

Grow Green Match Day

Meadowlark Foundation anticipating not-for-profit event

By Becky Fitzgerald, Development Director

The 7th Annual Grow Green Match Day on Monday, April 22, is a tremendous opportunity for the Manhattan community and Meadowlark Foundation. On that day, donations made through the Greater Manhattan Community Foundation to participating nonprofit agencies will receive a 50% match that can be used for their most crucial needs. What a great way to do "more good" for our friends and neighbors!

Our Foundation is joining 55 other local organizations in urging our donors to participate. For our Foundation, Grow Green Match Day is an opportunity to increase

our endowment so that we can continue to develop our services and meet the future needs of our campus and community. Please mark your calendars and participate in this wonderful day of giving. *Note: This year's event is on a MONDAY; Match Days in recent years have been on a Friday.*

Here's how the event works: Although gifts of any amount are welcome, individual contributions ranging from \$25 to \$1,000 per organization will receive a local match at \$.50 per \$1, so a \$1,000 gift can receive a \$500 local match!

If participation in last April's event is any indication, our endowed fund will experience a healthy growth spurt. In 2018, Meadowlark Foundation received 59 gifts totaling \$19,140. With a match of \$8565, our Grow Green grand total was **\$27,705**, which ranked 10th among 55 organizations/funds in terms of the amount raised. The Foundation's Board of Directors



GROW GREEN

Match Day

MONDAY
April 22
7am - 7pm

Colony Square Atrium • 555 Poyntz Avenue

voted last year to put the matching gift into our staff development/education fund.

Gifts may be made by cash, check or credit card between 7 a.m. and 7 p.m. at event headquarters, located at Colony Square Atrium, 555 Poyntz Ave., or online on April 22 between 12 a.m. and 11:59 p.m. at growgreenmanhattan.com. Because there are prize incentives for donations made at event headquarters, Meadowlark is providing transportation at 10 a.m. and at 2 p.m. that day for those who are willing and able to donate in person. Please register in the Blue Book if you'd like a free ride to the event. Refreshments are available at event headquarters for donors.

Donors who attend the event may enter for a chance to win \$100 for the participating charity of their choice. (A winner will be chosen every hour from that hour's donations!)

If you cannot visit event headquarters in person, either on your own or as part of the Meadowlark group, please leave your donation at the Hospitality Desk, or give to Becky Fitzgerald. She will submit your gift for you. A few of you have already made contributions!

Checks should be made payable to Greater Manhattan Community Foundation and dated 4/22/19 no matter which day they are submitted. Donations are tax-deductible, and gift receipts will be mailed to donors from GMCF.

If you have questions, please contact Becky Fitzgerald, Development Director, at 323-3843. Thank you for considering this opportunity!

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 Zervas

Friday, April 5, at 7 p.m.

We missed Dave Zervas 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!

Open Communion Service

Sunday, April 7, at 4 p.m.

Meadowlark Hills Open Communion Service will be celebrated at 4 p.m. Sunday, April 7, in the Flint Hills Room. All Christians are invited. The bread is gluten free. For more information, contact Ronald Williams at (785) 587-4122.

Vespers Service

Sunday, April 7, at 7 p.m.

The Vespers service will be led by Rev. John Parsley with Bruce Marvin on the mandolin from First Baptist Church at 7 p.m. Sunday, April 7, in the Community Room. All are welcome.

ARTful Making

Monday, April 8, at 11 a.m.

Join Meadowlark Memory Program and Marianna Kistler Beach Museum of Art for ARTful Making class Monday, April 8, from 11 a.m. to 12:30 p.m. in the KSU Classroom. Together we will develop new skills and revisit old ones while engaging in various art making

activities. No registration is required, please come and go as needed.

Parkinson's Webinar

Tuesday, April 9, at 12 p.m.

You're invited to attend an educational webinar on Parkinson's disease at noon Tuesday, April 9, in the West Conference Room.

Medication options for Parkinson's disease (PD) are constantly evolving and vary for each individual. Choosing medications depends on many variables; including motor fluctuations, symptom variability, and other existing health issues.

In this webinar, Dr. Rajesh Pahwa will share new treatment options to be on the look out for within the next two years and explains who would be the best candidates for these new therapies. All who are interested are invited to attend.

Coffee Corner—Feature Dessert!

Tuesday, April 9, at 3 p.m.

Join us in the Community Room at 3 p.m. Tuesday, April 9, for a social hour. Verna Belle's Café featured dessert will be Triple Berry Trifle.

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 still have an opportunity to win a set of tickets for the 2 p.m. show on Thursday, April 18.

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 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. If you have any questions, please call or email me at (785) 323-3892 or ehildreth@meadowlark.org.

Performance by Ogden School 2nd Grade

Thursday, April 11, at 11:30 a.m.

You’re invited to watch the second graders from Ogden Elementary perform a play about life one hundred years ago at 11:30 a.m. Thursday, April 11, in the Community Room. After the performance, the children will stay to enjoy sack lunches and visit with us! Residents are invited to bring their own lunch and dine with the kids. All are invited to attend!

Meadowlark Ladies Luncheon

Thursday, April 11, at Noon

All Meadowlark ladies are invited to join hostesses Judy Cattell and Enell Foerster for the monthly luncheon at noon Thursday, April 11, in the Manhattan Room.

April’s Luncheon topic is color! What is your favorite color? Do you know what your birthday color is and what is stays about you? Bring a scarf or jewelry in your favorite color or wear your favorite color and join the ladies to find out your

colorstology! Please sign up in the Blue Book if you plan to attend.

Everything Spring Music Recital

Friday, April 12, at 7 p.m.

Cheryl Richt and several of her students will present *Everything Spring* at 7 p.m. Friday, April 12, in the Community Room. Cheryl is an Instructor of Boice at Kansas State University. She and her students look forward to entertaining you in this delightful music recital!

Hale Library Concert Series—update!

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, and the location has been changed to All Faiths Chapel. 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 in the new business building across from the chapel. Sign up in the Blue Book for free transportation from Meadowlark. The bus will depart at 7 p.m.

Trip to Hobby Lobby & Dollar Tree

Saturday, April 13, at 10:30 a.m.

Transportation will be provided to Hobby Lobby and Dollar Tree Saturday, April 13. The bus will depart from the Village Entrance at 10:30 a.m. and return around 11:45 a.m. The cost for transportation is \$3 per person. Please sign up in the Blue Book at the Hospitality Desk

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.

Pig Out for Parkinson’s

Thursday, April 25, from 11 a.m. to 9 p.m.

Join us to celebrate National Parkinson’s Awareness Month on Thursday, April 25, any time

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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.

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!

Learn the Skill of Cup Stacking

Tuesday, April 30, depart at 1:30 p.m.

Meadowlark will be providing transportation to spend time with fourth graders at Northview Elementary School at 1:45 p.m. Tuesday, April 30. For an hour, residents will have the opportunity to interact with these students and learn the skill of “cup stacking.” Cup stacking, also known as sport stacking, is an individual and team sport that involves stacking nine or 12 specially designed cups in pre-determined sequences as fast as you can.

If you are interested in attending, please sign up in the Blue Book. Transportation will depart from the Village Entrance at 1:30 p.m. Expect to return to Meadowlark around 3 p.m. For questions, please contact Jana, Volunteer Coordinator, at (785) 323-3890.

Stay Healthy!

Its important to take extra precautions to stay healthy and prevent the spread of illness. A good, easy defense against sickness is consistent proper hand washing and frequent usage of hand sanitizer.

If you are experiencing nausea, vomiting, diarrhea, fever, headache, stomach cramps, chills, muscle aches or tiredness, please remain home until you

March Gifts to Meadowlark Foundation

Gifts to Meadowlark Foundation during the month of March were given in memory of the following persons to benefit the Good Samaritan Fund, Meadowlark Parkinson’s Program, Meadowlark Memory Program, Stolzer House and Sloan House. Gifts were also received to support the Helping Hands Fund.

Memory of

- | | |
|------------------|----------------|
| Jim Akin | Jerry Moran |
| Jack Byars | Barbara Myhre |
| Larry Giller | Janice Reves |
| William Guntrum | Mary Schroeder |
| Pauline Lindgren | John Vogt |

If you have questions regarding Meadowlark Foundation, please contact Becky Fitzgerald, at (785) 323-3843.

are symptom free for 24 hours. Symptoms can appear very quickly and last up to 72 hours. Remember, if you are ill get lots of rest and fluids to avoid dehydration.

If you've been ill and you believe you are ready to re-introduce food into your system, start with items like soda crackers, toast, plain noodles, eggs, applesauce, and bananas. Avoid foods that are acidic, spicy, fatty or fibrous. It is also good to avoid dairy products for a few days after your illness has passed.

If you are concerned about your symptoms, please contact your doctor.

LET THE GAMES BEGIN!

by Jeff Heidbreder, Fitness Services Leader

The Meadowlark Wellness Olympiad is set to begin, with our Opening Ceremony from 3 to 4 p.m. Friday, April 5, in the Community Room. Participant packets will be distributed, Olympiad rules and schedules will be discussed, the best team name winner will be announced, and we will hold our first competition. All Olympiad participants should attend the kick-off party. Please contact Jeff Heidbreder if you are unable to come so we can get your packet to you.

Participants should start tracking their physical activity on Monday, April 8, using the week one tracking sheet in your packet. We will hold group walks on Tuesday and Thursday at noon and will start at the Village Entrance. Each participant will earn their team one point per walk. Good luck to all the teams and participants!

Outdoor Encounters

by Nathan Bolls

If lucky, you have looked deeply into the eyes of a loved one, so deeply that you saw that fire of life—so deeply that you almost could feel the pulse of that person's soul. If so, you were enriched beyond what words can describe.

But have you ever stared deeply into the eyes of a wild animal? If so, did you see that fire of life? Were you tempted to acknowledge, as John Phillip Newell, Scottish Presbyterian minister, entreats us to do, the "glowing luminosity of the numinous in each created thing?" That is a step we must take, a way of thinking and acting we must achieve, if we are to keep our home habitable. Newell is a champion of the ancient, beautiful, and rich heritage of Celtic Spirituality.

Saving our Earth, keeping our home habitable, entails learning to truly love our World, to truly love each other, and to truly love the various parts and particles of Nature. This means accepting the divinity of Nature's created things, not only in ourselves, but in all parts. This means accepting that those divine others have as much right to survival as do we. All of this lies beyond the fact that each life form plays a role in the delicate machinery of the Natural World.

This means acceptance of the **no-win nature** of our mindless exploitation and poisoning of Spaceship Earth that give no honor to our fellow travelers—and all too often, not even to other humans. This means the acceptance that we have entered into a time—almost entirely of our doing—that may well put Our Time on that short list of Great Extinctions suffered by our planet during its existence.

This means an acceptance of something akin to the "seven generations" idea as practiced by the Iroquois Confederacy many years ago: a decision enacted only after considering how that decision will affect people (and, I might add, all other parts and particles of our World) through at least the next seven generations.

This means accepting that those animals and plants around us are much more than just creatures we have manipulated to grace our living spaces and tables in some way. This means learning to appreciate them for what they really are.

We at MLH are quite capable of doing this. We seasoned souls, each of us a walking encyclopedia of the basic knowledge of what-works-in-this-life, have tasted the years. Thus, we possess something special, and we never should completely retire. Among other things, perhaps we can teach our grandchildren to read that fire, to sense the pulse of that divinity, to realize that time is running out for us to take on the serious task of becoming good and diligent stewards of Earth. After all, a sage whose name I can't recall once remarked that "grandparents and grandchildren are natural allies!"

IL Resident Council Minutes, March 4, 2019

Members present: Pat Vogt, Bob Crawford, Jean Beatty, Nyle Larson, Ron Williams, Jo Call, Elaine Manges, Marilyn Ray, Charlotte Kelly, Jo Lyle, Janice Parsons, Pam Oehme, Jan Vanderbilt and Leo Lake

Staff present: Lonnie Baker and Monte Spiller

Updates

General Update: Lonnie stated this is the time of year we start to prioritize what the new fiscal year looks like. The fiscal year runs July 1 through June 30 and during the annual budgeting process the Meadowlark teams works to predict what projects need to be completed. If there are any thoughts or ideas you would like for consideration, this is the time to bring them up. We made a commitment a few years ago to continue to invest in outdoor experiences and it appears we are leaning towards completing the trail along Tuttle Creek leading to the Valley.

At the most recent board meeting, there was a vote to move forward with next steps in exploring campus expansion. That step will involve intense research in a number of areas as Meadowlark moves toward the next evolution on campus, which would include the development of new independent hybrid apartments and a wellness center adjacent to Bramlage House. There is a need for Meadowlark to place itself on the cutting edge of changes in the ways retirement communities provide residential space and ongoing services as the expectations of future retirees continue to change.

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



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New Business

Jean Beatty will be completing her term with the Board of Trustees on June 30. There will be nomination ballots available at the Hospitality Desk, which need to be turned in by March 15. The nominees will then speak at the April Town Meeting with voting occurring in the week following.

Old Business

Bob Crawford reported on the Board of Trustees meeting that was held on Feb. 28, 2019. The meeting was called to order by Chairwoman Dr. Carol Shanklin. Lonnie Baker provided the Executive Report which included that Meadowlark passed its annual long-term care survey with flying colors. The Finance Committee reported that Meadowlark remains in a sound financial position and the organization is performing well. Lisa Sisley reported for the Meadowlark Foundation and indicated the Foundation's financial position remains strong. The Board approved a number of policy updates. There were only minor changes and the meeting was adjourned.

Additional Discussion Topics

Council Member Jo Lyle expressed that she was really impressed with the efforts of our Maintenance Team, specifically with the recent snow removal.

There was a report of a water leak from the guttering with the potential to freeze near the breezeway. It was expressed that Environmental Services Leader, Mike Davis, would be notified.

Marilyn Ray stated residents were thankful and very happy with the new television in the Game Room.

Meeting adjourned

LEADER OF THE PACK

Congrats to April's Leader of the Pack, Alex Horak! Alex is the Clinical Leader for Meadowlark Home Health. He is a devoted individual, helping to ensure patient care is provided timely and efficiently. He has demonstrated time and again that he is committed to home health, and his leadership is appreciated. We love having you as part of the Meadowlark team!

Town Meeting Notes, April 1

Notes from Town Meeting conducted by Monte Spiller, Resident Services Leader, on April 1.

Welcome Monte welcomed the meeting attendees and introduced new resident, Steve Hall.

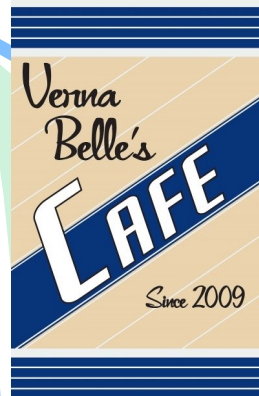
Campus Update A reminder was shared to take extra precautions to stay healthy and prevent the spread of illness. A good, easy defense against sickness is consistent proper hand washing and frequent usage of hand sanitizer. If you are experiencing nausea, vomiting, diarrhea, fever, headache, stomach cramps, chills, muscle aches or tiredness, please remain home until you are symptom free for 24 hours. Symptoms can appear very quickly and last for 24 to 72 hours. Remember, if you are ill get lots of rest and fluids. If you are concerned about your symptoms, please contact your doctor.

Board of Trustees Nominees Three candidates for the Resident Board Member Election introduced themselves and included: Leo Lake, Pam Oehme, and Larry Parsons.

Bingo Night 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. See page 2 of this Messenger for more information.

Pig Out for Parkinson's Pig Out for Parkinson's is set for Thursday, April 25, at Cox Bros BBQ. This is an awareness and fundraising event that benefits Meadowlark Parkinson's Program.

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



LUNCH & BREAKFAST SPECIALS

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

Sunday, April 7

Breakfast: Omelets with Fruit

Monday, April 8

Breakfast: Biscuits & Gravy

Lunch: French Onion Burger with Choice of Side
grilled hamburger with sautéed onions & swiss cheese on a butter-toasted bun ~ \$6.50

Tuesday, April 9

Breakfast: Breakfast Sandwich with Fruit

Lunch: BBQ Chicken Pizza with Choice of Side
shredded chicken, fried onions & green onion on a flatbread crust with BBQ sauce & mozzarella cheese ~ \$4.50/\$6.50

Wednesday, April 10

Breakfast: Breakfast Burrito & Fruit

Lunch: Cheesy Chicken Melt with Choice of Side
shredded chicken, cream cheese, cheddar cheese & ranch seasoning on an everything bagel ~ \$4.50/\$6.50

Thursday, April 11

Breakfast: Biscuits & Gravy

Lunch: Street Tacos with Choice of Side
shredded pork, cilantro lime slaw, cheddar cheese & avocado sauce on a mini flour tortilla ~ \$4.50/\$6.50

Friday, April 12

Breakfast: Waffle or Pancake

Lunch: Turkey Reuben with Choice of Side
turkey, sauerkraut, swiss cheese & thousand island dressing on butter toasted rye bread ~ \$4.50/\$6.50

Saturday, April 13

Breakfast: A la carte menu options

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	April 7 ~ Lunch \$12	Dinner \$12
	Baked Ranch & Corn Flake Chicken Provolone Scalloped Potatoes Vegetable du Jour	Lamb Stew Roasted Potatoes Vegetable du Jour
MONDAY	April 8 ~ Lunch \$10	Dinner \$13
	BBQ Pulled Pork Coleslaw French Fries	Almond-Crusted Pork Tenderloin <i>with Balsamic Cherry Sauce</i> Risotto Vegetable du Jour
TUESDAY	April 9 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Cordon Bleu <i>with Supreme Sauce</i> Wild Rice Vegetable du Jour
WED.	April 10 ~ Lunch \$10	Dinner \$13
	Polish Sausage German Potato Salad Choice of Vegetable	Beef Tips Fromage Vegetable du Jour
THURS.	April 11 ~ Lunch \$7	Dinner \$12
	Hamburger & Hot Dog Bar <i>(does not include drink, starter, or dessert)</i>	Fried Catfish <i>with Tartar Sauce</i> Hashbrown Casserole Vegetable du Jour
FRIDAY	April 12 ~ Lunch \$10	Dinner \$12
	Fish & Chips Coleslaw French Fries	BBQ Ribs Baked Beans Coleslaw
SAT.	April 13 ~ Lunch \$10	Dinner \$15
	Philly Steak Sandwich Sweet Potato Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour

**DRINK
SPECIAL**

Income Tax Martini
 1 1/2 oz. Tanqueray, 3/4 oz. Dry Vermouth, 3/4 oz. Sweet
 Vermouth, 3/4 oz. Orange Juice & dash of Angostura Bitters
\$3.75

Grosh Cinema Movies

Sunday, April 7, to Saturday, April 13, 2019

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

Sunday, April 7—The Guardian Brothers (2016)

■ There's a crisis in the Chinese Spirit World -- humans don't believe in gods anymore! A Door God, facing unemployment, ventures into the human world to prove his worth.

■ Co-Starring: Bai-Ke, Mike Birbiglia & Mel Brooks

■ Rated PG; 1 hr. 43 min.; Animated Comedy

Monday, April 8—My Big Fat Greek Wedding (2002)

■ A young Greek woman falls in love with a non-Greek and struggles to get her family to accept him while she comes to terms with her heritage and cultural identity.

■ Co-Starring: Nia Vardalos, John Corbett & Michael Constantine

■ Rated PG; 1 hr. 35 min.; Comedy

Tuesday, April 9—Music & Lyrics (2007)

■ A washed up singer is given a couple days to compose a chart-topping hit for an aspiring teen sensation.

■ Though he's never written a decent lyric in his life, he connects with an offbeat younger woman with a flair for words.

■ Co-Starring: Hugh Grant, Drew Barrymore & Scott Porter

■ Rated PG-13; 1 hr. 36 min.; Comedy

Wednesday, April 10—The Searchers (1956) **Resident Request*

■ After his entire family is viciously wiped out, a hardened war veteran embarks on a long journey to find his only surviving niece who has been captured by hostile Comanche Indians.

■ Co-Starring: John Wayne, Jeffrey Hunter & Vera Miles

■ Rated NR for violence; 1 hr. 59 min.; Western

Thursday, April 11—The Longshots (2008)

■ The true story of Jasmine Plummer who, at the age of eleven, became the first female to play in Pop Warner football's tournament in its 56-year history.

■ Co-Starring: Ice Cube, Keke Palmer & Tasha Smith

■ Rated PG; 1 hr. 34 min.; Comedy

Friday, April 12—How to Make an American Quilt (1995)

■ A conflicted young woman spends the summer with her grandmother, her great-aunt and their quilting circle. Their life stories of romance and sorrow captivate her.

■ Co-Starring: Winona Ryder, Anne Bancroft & Ellen Burstyn

■ Rated PG-13; 1 hr. 56 min.; Drama

Saturday, April 13—Daddy Day Care (2003)

■ Two men get laid off and have to become stay-at-home dads when they can't find jobs. This inspires them to open their own day-care center and employ some fairly unconventional and amusing methods of caring for children.

■ Co-Starring: Eddie Murphy, Jeff Garlin & Steve Zahn

■ Rated PG; 1 hr. 32 min.; Comedy

Weekly Opportunities Calendar April 7 to April 13

Sunday • April 7

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
 4:00 p.m. ~ Open Communion Service, FHR
 7:00 p.m. ~ Vespers with Rev. John Parsley, CR

Monday • April 8

Manhattan Room – no open seating available
 9:30 a.m. ~ Seated Strength, CR
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 11:00 a.m. ~ ARTful Making, KSU CL
 11:30 a.m. ~ Meadowlark Valley Luncheon, MR
 12:00 p.m. ~ Yoga, CR
 12:00 p.m. ~ 1st Pres. Men's Luncheon, WCR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:30 p.m. ~ Meadowlark Ambassador Meeting, MCR
 1:45 p.m. ~ Parkinson's Voice Class, CR
 3:30 p.m. ~ Meadowlark Singers Practice, CR
 7:00 p.m. ~ McCain Special Edition Bingo, CR

Tuesday • April 9 *Trash & recycling pick-up*

Manhattan Room – no open seating available
 10:30 a.m. ~ Steady Yourself, CR
 10:45 a.m. ~ Technology Assistance, FHR
 11:15 a.m. ~ Chair Yoga, CR
 12:00 p.m. ~ Seven Dolors Book Discussion, FHR
 12:00 p.m. ~ Parkinson's Webinar, WCR
 12:00 p.m. ~ Kimball Luncheon, MR
 3:00 p.m. ~ Coffee Corner, CR
 4:00 p.m. ~ Newspaper & Bible, FHR
 5:30 p.m. ~ 4th Floor Supper, MR
 7:00 p.m. ~ Dominoes, GR

Wednesday • April 10

Manhattan Room— open seating at lunch only
 9:00 a.m. ~ Building & Grounds Committee, FHR
 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
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 12:00 p.m. ~ Yoga, CR

1:00 p.m. ~ Pitch, GR
 3:00 p.m. ~ Rock Steady Boxing, CSC
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Call Hall Ice Cream Social, KR
 5:30 p.m. ~ Eastside Supper, MR
 6:30 p.m. ~ Osher Class: Kansas Characters, CR

Thursday • April 11

Manhattan Room—open seating at dinner 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
 11:30 a.m. ~ Ogden 2nd Grade Performance, CR
 12:00 p.m. ~ Meadowlark Ladies Luncheon, MR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 1:00 p.m. ~ PD Care Partner Support Group, FHR
 2:00 p.m. ~ Stepping On, KSU CL
 2:30 p.m. ~ Gerontology Class, CR
 4:00 p.m. ~ Great Decisions, FHR
 6:30 p.m. ~ Osher Class: Westward Ho!, CR

Friday • April 12

Manhattan Room—open seating at dinner only
 9:30 a.m. ~ Seated Strength, CR
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Hand & Foot Card Games, GR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 7:00 p.m. ~ "Everything Spring" Music Recital, CR

Saturday • April 13

Manhattan Room— open seating at lunch & dinner
 9:30 a.m. ~ Painting for Fun, SCR
 10:30 a.m. ~ Trip to Hobby Lobby/Dollar Tree, VE

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	MCR, Miller Craft Room
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