1 p.m. The show will start at 1:15 p.m. To register for this trip, please sign up in the Blue Book located at the Hospitality Desk. For questions, please call Monte at (785) 323-3801.

From front, Light
was hung.

"It was important to Gordon that that flag have light," Anna said.

With thoughts of Gordon and the bright outcome for the Council Grove flag in mind, Anna asked staff about a light for Meadowlark's flag. She learned a bulb had burnt out in an existing fixture. A new bulb was inserted, but Anna was disappointed the light's beam showed off the pole, not the flag. Even after an adjustment to the fixture, light beams didn't quite reach the flag.

"I felt strongly that there should be light on the flag, and I had the energy to pursue this," she said.

Anna said she shared her concern about the flag's inadequate lighting with Building and Grounds Committee member Sue Hunt, and Sue promptly offered to take the issue to the next committee meeting. Hearing the concern, Environmental Services Director Mike Davis had an electrician assess the issue. After an offer from Anna to contribute to the cause, a spot light was hung a few weeks prior to Memorial Day.

According to Mike, the previous fixture scattered light over a wide area, diminishing the light that actually reached the flag. The new fixture, mounted on the portico at the visitors' entrance, shines a small beam of light directly on the flag. A photocell sensor turns the light on at dusk and off at dawn. Anna said her donation to cover the cost of the light and its installation is a memorial to Gordon.

"I'm really happy, and everybody was nice to work with," Anna said. "I'd like to acknowledge my neighbors, Fred and Mertyce Rohles and Pat Murray, who encouraged me as I worked with staff on the project."

you're invited to a

Seafood Boil

5:30 p.m. Friday, June 16

at Prairie Star Restaurant & Patio

featuring

Peel & Eat Shrimp	Baby Red Potatoes
Little Neck Clams	Corn on the Cobb
Mussels	Coleslaw
Crawfish	Celery & Onions
Smoked Sausage	Strawberry Shortcake

\$17 per person

A guest performer will start at 6 p.m.

Prairie Star will close at 2 p.m. the day of the event.

Pre-registration is available in the Blue Book, but is not required.

The Cuban-American Dream

This course will provide an overview of Cuban culture and customs through the compelling life narrative of the instructor's family, the granddaughter of Cuban immigrants who fled Cuba in the 1950s. We'll examine Cuban history, culture, society, and politics over the last 50 years, and even sample Cuban coffee.

Available through the Osher Lifelong Learning Institute and UFM, this class will begin at 6:30 p.m. Wednesday, June 14, in the Community Room. The following sessions will meet June 28 and July 5 at the same time and location.

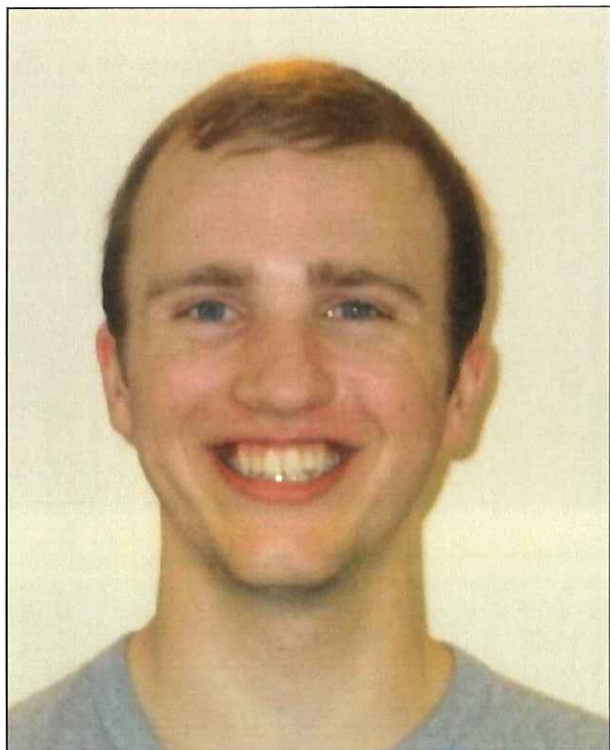
Registration is required for the Osher courses. Please visit the Hospitality Desk for more information.

Abraham Lincoln Revealed

In this course, we'll take an intimate look at many aspects of Lincoln's life, from his early years to his election to the presidency in 1860, and his experiences living and working in the White House. We'll focus on his Civil War partnerships with his most famous generals, Ulysses Grant and George McClellan, and study some of the back stories associated with his delivery of the Gettysburg Address.

This class, available through the Osher Lifelong Learning Institute and UFM, will begin at 2:30 p.m. Thursday, June 15, in the Community Room. The following sessions will meet June 22 and 29 at the same time and location.

LEADER OF THE PACK



Congratulations to the June Leader of the Pack winner—Patrick Monhollon!

Patrick, a CMA in Honstead House, had two nominations, which described Patrick as motivated, optimistic, professional and quintessential. He is enthusiastic about helping and participating in community events year round. The residents at Meadowlark Hills adore his personality and enjoy being around him. Patrick is hard working and willing to help in other households when needed. He is adaptable and a genuine asset to every household he helps in. Open to learning new aspects of Meadowlark, Patrick was recently consulted for the PEAK interviews. Thank you, Patrick for your always positive attitude and willing to help your teammates.

Town Meeting Notes, June 5

Notes from June 5 Town Meeting conducted by Monte Spiller, Resident Services Leader.

Welcome Monte welcomed the meeting attendees. There weren't any new residents in attendance to introduce.

Campus Update Lonnie Baker, CEO, shared that he enjoyed the annual Summerfest celebration during the evening of Friday, June 2. The event very well. Lonnie also thanked Sandy Emley, the outgoing Independent Living Resident Council Chair, for her time and leadership. The team at Meadowlark continue to work toward growth, both internal and external. Lastly, thanks to a hard-working Sales team, census is currently over 95 percent across the Meadowlark Hills campus.

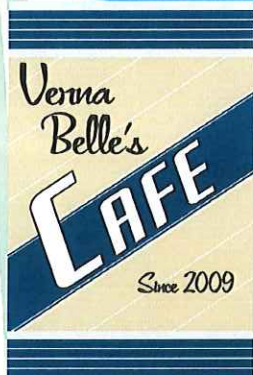
IL Resident Council Update Today was Sandy's last IL Resident Council meeting as her time serving as chair has ended. The newly elected ILRC chair, Pat Vogt, will take over in July.

Support Services Update Jayme Minton, Support Services Director, shared that the restaurant, concierge, café and salon all have new point of sale systems. The restaurant menu has also been updated and the new menus will be delivered with the June 8 Messenger. The Carpet and Paint Vote has ended and the winning choice was Option #1. The project is now out for bid. Jayme introduced Angela Gerena who started as the Home Health Office Manager eight weeks ago. Home Health manages the maintenance of the urgent responders utilized by many Meadowlark residents. These are the responders that are worn around your neck or wrist. There will now be responder clinics each week where residents can go to have their responder batteries checked and replaced. Please contact Home Health at 537-9497 if you have questions.

Olympiad Challenge Update Jeff Heidbreder, Fitness Services Leader, said that this year's Wellness Olympiad was a great success. There were a total of 15 teams(45 people) who participated and completed a combined 750 hours of physical activity. The overall winning team was Bea Rasmussen, Don Rasmussen and Cam Beatty. Betty Broderson and Michelle Haub won Most Inspiration. The awards for Most Participation went to Don Rasmussen and Tom Barcellina.

Osher Update Charlene Brownson reviewed the Osher class offerings for the summer season. The UFM summer catalogs are available at the Hospitality Desk.

Upcoming Events Monte reviewed the events coming up in the month of June. Please see the weekly Meadowlark Messenger for details.



LUNCH SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.
Saturday & Sunday, 7 to 11 a.m.

Monday, June 12

Italian Wrap with Choice of Side
ham, pepperoni & salami on a flavored tortilla with
Italian cream cheese spread, lettuce & tomato
\$3.99/\$5.99

Tuesday, June 13

Chicken Bacon Ranch Pizza
shredded chicken & bacon on a flatbread pizza
topped with ranch dressing & mozzarella cheese
\$3.99/\$5.99

Wednesday, June 14

Street Taco with Fruit Salad
shredded pork, cheddar cheese, coleslaw &
avocado dressing on a mini flour tortilla
\$5.99

Thursday, June 15

Quesadilla Day
choice of cheese, chicken or steak on a crispy
tortilla with vegetables
\$3.50/\$4.50/\$5.50

Friday, June 16

Grilled Chicken Sandwich with Broccoli Salad
grilled chicken with swiss cheese, lettuce & tomato
on a butter-toasted bun with a roasted garlic aioli
\$5.99



[above] Sarah Duggan, left, and her sister, Holly, pose at the Flying W Ranch Chuckwagon during a Guge Family Vacation to Colorado. Answers to commonly asked questions regarding this photo are as follows: No, Sarah was not expecting a flood but wore her high-water overalls anyway and yes, Holly and Sarah are super heroes in their free time.

From front, Vacation

problem. Most recently the clan headed to Omaha and it didn't take long for the Law of Guge Family Vacations to catch up to us in the form of a flat tire.

Its not for lack of planning; when it comes to trips we are one of the most planful families I know. I really have no explanation for why our trips inevitably have some crisis, tiny or large, that find us. That's just life. In spite of it all, summer was always my favorite season and I still look forward to road trips, because despite the hiccups, some of my favorite memories were created on Guge Family Vacations. I look forward to traveling with my own family and taking the opportunity to teach the girls lean into the unexpected.

See you next week and thanks for stopping by!

IL Resident Council Minutes, May 1, 2017

Members present: Sandra Emley, Jean Beatty, Bob Crawford, Nyle Larson, Betty Love, Pat Vogt, Jo Call, Marilyn Ray, Jo Lindly, Jo Lyle, Janice Parsons, Ivan Tompkins, Bea Rasmussen and Sharon Smith

Staff present: Lonnie Baker, Jayme Minton and Monte Spiller

Sandra welcomed all meeting attendees.

Updates

Welcome: Sandra Emley welcomed Jo Lindly as the new Fifth Floor Representative. Sandra also reported Ivan Tompkins was re-elected for his third term as the Eastside Representative.

General Update: Lonnie stated the Long Range Planning Committee plans to meet again during the month of May and will discuss all of the available options for future development. Meadowlark received positive news that the Medicaid rates we saw last year may be restored for this year.

A report came out on Thursday, April 25, urging CMS to change the payment system within post-acute stays. This has the potential to affect how Bramlage House functions at Meadowlark.

Tracy Musselmen's last day with Meadowlark is May 19. Her position will not be replaced as an opportunity to positively affect the budget. Some of Tracy's job duties will be taken on by Sarah Duggan and Sarah will shed some of her current responsibilities to assume Tracy's role. As a result, Jayme Minton will manage Home Health, Fitness Services and the Physician's office in addition to her current duties.

Floor Updates: Jo Lindly reported on behalf of the 5th floor. There are 12 apartments with 15 residents. That number will change to 13, as Ted Hodges and Alice Roper are both moving within the week. The floor enjoys gatherings especially around the holiday season. The view from the fifth floor is nothing short of amazing.

Bea Rasmussen reported on behalf of Meadowlark Valley. The Valley recently added two new cottages bringing their neighborhood to 10 cottages with 16 residents. They often have several visitors in their neighborhood including deer, possum, raccoons, skunks, snakes and lots of birds. Instead of neighborhood dinners, the Valley group enjoys

luncheons. With a smaller group this makes for good conversation around the table. They plan to have a picnic at the pond, when the weather warms up, and plan to have a block party as well. There currently is conversation among some of their residents about possibly getting golf carts. Lastly, there is a beautiful well marked walking trail behind their cottages and everyone is welcome to visit.

Approval of April Minutes: Motion to approve minutes was moved and passed.

New Business: Marilyn Ray stated several residents have expressed their displeasure with Verna Belle's hours on the weekend. Jayme explained she is comfortable with extending hours as long as people are going to the café during the extended hours. Numbers would be tracked to see if the extension of hours correlate with sales to cover the employee wages required with longer hours. The hope is to have extended hours on a permanent basis once renovation is completed, but that is yet to be determined. Jayme plans to meet with Verna Belle's leadership and decide on this topic soon.

Questions were raised regarding the carpet selected as part of the Community Center renovation. There are several different opinions about the selections, both positive and negative. Jayme stated that the goal of presenting preliminary options was to gain feedback, which will be communicated to the design team.

Old Business: Meadowlark recently made the decision to have an annual walkthrough of the entire campus by our tree trimmer. The trimmers came out, looked at the trees mostly around residences as a safety precaution and cosmetic purposes. After the assessment of the walkthrough, the tree trimmers returned and have completed all trees that needed attention for the year.

Additional Topics: A request was made by residents to purchase a bench for the garden area using money from the garden fund account. Resident Council member, Jo Lyle expressed she had a bench that was not being used and would gladly donate it. The bench was placed in the garden and the residents were notified that it was donated by Jo.

Meeting adjourned

PRAIRIE★STAR RESTAURANT

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

Specials Menu

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	June 11 ~ Lunch \$12	Dinner \$10
	Roast Brisket With Bordelaise Sauce Mashed Potatoes & Gravy Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	June 12 ~ Lunch \$10	Dinner \$12
	Meatball Hoagie Potato Salad Choice of Vegetable	Pecan Chicken with Dijon Sauce Wild Rice Vegetable du Jour
TUESDAY	June 13 ~ Lunch \$7	Dinner \$13
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Swiss Steak Mashed Potatoes Vegetable du Jour
WED.	June 14 ~ Lunch \$10	Dinner \$11
	Fried Chicken Sandwich Coleslaw French Fries	Fried Catfish with Tartar Sauce Apple Celery Slaw Roasted Yukon Gold Potatoes
THURS.	June 15 ~ Lunch \$9	Dinner \$13
	Mac & Cheese Bar <i>(does not include drink, starter, or dessert)</i>	Spiced Rubbed Grilled Pork Chop Red Beans & Rice Vegetable du Jour
FRIDAY	June 16 ~ Lunch \$10	Dinner \$14
	Chicken Salad Melt Choice of Vegetable	Grilled Shrimp Pesto Spaghetti Marinara Vegetable du Jour
SAT.	June 17 ~ Lunch \$11	Dinner \$15
	Grilled Ham Steak with Pineapple Sauce Swiss & Green Onion Scalloped Potatoes Choice of Vegetable	Steak Baked Potato Vegetable du Jour

**DRINK
SPECIAL**

Boulevardier

1 oz Bulliet Rye, 1 oz. Campari, 1 oz. Sweet Vermouth & a cherry

\$3.75

Grosh Cinema Movies

Sunday, June 11 - Saturday, June 17

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

Sunday, June 11 – The Iron Giant (1999)

Amid the backdrop of the Cold War, a 9-year-old boy befriends a colossal yet gentle robot that a paranoid government agent is intent on destroying.

Co-Starring: Eli Marienthal, Vin Diesel & Jennifer Aniston

Rated PG; 1 hr. 26 min.

Monday, June 12 – Things To Come (2016)

A comfortable life skids into unfamiliar territory when middle-aged philosophy teacher Nathalie loses her mother and her husband in swift succession.

Co-Starring: Isabelle Hupper, Andre Marcon & Roman Kolinka

Rated PG-13; 1 hr. 41 min.

Tuesday, June 13 – Masterminds (2016)

Four dim-witted Southerners pull off one of the biggest heists in American History, robbing \$17 million from a Loomis Fargo armored truck.

Co-Starring: Zach Galifianakis, Owen Wilson & Kristen Wiig

Rated PG-13; 1 hr. 34 min.

Wednesday, June 14 – The Shack (2017)

Though Mack Phillips is filled with doubts and still grieving after a family tragedy, he answers when God calls him to a deserted shack in the Oregon wilderness.

Co-Starring: Sam Worthington, Octavia Spencer & Tim McGraw

Rated PG-13; 2 hrs. 12 min.

Thursday, June 15 – Bridge of Spies (2015)

The downing of an American spy plane and the pilot's subsequent capture by the Soviets draws Brooklyn attorney, James Donovan, into the middle of an intense efforts to secure the aviator's release.

Co-Starring: Tom Hanks, Mark Rylance & Amy Ryan

Rated PG-13; 2 hrs. 22 min.

Friday, June 16 – The Crucible (1996)

Playwright Arthur Miller's parable of the 1950s anti-communist crusade receives lush treatment in this Oscar-nominated film adaptation.

Co-Starring: Daniel Day-Lewis, Winona Ryder & Paul Scofield

Rated PG-13; 2 hrs. 3 min.

Saturday, June 17 – Dial A Prayer (2015)

Sentenced by a court to answer calls at a prayer hotline, a troubled teen discovers her chance at a new life—if she can leave her past behind.

Co-Starring: Brittany Snow, William H. Macy & Glennie Headly

Rated PG-13; 1 hr. 37 min.

Weekly Opportunities Calendar *June 11 to June 17*

Sunday • June 11

Breakfast at Verna Belle's—Omelets with Fruit

7:00 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 with Rev. Glenn Fogo from First United Methodist Church, CR

Monday • June 12

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

7:30 a.m. ~ Seated Strength, CR

10:20 a.m. ~ Weights 101, CR

11:00 a.m. ~ Sit & Be Fit, CR

11:30 a.m. ~ Meadowlark Valley Luncheon, LR

12:00 p.m. ~ 1st Pres. Men's Luncheon, MR

12:00 p.m. ~ Yoga, KSU CL

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

1:30 p.m. ~ Grief Support Group, TR

7:00 p.m. ~ Community Bingo, CR

Tuesday • June 13

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 Dolors Book Discussion, LR

3:00 p.m. ~ K-State Alumni Association Social, CR

4:00 p.m. ~ Newspaper & Bible, LR

5:30 p.m. ~ 4th Floor Supper, MR

Wednesday • June 14

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

7:00 a.m. ~ Building & Grounds Meeting, LR

7:30 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

10:20 a.m. ~ Weights 101, CR

11:00 a.m. ~ Sit & Be Fit, CR

12:00 p.m. ~ Yoga, CR

1:30 p.m. ~ Pitch, GR

2:30 p.m. ~ Coach Snyder Visit, CR

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

5:30 p.m. ~ Beach Museum of Art Discussion, KSU CR

5:30 p.m. ~ Osher Class: The Cuban-American Dream, CR

Thursday • June 15

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

8:00 a.m. ~ Messenger Ladies, CON

10:00 a.m. ~ Meadowlark Bible Study, CON

10:30 a.m. ~ Steady Yourself, CR

10:30 a.m. ~ Speedy PD Art Class, KSU 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

2:30 p.m. ~ Osher Class: Abraham Lincoln Revealed, CR

5:30 p.m. ~ Meadowlark Circle Supper, MR

Friday • June 16

Breakfast at Verna Belle's—Waffle or Pancake

9:30 a.m. ~ Seated Strength, CR

10:20 a.m. ~ Weights 101, CR

11:00 a.m. ~ Sit and Be Fit, CR

12:00 p.m. ~ Mending Angle, GR

1:00 p.m. ~ Hand & Foot Card Games, GR

1:15 p.m. ~ Parkinson's Exercise Class, CR

5:30 p.m. ~ Seafood Boil, PS & PSP

Saturday • June 17

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

CH, Collins House

CR, Community Room

CON, Conference Room

GR, Game Room

GC, Grosh Cinema

KR, Kansas Room (Pub)

KSU CL, KSU Classroom

PSP, Prairie Star Patio

HD, Hospitality Desk

LB, Library

LR, Living Room

MFR, Miller Friendship Rm

MR, Manhattan Room

PS, Prairie Star Restaurant

TR, Tranquility Room

VE, Village Entrance

WL, Wroten Library

CSC, Combative Sports Center

*Meadowlark News Channel can be viewed on Channel 1960