

Pig Out for Parkinson's

Bringing awareness to the table

by Michelle Haub, Special Programs Leader

The ninth annual Pig Out for Parkinson's is scheduled for Thursday, April 25, at Cox Bros BBQ. When this event began, the goal was to help the Manhattan community understand Parkinson's disease (Pd) and the free services that are paired with Meadowlark Parkinson's Program. This year will be no different!

As more prominent individuals (i.e. Alan Alda) live with Parkinson's disease, the general population becomes more aware of the outward signs and symptoms. These hallmark symptoms of Parkinson's are *rigidity* (stiff muscles), *bradykinesia* (slow movements), *resting tremor* (although not present in many individuals) and *postural instability*. A few other common features present in Pd include: *depression*, *quiet voice*, *constipation*, *vision changes* and *sleep disturbances*. Awareness is the first step to understanding and even acceptance, not only for the person with Pd but family and friends.

Pig Out for Parkinson's is so beneficial to our community. It provides people with the opportunity to learn about Pd in a neutral setting. This may seem odd, but being diagnosed with a progressive neurological degenerative disease, is very overwhelming and frightening. Coming to a restaurant is a less-threatening environment and this affords people the opportunity to check out the Parkinson's Program without borders. Over the years, we have had the ability to meet numerous people at Pig Out for Parkinson's who were either recently diagnosed or diagnosed for many years but had never reached out for help.

We invite you to help us spread the word about the Pig Out for Parkinson's and Meadowlark Parkinson's



File photo from 2018 event.

Program. Join us to celebrate National Parkinson's Awareness Month on Thursday, April 25, any time between 11 a.m. and 9 p.m. at the 9th Annual Pig Out for Parkinson's at Cox Bros BBQ on McCall Road. Cox Bros donates 10-percent of the sales from this day to the program and all sales qualify (dine-in, carry-out, buffet). The legendary Bill Snyder will be present at lunch and we will have a slider buffet. Be sure to come back for dinner and meet the new K-State Football Coach, Chris Klieman, at 6 p.m. The evening will also include a pig-roast buffet with Bud Cox's famous bread pudding and music from singer Bryton Stoll.

It is helpful for people to know that Pd typically progresses slowly and people often live with the disease for many years. Multiple System Atrophy (MSA), Lewy Body Dementia and Progressive Supranuclear Palsy (PSP) are other diseases that are in the Parkinson's family and are often referred to as Parkinson's Plus or Parkinsonism. These diseases present with similar features, but often progress more rapidly and in different manners. Education, exercise, and engagement are the key principles of the Meadowlark Parkinson's Program and no matter what 'type' of Parkinson's an individual has, we are here to help. We are able to provide support for people with Pd at any stage of the disease process. The old adage is best: the earlier the better, but we can also help

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Project Update

Hallelujah! We've received the blessing of a break in the rainy and snowy weather this week! Crews were able to pour the concrete for the Fleet Parking Lot behind the Maintenance Shop. The end is almost in sight for this much-needed campus parking enhancement.

The team from Blueveille Nursery has also been working diligently the past couple days to make progress on the Courtyard. Cross your fingers the weather will be kind to us so we can make use of the Courtyard this spring and summer season!

Art Mingle: Plein Air Affair

Friday, March 29, at 6 p.m.

Meadowlark Foundation thanks you all for allowing us to host this wonderful event benefiting the Meadowlark Memory Program! Due to the Art Mingle events around the Community Center tomorrow, the following changes will be made:

- Visitor Parking near the Village Entrance will be blocked off most of the day.
- Prairie Star Restaurant will be closed for lunch and dinner on March 29. For those who are not attending Art Mingle (i.e. have not purchased a ticket), a dinner delivery will be available between 4:30 and 6 p.m. The delivery fee will be waived. The meal will include a garden salad, baked ham with pineapple glaze, scalloped potatoes, broccoli, and Dutch apple pie. Please sign up at the host stand in the restaurant or call (785) 323-3820.
- No movie will be shown on March 29.
- Exercise classes are canceled for March 29.
- Verna Belle's Café will have extended hours (open until 1 p.m.) on Saturday, March 30.

Vespers Service

Sunday, March 31, at 7 p.m.

The Vespers service will be led by Peggy Riley and the Youth Group from College Avenue Methodist Church at 7 p.m. Sunday, March 31, in the Community Room. All are welcome.

Town Meeting

Monday, March 4, at 9:30 a.m.

All are invited to attend April's Town Meeting to hear the Meadowlark news at 9:30 a.m. Monday,

April 1, in the Community Room. Leo Lake, Pam Oehme and Larry Parsons will be introduced as the Resident Board Member nominees during Town Meeting. Ballots to submit your vote will be available following the meeting and will be accepted until 5 p.m. Friday, April 12.

Outdoor Opportunities Committee

Monday, April 1, at 1 p.m.

The Outdoor Opportunities Committee will meet Monday, March 4, at 1 p.m. in the Flint Hills Room. If you have questions, please contact Sarah Duggan at (785) 323-3878.

Change & Loss Support Group

Monday, April 1, at 1 p.m.

The next session for Change and Loss Support Group will begin at 1 p.m. Monday, April 1, in the West Conference Room. The group meets the first, third and fifth (when applicable) Monday of each month. This opportunity is open to all who wish to work through life changes and loss in a supportive environment. This week's topic will be "Touchstone 1: Open to the Presence to Your Loss Part 2."

Contemporary God Talk

Monday, April 1, at 1:30 p.m.

Do you want to engage in conversation about progressive Christian theology? Do you seek an opportunity to think through questions of faith? A group is being formed just for this kind of dialogue.

Led by Meadowlark resident Jim Reed the group will gather from 1:30 to 2:30 p.m. Monday, April 1, in the KSU Classroom. The group will meet weekly for a month and then determine its future. Only thing needed is an open mind and the discipline of sharing and listening. For questions, call Jim at (785) 341-7231.

Guided Meditation

Tuesday, April 2, at 10:30 a.m.

You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, April 2, in the Grosh Cinema. No prior experience or understanding of meditation is necessary.

Coffee Corner—Feature Dessert!

Tuesday, April 2, at 3 p.m.

Join us in the Community Room at 3 p.m. Tuesday, April 2, for a social hour. Verna Belle's Café featured dessert will be Scotcheroos.

Memory Makers Luncheon

Wednesday, April 3, at 11 a.m.

Join Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, April 3, in the Manhattan Room. The lunch will begin immediately after the Memory Activities Class, Memory Cafe and Memory Care Partners Support Group. Please sign up in the Blue Book by Monday, April 1. Cost is approximately \$9 per person.

Parkinson's Education Group

Thursday, April 4, at 2 p.m.

You're invited to the monthly Parkinson's Education Group of the Flint Hills from 2 to 3:30 p.m. Thursday, April 4, in the Community Room. This month's meeting will feature a Panel with Your Parkinson's Peers. All who are interested are invited to attend!

ML Wellness Olympiad 2019

Friday, April 5, at 3 p.m.

Registration is open for the Meadowlark Wellness Olympiad! Create a team of three, think of a clever fictional sports team name, and fill out a registration form at the Hospitality Desk. The six-week Olympiad consists of creative, physical, and mental challenges and encourages participants to achieve 30 minutes of physical activity each day while making healthy food choices.

The Olympiad will run from April 8 to May 19 and is open to all Meadowlark residents, employees, and Passport members! No challenges will be held during the Olympiad's first week, allowing those traveling to Arkansas to not miss out on too many points.

We will have a kick-off party at 3 p.m. Friday, April 5, in the Community Room, where we will hand out Olympiad materials, go over schedules and rules, announce the best team name winner, and have an opportunity to earn more points for your team! Please contact Jeff Heidbreder with any Wellness Olympiad questions.

Prairie Garden Terrace & Trail: Ribbon Cutting Ceremony

Friday, April 5, depart at 1:30 p.m.

You're invited to the Prairie Garden Terrace and Trail Ribbon Cutting Ceremony at the Flint Hills Discovery Center Friday, April 5, at 2 p.m. The Center is excited to celebrate the grand opening of their Terrace and Trail.

Fifteen informational signs throughout this new outdoor exhibit highlight the iconic flora and fauna and important historical, cultural and environmental topics to the Flint Hills eco-region.

Transportation will depart from the Village Entrance at 1:30 p.m. Light refreshments will be provided at the ceremony. Please sign up in the Blue Book at the Hospitality Desk if you plan to attend.

Music with Dave Zerfas

Friday, April 5, at 7 p.m.

We missed Dave Zerfas so much after his retirement from Meadowlark that we decided to bring him back for an encore! Dave is excited to entertain us at 7 p.m. Friday, April 5, in the Community Room. He never disappoints with his variety of music to share, including rock ballads, acoustic music and country songs. All are invited to attend!

McCain Bingo

Monday, April 8, at 7 p.m.

Sixth in the Church Basement Ladies series, "Rise Up, O Men" is a musical comedy featuring the men of the church and your favorite church basement ladies who serve them. As these hardworking farmers discuss their scrap lumber piles and other "man stuff," they unintentionally disrupt the order of the kitchen. That's what happens when you let roosters into the henhouse!

"Rise Up, O Men" is coming to McCain Auditorium, and Meadowlark residents have two opportunities to win a set of tickets for one of two shows on Thursday, April 18. Attend the April Town Meeting at 9:30 a.m. Monday, April 1, and enter a drawing to win two tickets to your choice of either the 2 p.m. or 7 p.m. show.

Then, on Monday, April 8, join Friends of McCain members for a special FREE evening of bingo. McCain Auditorium's director, Todd Holmberg, and several Friends, dressed as "church ladies," will treat all attendees to a tasty door prize and call out the games. Winners of the straight or diagonal games may select a piece of fruit, and winners of special games will receive Verna Belle's gift certificates. The event's finale is a blackout game with the winner receiving "Rise Up, O Men" tickets.

All Meadowlark residents and Passport

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members are welcome to join the fun. The Friends of McCain thank the Meadowlark family and friends for their longtime patronage of the McCain Performance Series.

The action in "Rise Up, O Men" takes place in 1964 at the East Cornucopia Lutheran Church, located in a small town in Minnesota. The regular trio of motherly Karin, farmer Mavis, and stern Vivian gets an assist from the likes of Karin's long-mentioned husband, Elroy, aging farmer Carl, and hard-of-hearing World War I vet Arlo as they prepare for their community's diamond jubilee. Yah sure, you betcha!

McCain Board member Becky Fitzgerald, Meadowlark's Development Director, and Mary Jo Nelson, daughter of Lyle House resident Naomi Berber, have helped plan this event and hope to see you April 8. Ya wanna come with?

Building & Grounds Committee

Wednesday, April 10, at 9 a.m.

The Building and Grounds Committee will start meetings for the 2019 season at 9 a.m. Wednesday, April 10. The committee will meet in the Flint Hills Room on the second Tuesday of every month from April through September.

If you signed up in the Blue Book last year to be a committee member, please let Erin Hildreth know so we can get you added to our email list. The Blue Book sign-up page was misplaced last year and we don't have the new attendees information anymore. If you have any questions, please call or email me at (785) 323-3892 or ehildreth@meadowlark.org.

Hale Library Concert Series

Friday, April 12, depart at 7 p.m.

The next performance in the Hale Library Concert Series will begin at 7:30 p.m. Friday, April 12, in the Bluemont Room of the K-State Student Union. The K-State Faculty will celebrate the 80th birthday anniversary of former K-State composer, Hanley Jackson.

Tickets are \$30 each and must be purchased by Friday, April 5. Refreshments will be served following the performance. Sign up in the Blue Book for free transportation from Meadowlark. The bus will depart at 7 p.m.

Easter Brunch reservations

Sunday, April 21, between 11 a.m. & 2 p.m.

Prairie Star Restaurant is currently taking Easter Brunch buffet reservations for Sunday, April 21, from 11 a.m. to 2 p.m. Seating is limited and will be available for the following times: 11 a.m., 11:30 a.m., Noon, 12:30 p.m., 1 p.m., 1:30 p.m., and 2 p.m. Please make reservations by visiting the restaurant host stand. The cost for brunch is \$17 plus tax per person. Children under the age of ten can eat for \$10.

Trip to Kauffman Stadium

Friday, April 26, depart at 1:15 p.m.

Residents, staff and family members are invited to Kansas City's Kauffman Stadium to watch the 2019 Royals! This year's trip is scheduled for Friday, April 26. The KC Royals will play the Anaheim Angels at 7 p.m. The cost of the trip is \$35, which includes a ticket to the game, transportation on a chartered 56-passenger bus, and a tailgate supper catered by Prairie Star Restaurant.

The bus will depart from the visitor parking area by Prairie Star's Patio at 1:15 p.m. Please arrive by 12:30 p.m.

A tailgate supper will be provided. Attendees are encouraged to bring lawn chairs, coolers with adult beverages, tailgating games, cash for food/drinks inside of the stadium, and snacks for the ride home. Plates and silverware will be provided. Adult beverages are permitted and can be transported in the storage area under the bus.

Registration is open and a sign-up sheet is in available in the Blue Book. When signing up, please include your name and phone number. Also indicate whether you are a resident or staff member, and your method of payment.

There are a limited amount of tickets available. Cancellations must be made by Friday, April 19, for full reimbursement. Cost of the event can be paid via cash, check, and credit card or can be charged to your monthly resident 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 expect to return around midnight. If you have questions, please contact Monte Spiller at (785) 323-3801. Let's go Royals!

A Day on the Flying W Ranch

Monday, May 6, depart at 9 a.m.

What could be better on a spring morning than a leisurely horse-drawn wagon ride across the Flint Hills?

The KU Osher Lifelong Learning Institute is offering a trip to visit the Flying W Ranch in Cedar Point, Kan. During the ride, you'll learn about the area's history and its inhabitants. A mouth-watering chuck wagon lunch will be served following the ride. Enjoy cowboy tunes and culture by cowboy historian, Jim Hoy.

The trip is set for Monday, May 6. The cost for the trip is \$125, including charter coach transportation provided by Osher, ranch tour, entertainment, and lunch. Charter coaches will depart at 9 a.m. from the I-70 and K-177 highway junction and return by 3 p.m. Refunds must be requested by April 25, with a \$15 administrative fee. Spots are limited. For more information about the trip or to register, please call KU Osher at (913) 897-8530.

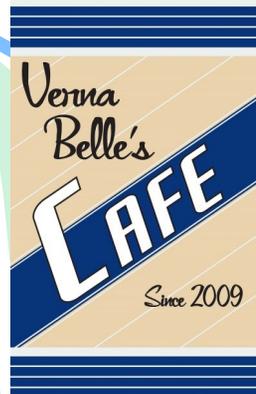
Previous registration through Osher is required. Meadowlark transportation will be arranged to and from the charter coach pick-up site.

Stepping On—Falls Prevention

Stepping On is a seven-week evidence-based fall prevention program that has been shown to reduce falls by 30-percent. This program covers lifestyle choices and home hazards for people still living independently. The next workshop has a few open spots available and will be held from April 4 through May 16.

The workshop is offered by Jeff Heidbreder, Meadowlark Fitness Services Leader, and Jason Fox, the Regional Director of SummitCare Therapy. Participants will also hear from an optometrist, pharmacist, registered dietitian and a police officer.

Classes will meet from 2 to 4 p.m. Thursday afternoons starting April 4 in the KSU Classroom. There is no cost to participate due to a generous donation to the program. Spots are limited. Contact Jeff at (785) 341-2995 to sign up.



LUNCH & BREAKFAST SPECIALS

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

Sunday, March 31

Breakfast: Omelets with Fruit

Monday, April 1

Breakfast: Biscuits & Gravy

Lunch: Chicken Cordon Bleu Sandwich & Side *fried chicken, ham & swiss cheese with maple-mustard sauce on a toasted bun ~ \$4.50/\$6.50*

Tuesday, April 2

Breakfast: Breakfast Sandwich with Fruit

Lunch: Patty Melt with Choice of Side *grilled hamburger topped with sautéed onions, swiss cheese & thousand island dressing on butter-toasted rye bread ~ \$4.50/\$6.50*

Wednesday, April 3

Breakfast: Breakfast Burrito & Fruit

Lunch: Bierock with Choice of Side *ground beef, onions & cabbage rolled inside a buttery biscuit ~ \$6.50*

Thursday, April 4

Breakfast: Biscuits & Gravy

Lunch: Mini Chicken Bacon Ranch Sandwich with Side *shredded chicken, bacon, cheddar cheese & ranch dressing on a slider bun ~ \$4.50/\$6.50*

Friday, April 5

Breakfast: Waffle or Pancake

Lunch: Steak Fajita Quesadilla with Choice of Side *seasoned steak, peppers, onions & cheddar cheese in a crisp flour tortilla ~ \$4.50/\$6.50*

Saturday, April 6

Breakfast: A la carte menu options

SPEND YOUR SATURDAY *with*

MARCH 30
MEADOWLARK **2019**



Saturday, March 30
10 a.m. to 3 p.m.

Come tour three beautiful independent living cottages! For more information, contact Abby Cavender at (785) 320-7199.

1200 Meadowlark Circle
1116 Meadowlark Circle
2023 Meadowlark Road



Need a cure for cabin fever?
 Are you a fan of creativity and imagination?
 Don't miss an opportunity to see and purchase original work from over 20 local & regional artists!

Saturday, March 30
10 a.m. to 3 p.m.

Meadowlark Hills Community Center
 2121 Meadowlark Road
 Use visitors (southeast) entrance.

*Collage ~ fiber art ~ jewelry ~ mixed media
 painting ~ paper lamps ~ photography*

No admission fee!
 Lunch available for purchase at Meadowlark's Prairie Star Restaurant and Verna Belle's Café.

NOW OPEN
Meadowlark
MARKET

1217 Meadowlark Circle
 Manhattan, Kansas

*Visit the market & shop for
 Furniture & Fabulous Finds*

Antiques • Appliances
 Collectibles • Dinnerware
 Home Décor • Jewelry

Saturday, March 30
10 a.m. to 3 p.m.

Also open Sunday from Noon to 4 p.m.

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make significant differences for people in the later stages of the disease as well. So how does one get involved?

Meadowlark Parkinson's Program offers free opportunities that are built off the program's fundamental principles and designed to provide comprehensive approaches for exercise, education and engagement.

Exercise, paired with the appropriate use/timing of medication, is the best thing people with Pd can do to improve quality of life. The Meadowlark Parkinson's Program offers seated/standing classes twice per week and three weekly Rock Steady Boxing classes. Additionally, two weekly yoga classes, a weekly voice class and a bi-monthly meditation class are offered free of charge. Meadowlark also has Physical, Occupational and Speech Therapists who have specialized training in working with people with Parkinson's.

We firmly believe that the more you know and understand Parkinson's, the better equipped you are to live well and to be your own best advocate. We host a monthly education group, a monthly Young Onset meeting, personal consultations, a lending library of resources (at Meadowlark Hills & Manhattan Public Library) and an equipment trial opportunity. We also gather at least monthly to watch an educational webinar from one of the national organizations and then follow that with a discussion.

Depression, apathy and anxiety are non-motor symptoms of Pd that significantly impact the quality of life and relationships. Parkinson's affects the entire family, not just the person with Pd, and caregiver stress and fatigue can be overwhelming. Therefore, we provide bi-monthly facilitated care-partner support group meetings and weekly unfacilitated care-partner support meetings. We also gather monthly for a luncheon to simply enjoy each other's fellowship and not worry if a tremor of the hand makes it difficult to hold a cup or if we need help keeping food on a fork with adaptive silverware. It is all about building community, networks, and support.

April Birthdays



Healthcare	4/5	Patty Brown-Barnett
4/4 Carl Didas	4/5	Leann Haug
4/9 Catherine Baker	4/5	Autum DeLettera
4/9 Curtis Walker	4/6	Jen Schoenhofer
4/22 Dorothy Tompkins	4/7	Forrest Jenkins
Assisted Living	4/8	Delores Renner
4/2 Donna Sesler	4/8	Natalie Longhurst
4/3 George Karr	4/8	Taylor Williams
4/9 Florence Schwab	4/9	Mark Morton
4/22 Wilma Hafenstein	4/10	Greg Brown
4/22 Susan Scott	4/11	Bob Speer
	4/11	April Ascher
Independent Living	4/12	Elizabeth Shirley
4/2 Una Allen	4/12	Tiffany Northam
4/6 Fred Sobering	4/12	Mitchall Crane
4/9 Cam Beatty	4/14	Rita Harsch
4/12 Evelyn Lady	4/14	Magdy Mohamed
4/13 Larry Parsons	4/14	Juanita Salinas
4/17 Jeanne Lundin	4/14	Jennifer Garrett
4/18 Stephanie Upson	4/14	Allison Clapp
4/20 Nancy Bowen	4/15	Monte Spiller
4/23 Carolyn Pulford	4/15	Lauren Erickson
4/23 Jim Reed	4/20	Chris Loehr
4/27 Dorothy Bitler	4/22	Stephanie Kerr
4/28 Mary Kramer	4/22	David Hibbard
4/30 Betty Jameson	4/23	John Shapel
Employees	4/24	Cassia Russell
4/2 Zach Masterson	4/25	Alexandria harm
4/3 Eldean Ebeling	4/27	Gillian Falcon
4/3 Steve Schreiner	4/28	Alexis Black
4/3 Jacy Lenard	4/29	Brook Marcotte
4/4 Meshella Dupree	4/30	Helena Zavala-Chase
	4/30	Josh Hersh

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

Optimal medication management is imperative for individuals with Pd and can help decrease the symptoms of the disease. With the right medications, therapy, and exercise, individuals often regain some control and confidence in their daily living skills and improve their quality of life.

If you would like more information about Parkinson's disease or Meadowlark Parkinson's Program, please contact Michelle at (785) 323-3899 or email michelle.haub@meadowlark.org.

I look forward to seeing you at our tables for Pig Out for Parkinson's at Cox Bros BBQ on Thursday, April 25!

PRAIRIE★STAR RESTAURANT

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

All specials include beverage, starter and dessert.
 An extra vegetable can be substituted for the starch at no additional charge.
 The restaurant can accept up to four reservation per time, depending on party size.
 Reservations can be made in person or by calling 323-3820.

SUNDAY	March 31 ~ Lunch \$13	Dinner \$12
	Pot Roast with Carrots, Onions & Celery Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	April 1 ~ Lunch \$10	Dinner \$12
	Tater Tot Casserole Choice of Vegetable	Parmesan-Crusted Pork Chops Scalloped Potatoes Vegetable du Jour
TUESDAY	April 2 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Salmon Cakes with Creamed Pea Sauce Roasted Potatoes Vegetable du Jour
WED.	April 3 ~ Lunch \$10	Dinner \$13
	Chicken Pot Pie Choice of Vegetable	Roast Turkey & Dressing Mashed Potatoes & Gravy Vegetable du Jour
THURS.	April 4 ~ Lunch \$7	Dinner \$11
	Hamburger & Hot Dog Bar <i>(does not include drink, starter, or dessert)</i>	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
FRIDAY	April 5 ~ Lunch \$10	Dinner \$14
	Chicken Salad Melt Choice of Vegetable	Herb-Crusted Cod Roasted Potatoes Vegetable du Jour
SAT.	April 6 ~ Lunch \$10	Dinner \$16
	Meatball Sub French Fries Choice of Vegetable	Roast Prime Rib au jus Anna Potatoes Vegetable du Jour

**DRINK
SPECIAL**

“Definitely an Appletini” ~ April Fools!
1 1/2 oz. Beefeater Gin, Splash of Crème de Menthe & Bitters
\$3.75

Grosh Cinema Movies

Sunday, March 31, to Saturday, April 6, 2019

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

Sunday, March 31—Bedtime Stories (2008)

A hotel handyman's life changes when the lavish bedtime stories he tells his niece and nephew start to magically come true.

Co-Starring: Adam Sandler, Keri Russell & Courtney Cox

Rated PG; 1 hr. 39 min.; Comedy

Monday, April 1—The Whole Truth (2016) **Resident Request*

Asked to defend a 17-year-old accused of murdering his wealthy father, attorney Richard Ramsay begins to unearth unsavory details about the victim. Believing that his client is hiding something, Richard enlists a young lawyer to dig deeper.

Co-Starring: Keanu Reeves, Renee Zellweger & Gugu Mbatha-Raw

Rated R for language & some violence; 1 hr. 33 min.; Drama

Tuesday, April 2—To Catch a Thief (1955)

Suspected in a series of gem heists in the French Riviera, reformed thief John Robie sets out to catch the real culprit with the help of pampered heiress Frances Stevens. Robie's plan backfires, but Frances, who believes him guilty, plots an escape.

Co-Starring: Cary Grant, Grace Kelly & Jessie Royce Landis

Rated NR; 1 hr. 46 min.; Romance

Wednesday, April 3—5 Flights Up (2014)

A long-time married couple who've spent their lives together in the same New York apartment become overwhelmed by personal and real estate-related issues when they plan to move away.

Co-Starring: Diane Keaton, Morgan Freeman & Cynthia Nixon

Rated PG-13; 1 hr. 28 min.; Comedy

Thursday, April 4—Walk. Ride. Rodeo. (2019)

The incredible true story of Amberley Snyder, a nationally ranked rodeo barrel racer who defies the odds after barely surviving a car accident that leaves her paralyzed from the waist down.

Co-Starring: Missi Pyle, Spencer Locke & Bailey Chase

Rated PG; 1 hr. 40 min.; Drama

Friday, April 5—The Devil Wears Prada (2006)

A simple and naive just-graduated journalist is hired to work as the second assistant of the powerful and sophisticated Miranda Priestly, the ruthless and merciless executive of the Runway fashion magazine.

Co-Starring: Missi Pyle, Spencer Locke & Bailey Chase

Rated PG-13; 1 hr. 49 min.; Comedy

Saturday, April 6 —First Man (2018) **Resident Request*

A look at the life of the astronaut, Neil Armstrong, and the legendary space mission that led him to become the first man to walk on the Moon on July 20, 1969.

Co-Starring: Ryan Gosling, Claire Foy & Jason Clarke

Rated PG-13; 2 hrs. 21 min.; Biography

Weekly Opportunities Calendar *March 31 to April 6*

Sunday • March 31

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Miller Worship Service, MFR
- 10:30 a.m. ~ Worship Service, CR
- 2:00 p.m. ~ Wroten Worship Service, WL
- 7:00 p.m. ~ Vespers with College Ave Methodist, CR

Monday • April 1

Manhattan Room— open seating at lunch only

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

Tuesday • April 2 *Trash & recycling pick-up*

Manhattan Room—open seating at lunch & dinner

- 10:30 a.m. ~ Steady Yourself, CR
- 10:30 a.m. ~ Guided Meditation, GC
- 10:45 a.m. ~ Technology Assistance, FHR
- 11:15 a.m. ~ Chair Yoga, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, FHR
- 2:00 p.m. ~ LifeStory Writing Group, FHR
- 3:00 p.m. ~ Coffee Corner, CR
- 7:00 p.m. ~ Dominoes, GR

Wednesday • April 3

Manhattan Room— open seating at dinner only

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:00 a.m. ~ Memory Activities Class, KSU CL
- 10:00 a.m. ~ Memory Café, WCR
- 10:00 a.m. ~ Memory Care Partners Supp. Grp, SCR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Memory Makers Luncheon, MR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:30 a.m. ~ 1st Men's Club Luncheon, WCR
- 12:00 p.m. ~ Yoga, CR
- 1:00 p.m. ~ Pitch, GR

- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 1:30 p.m. ~ Hearing Aid Doctor, SCR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:00 p.m. ~ Rock Steady Boxing, KSU CL
- 3:00 p.m. ~ Call Hall Ice Cream Social, KR
- 6:30 p.m. ~ Osher Class: American Regionalism, CR

Thursday • April 4

Manhattan Room—open seating at lunch only

- 8:30 a.m. ~ Messenger Team, WCR
- 8:30 a.m. ~ Apple Technology Help Lab, SCR
- 10:00 a.m. ~ Meadowlark Bible Study, FHR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 2:00 p.m. ~ Stepping On, KSU CL
- 2:00 p.m. ~ Parkinson's Education Group, CR
- 5:30 p.m. ~ Meadowlark Circle Supper, MR

Friday • April 5

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Seated Strength, CR
- 9:30 a.m. ~ Art Committee, FHR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:30 p.m. ~ Mending Angel, GR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:30 p.m. ~ Depart to Ribbon Cutting Ceremony, VE
- 3:00 p.m. ~ Wellness Olympiad Kick-Off Party, CR
- 3:30 p.m. ~ Catholic Mass, KSU CL
- 7:00 p.m. ~ Music with Dave Zerfas, CR

Saturday • April 6

Manhattan Room— open seating at lunch & dinner

- 9:30 a.m. ~ Painting for Fun, SCR

Room Abbreviations

BP, Billiards Parlor	CH, Collins House
WCR, West Conference Room	CR, Community Room
CSC, Combative Sports Center	GR, Game Room
FHR, Flint Hills Room	WL, Wroten Library
GC, Grosh Cinema	PSP, Prairie Star Patio
HD, Hospitality Desk	KR, Kansas Room (Pub)
KSU CL, KSU Classroom	LB, Library
MFR, Miller Friendship Rm	MR, Manhattan Room
MS, Miller Spa	PS, Prairie Star Restaurant
SCR, South Conference Room	VB, Verna Belle's
	VE, Village Entrance