

All Pigged Out!

Meadowlark Parkinson's Program raises awareness during annual event



by Michelle Haub, Special Programs Leader

The ninth annual Pig Out for Parkinson's is in the books, which means Cox Bros BBQ and the Meadowlark Parkinson's Program are ready to start planning a stellar tenth celebration for April 2020! Once again, the Meadowlark and the Manhattan community came to the table to eat great BBQ, listen to a wonderful band, learn about Parkinson's disease (Pd) and support the Parkinson's Program. The Parkinson's Program was able to make contact with two people who were recently diagnosed with Pd and

were looking for resources. This is one of the biggest reasons Pig Out for Parkinson's exists! Thanks to the opportunities to have radio commercials leading up to last Thursday, numerous event promotions, and two live radio remotes, the impact of providing education about what Pd is and how people can live well with it is priceless.

Former K-State Coach Bill Snyder continued his tradition of attending and making all feel welcome. His support has not wavered since the inception of this event and is greatly appreciated by the patrons

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Concrete Work

Springtime means the start to concrete work at Meadowlark! Sidewalk repairs all around will be starting this week, weather permitting. The plan is to remove sections of sidewalk and replace them as quickly as possible. Please avoid the work areas while crews are removing and pouring concrete.

Areas slated for repair include outside the physician's office, Lyle House entrance, north of Collins House, Bramlage House parking and sidewalk, Miller House, breezeway area, and the parking lots near cottages 2122/2112 and 2110/2112. All places will not be closed off at once. Thank you for your patience during this phase of necessary campus maintenance. Work is expected to be completed by the end of June, weather dependent.

Wellness Olympiad Update

As the calendar turns to May, we are down to the last couple of weeks of the 2019 Wellness Olympiad. Team scores are posted in the Game Room and are updated each Wednesday. Participants should continue tracking their physical activity and turn in your week-four sheet to the Hospitality Desk or Caul Fitness Center by Tuesday, May 7, at 5 p.m. Use your week-five sheet next week.

Group Walks will continue each Tuesday and Thursday. The group will leave from the Village Entrance at 12-noon. The Horsing Around Challenge will be start at 11:30 a.m. Monday, May 6, in the West Conference Room. Each team will need to sign up for a five-minute slot to attempt this challenge. The sign-up sheet is in the Blue Book located at the Hospitality Desk.

A Wellness Quiz will be available to complete on Wednesday, May 8. Each team member will have a quiz to take and they can be picked up at the Hospitality Desk at your convenience between 9 a.m. and 5 p.m. on Wednesday. Contact Jeff Heidbreder at (785) 341-2995 or visit the Caul Fitness Center with any Olympiad questions.

Drinks to Honor Naomi

Saturday, May 4, at 1 p.m.

All are invited to have a drink in honor of Naomi Berber from 1 to 3 p.m. Saturday, May 4, in the

Kansas Room & Pub. Naomi's family looks forward to visiting with you.

Open Communion Service

Sunday, May 5, at 4 p.m.

Meadowlark Hills Open Communion Service will be celebrated at 4 p.m. Sunday, May 5, 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, May 5, at 7 p.m.

The Vespers service will be led by Mark Queen from First United Methodist Church at 7 p.m. Sunday, May 5, in the Community Room. All are welcome.

Town Meeting

Monday, May 6, at 9:30 a.m.

All are invited to attend May's Town Meeting to hear the Meadowlark news at 9:30 a.m. Monday, May 6, in the Community Room. New Meadowlark residents will be invited to introduce themselves at the beginning of the meeting. We hope you can join us!

Outdoor Opportunities Committee

Monday, May 6, at 1 p.m.

The Outdoor Opportunities Committee will meet Monday, May 6, at 1 p.m. in the Flint Hills Room. If you have questions, please contact Sarah Duggan at (785) 323-3878.

Contemporary God Talk

Monday, May 6, at 1:30 p.m.

Join Meadowlark resident Jim Reed from 1:30 to 2:30 p.m. Monday, May 6, in the West Conference Room for an open dialogue on faith. Only thing needed is an open mind and the discipline of sharing and listening. For questions, call Jim at (785) 341-7231.

Change & Loss Support Group

Monday, May 6, at 2 p.m.

The next session for Change and Loss Support Group will begin at a new time and in a new location! Join the group at 2 p.m. Monday, May 6, in the Flint Hills Room. The group will continue to meet 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.

Veteran's Group Events

Monday, May 6, & Friday, May 10

There are several exciting events coming up for the Veteran's Group! There is no cost for the events and all Meadowlark Veterans are welcome to attend.

K-State Baseball players will be coming to Meadowlark to visit with the Veteran's Group Monday, May 6, at 6 p.m. in the KSU Classroom. Light refreshments will be served.

On Friday, May 10, the Veteran's Group will take a bus trip to Fort Riley to visit with the Warrior Transition Battalion, go on a museum tour, and have lunch. The bus will depart from the Main Entrance at 9:45 a.m. Please sign up in the Blue Book at the Hospitality Desk.

At this time, the trips will be open to Veterans only. If there are available spots the day before, we will open them to all residents interested. For questions about the Veteran's Group or to be added to the current contact list of Meadowlark Veterans, please contact Sara Snell at (785) 323-3862 or Monte Spiller at (785) 323-3801.

Guided Meditation

Tuesday, May 7, at 10:30 a.m.

Spring into the new season by doing something good for your mind, body, and spirit! You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, May 7, in the Grosh Cinema. No prior experience or understanding of meditation is necessary.

Coffee Corner

Tuesday, May 7, at 3 p.m.

Join us in the Community Room at 3 p.m. Tuesday, May 7, for a social hour. Verna Belle's Café featured dessert will be Red Velvet Cheesecake Brownies. All are welcome!

Building & Grounds Committee

Wednesday, May 8, at 9 a.m.

The Building and Grounds Committee will meet at 9 a.m. Wednesday, May 8, in the Flint Hills Room. If you have any questions about the committee or would like to be included on the email list, please call Erin Hildreth at (785) 323-3892 or email ehildreth@meadowlark.org.

Shopping Trip to Wal-Mart & Dillons

Wednesdays at 10 a.m.

Meadowlark Transportation takes a bus to Walmart and Dillons' eastside location each Wednesday, departing from the Village Entrance at 10 a.m. and returning about 11:30 a.m. There is no cost for this trip. Next trip is Wednesday, May 8.

Associated Audiologists at Meadowlark

Wednesday, May 8 at 12:30 p.m.

Sarah Schotte, Au.D., FAAA, audiologist with Associated Audiologists can perform hearing screenings, hearing aid cleaning and maintenance, wax removal, state-of-the-art hearing aid technology and hearing assistive technology. Dr. Schotte will see patients in the West Conference Room from 12:30 to 5 p.m. Wednesday, May 8. To schedule an appointment with Dr. Schotte, please call (785) 539-7361.

Artist Profile with the Beach Museum

Wednesday, May 8, at 6:30 p.m.

You're invited to join Kim Richards from the Beach Museum of Art for an artist lecture series. The group will meet Wednesday, May 8, at 6:30 p.m. in the KSU Classroom. The featured artist will be Francis Davis Millet, an American painter, muralist, and writer. All who are interested are welcome to attend.

Bluemont Elementary Choir

Thursday, May 9, at 9:15 a.m.

If you are looking to hear some good singing from a dynamic group of fourth, fifth and sixth graders, come to the Community Room at 9:15 a.m. Thursday, May 9. A group from Bluemont Elementary will be presenting "I Need a Vacation." It's a story about a group of kids who are eager for a variety of vacation scenarios. You are in for a treat!

Resident Focus Group

Thursday, May 9, at 10 a.m.

May's Resident Focus Group will spotlight Amber Milton. Amber is an assistant in the Human Resources office. The group will meet at 10 a.m. Thursday, May 9, in the Kansas Room and Pub.

Meadowlark Ladies Luncheon

Thursday, May 9, at 12 p.m.

What's on your bucket list or what have you already scratched off your list? Join Nancy Goulden and Harriette Janke for the Meadowlark Ladies Luncheon at noon Thursday, May 9. We'll dine on a grilled chicken salad with strawberries and a toasted baguette, and Tropical Carrot Cake for dessert. If you are interested in joining, please sign up in the Blue Book at the Hospitality Desk.

Together we will make a list of places we have been to see if we can hit every county in Kansas, then every state in the USA, and then how many countries we have visited. Not as a contest, but for us to realize how much territory we residents of Meadowlark have covered in our years on this earth. Bring pictures to share of your favorite places! Perhaps we will come up with ideas for day trips or longer trips for a Meadowlark adventure!

Meadowlark Opportunities Fair

Thursday, May 9, at 4 p.m.

The Meadowlark Human Resources team is hosting a recruitment event promoting job, internship, and volunteer opportunities with the organization. This will be a come-and-go event for potential applicants from 4 to 7 p.m. Thursday, May 9. Campus tours will be offered and interviews will take place in the Community Room. Please be aware of the potential for increased vehicle and foot traffic during this timeframe. Contact Sarah Duggan at (785) 323-3878 with questions.

Music by Emily Stillwell

Friday, May 10, at 7 p.m.

Meadowlark welcomes back Emily Stillwell at 7 p.m. Friday, May 10, in the Community Room! Emily is a jazz and folk singer-songwriter from Atlanta, Georgia. Her repertoire ranges from classical piano to jazz standards and down-home blues greats of the 20's and 30's. Please join us!

Trip to Hobby Lobby & Dollar Tree

Saturday, May 11, 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

Piano Recital

Saturday, May 11, at 2 p.m.

At 2 p.m. Saturday, May 11, in the Community Room students of Jan Barkey will present a piano recital. All are invited to attend.

Mother's Day Meal

Sunday, May 12

You're invited to make reservations for the Mother's Day Meal at Prairie Star Restaurant. Mother's Day is Sunday, May 12, and seating times will vary between 11 a.m. and 2 p.m. Make your reservations by visiting the host stand at Prairie Star Restaurant or calling (785) 323-3820. The menu will be published in next week's edition of the Messenger.

Tour of Vanier Football Complex

Tuesday, May 14, depart at 9:50 a.m.

Meadowlark residents will have the opportunity to tour Vanier Football Complex at 10 a.m. Tuesday, May 14! The Vanier Football Complex is home of the Kansas State Wildcats and it provides K-State Football with offices, locker rooms, a lounge, and a renovated weight room and athletic training facility. Join us for a sneak peek into some of the things that go on behind the scenes. There is a sign-up sheet in the Blue Book and we will depart from the Village Entrance at 9:50 am.

Little Apple Chorus Spring Show

Sunday, June 2, at 3 p.m.

The Little Apple Chorus will be performing their Spring Show, *Turn Your Radio On* Sunday, June 2, at 3 p.m. in Forum Hall at the KSU Student Union. Joining the chorus is local radio host, Dave Lewis, and the International Champion Quartet, *Crossroads*. The show starts at 3 p.m. Doors open at 2:30 p.m.

Ticket prices are \$15 each or a \$50 family pack (two adults and all children in the house). Tickets can be purchased from any chorus member, online at www.littleapplechorus.org or by calling (785) 409-6141.

Meadowlark has a limited number of complimentary tickets reserved for residents, Passport members or staff. The tickets are available to pick up at the Hospitality Desk and will be given on a first-come-first-served basis.

Summerfest is COMING!

by Sarah Duggan

The music, the food and the fantastic celebration of summer is just around the corner! Join your friends and family at 5 p.m. Friday, June 7, for Summerfest, the annual block party at Meadowlark Hills.

Our Summerfest celebration will take place on the south side of the building along Meadowlark Road and on Prairie Star patio. The road will be blocked from the fork off the south drive to the village entrance. The cookout will begin at 5 p.m. and will include hamburgers, hot dogs, beans, pasta salad, chips, watermelon and cookies.

The evening will also feature live music starting at 6 p.m. in addition to a sno-kone stand, beer garden and inflatable activities for the kids. Musical entertainment will be provided by a live band—stay tuned for the announcement!



Meadowlark Road, between the Valley and the main entrance to the building, will be blocked off all day Friday, June 7. If you have guests visiting, please make sure they are not parked in the visitor parking at 7 a.m. on Friday. The rented items for the party will be delivered and set up during the morning hours.

All rental items will be retrieved by the company in the morning on Saturday, June 8.

The Pub will not be open the day of Summerfest and Prairie Star Restaurant will close at 2 p.m.

If you have questions regarding Summerfest, please contact Jayme Minton at (785) 313-0454.

April Gifts to Meadowlark Foundation

Gifts to Meadowlark Foundation during the month of April were given in memory of the following persons to benefit the Good Samaritan Fund, Parkinson's Program, Memory Program. Gifts were also received to support the Helping Hands Fund.

Memory of

Harvey Harts	Margaret Pickett
Mary Ann McCoy	Sue Reeves
Jerry Moran	Fred Sobering

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

Project Update

by Sarah Duggan

Our current projects are still moving along, despite our rainy week! The Blueville Nursery crew stuck it out through the rain on Tuesday, April 30, and have made significant progress on laying the pavers in the Courtyard.

Once the Fleet Parking Lot is painted with stripes, we will begin using it to park transportation and maintenance vehicles. This will free up 25 parking spots in the west lot for additional parking. Hip, hip, hooray!

As of today, we do not have a construction start date scheduled for the kitchen and restaurant renovation, however, the team is getting close to finalizing the design plans with the architect and contractor teams.

Thank you for your patience as we anxiously await the completion (and beginning) of campus projects. Here's to many Bocce Ball tournaments in the very near future!

Outdoor Encounters

by Nathan Bolls

One day last week I walked the edge of Bayer Pond to see how it was progressing toward spring and summer. The hike was delightful, except for the water-borne plastic drink cup and dead tree limb being bounced by wind and wave against the rocky bank. Those two items reminded me of the great human pastime of littering. And I wondered why we, even after having gone to the trouble to sample the grandeur of Nature, either care so little, or are so lazy that we sometimes leave it more corrupted than when we first arrived. Occasionally I see a trash item along one of our MLH trails. I assume we know better and that the item was left by a non-resident.

Facts abound concerning the many ways we have despoiled the lands and waters of our Earth. I have read that even one of the high base camps used en route to the summit of glorious Mt. Everest is littered with trash left by climbers. Recent studies describe the great numbers of various plastic items floating in our oceans and seas and to the colossal collection of items, including huge cargo boxes lost from sea-going container ships, that circle endlessly in the giant Gulf of Alaska whirl pool. Other studies have revealed that some plastic items, broken down by saltwater, sun, and wave action into small pieces, are being eaten by birds (at least), resulting in both malnutrition and death.

During lunch a couple of weeks ago with a dear friend, Judine, she told of how her 11-year-old daughter, Olivia, had developed a passion for our Earth and of how she recently had prepared an oral report to her class on micro-beads: tiny plastic beads that are put in various cleaners to give a gentle scrubbing action. She realized that these micro-beads are flushed down our drains and also learned that they end up in natural waters where they may be taken up by and cause problems for various aquatic life. Olivia was delighted to learn about this part of our general pollution practice and felt that she could do her part to alert others to that particular problem.

One day during the summer of her sixth year, our daughter, Laurel, decided that she wanted to pick up trash around the elongated block on which our Springfield, OH, home sat. The only

vehicle she had for this was her doll buggy. But she told her mother that she wanted signs on the sides of her buggy that told what she was doing. Imogene inquired about what wording her daughter had in mind. Fast came the reply: "Delitter Us from Evil." Her mission properly proclaimed, Laurel set off. I watched from a distance, but daughter went dutifully about her business, returning with an amount of trash that probably surprised her.

Youth, understandably, usually have little idea of the number of items pitched out of moving windows, thrown aside while walking, or left under picnic tables and chairs. Walk a mile of highway, looking, as have I, and you will be overwhelmed at just how thoughtless we are. Bud Lite and McDonald's coffee are very popular!

Laurel's smile of accomplishment and self-satisfaction was unmistakable. Judine reported the same sense of delight in Olivia. The world has many young Laurels and Olivias—and Larrys and Olafs. If only our children could keep throughout life that particular sort of passion for Earth and its creatures that they so often display when young!

On Soft Feathers

by Helen Roser

A memory was roused as I read the current best seller book, "The Ravenmaster", about the birds who live in the Tower of London. The author mentioned the feeling of the birds' weight on his hand...

I was working in Washington D.C. I was finishing up eating a little pack of cookies as I sat on a bench in Lafayette Park, across the street from the White House. A little pigeon was standing, watching me eat. I had one cookie left and crumbled it in my hand, then reached down and held my hand out to the little bird. I was surprised when he hopped into my hand, and stayed there to eat his cookie.

I hadn't yet learned about birds' phenomenal memories and emotions and how they shared what they knew. So I was surprised when, a week later, I returned to the park with a sack of cookies, hoping my little cookie friend would be there.

And was he ever! Along with all his relatives and friends. Before I could even sit on the bench, I had excited happy birds lined up on both of my arms, my shoulders, all over my lap and others were on my head, with their feet getting tangled in the veil on my hat.

All this excitement before I even got the cookies out of my purse. With or without cookies, from then on, the pigeons gave me their royal welcome.

Their weight, as they sat on my hand, with their little soft feathers below, has stayed with me for 75 years. I realized when I read about the ravens.

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and people with Pd. New Coach, Chris Klieman, stepped right in and began signing autographs and relating well with all he came in contact with that evening—he made a great addition to the event.

Even though the event went back to its roots of focusing on being an outreach and awareness event, the generosity of Bud and Bobby Cox, sponsors and the community helped us to have a banner year for donations, which totaled over \$7,400! I sincerely want to thank everyone who supports and helps us spread the word that the Meadowlark Parkinson's Program provides free education, exercise, and outreach to individuals affected by Parkinson's living in the Flint Hills region—they do not have to live on the Meadowlark campus. If you or someone you know would like more information about the Parkinson's Program, please call (785) 323-3899.

[below] Murphy Duggan proudly shares her souvenir pig signed by Coach Klieman.



LUNCH & BREAKFAST SPECIALS

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

Sunday, May 5

Breakfast: Omelets with Fruit

Monday, May 6

Breakfast: Biscuits & Gravy

Lunch: Asian Chicken Wraps & Choice of Side
shredded chicken with teriyaki sauce, shredded cabbage, carrots, almonds & chow mein noodles
~\$4.50/\$6.50

Tuesday, May 7

Breakfast: Breakfast Sandwich with Fruit

Lunch: Mushroom Swiss Burger & Choice of Side
grilled hamburger topped with Swiss cheese, sautéed mushrooms & onions on a butter-toasted bun ~\$6.50

Wednesday, May 8

Breakfast: Breakfast Burrito & Fruit

Lunch: Garlic Chicken Pizza & Choice of Side
shredded chicken, bacon, tomatoes & green onions on a flat bread crust with a white garlic sauce ~\$4.50/\$6.50

Thursday, May 9

Breakfast: Biscuits & Gravy

Lunch: Turkey Cranberry Croissant & Side
turkey, Swiss cheese & a cranberry sauce on a buttery croissant ~\$4.50/\$6.50

Friday, May 10

Breakfast: Waffle or Pancake

Lunch: Mexican Chicken Bowl
seasoned chicken & shredded cheese on top of cilantro lime rice with your choice of toppings from the salad bar
~\$6.50

Saturday, May 11

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	May 5 ~ Lunch \$12	Dinner \$11
	Raspberry Grilled Chicken Breast Wild Rice Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	May 6 ~ Lunch \$10	Dinner \$12
	Prime Rib Sandwich French Fries Choice of Vegetable	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
TUESDAY	May 7 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Breast Piccata Risotto Vegetable du Jour
WED.	May 8 ~ Lunch \$10	Dinner \$12
	BBQ Ribs Coleslaw French Fries	Swiss Steak Mashed Potatoes & Gravy Vegetable du Jour
THURS.	May 9 ~ Lunch \$8	Dinner \$12
	Baked Potato & Sweet Potato Bar <i>(does not include drink, starter, or dessert)</i>	Lasagna Garlic Toast Vegetable du Jour
FRIDAY	May 10 ~ Lunch \$10	Dinner \$14
	Catfish Po'Boy Coleslaw French Fries	Baked Cod <i>with Dill Sauce</i> Swiss & Green Onion Scalloped Potatoes Vegetable du Jour
SAT.	May 11 ~ Lunch \$10	Dinner \$15
	Philly Steak Sandwich Sweet Potato Fries Choice of Vegetable	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL

Mexican Sunset
 1 oz. Amaretto, 1 oz. Peach Schnapps, 3 oz. Patron Silver Tequila,
 1/2 oz. Grenadine with Lime & Maraschino Cherries
 \$3.75

Grosh Cinema Movies

Sunday, May 5, to Saturday, May 11, 2018

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

Sunday, May 5—Anastasia (1997)

Anya grows up in an orphanage and has no idea that she's really Anastasia, the long-lost daughter of Russia's last czar. And neither do two con men who try to convince her to pretend to be Anastasia so they can collect a reward for her safe return.

Co-Starring: Christopher Lloyd, Meg Ryan & John Cusack

Rated G; 1 hr. 35 min.; Animated Drama

Monday, May 6—The Mule (2018) *Resident Request

Offered a job that simply requires him to drive, a broke man in his 80s unknowingly becomes a drug courier for a Mexican cartel. Past mistakes start to weigh heavily on him, and it's uncertain if he'll have time to right those wrongs before law enforcement, or the cartel's enforcers, catch up to him.

Co-Starring: Clint Eastwood, Bradley Cooper & Laurence Fishburne

Rated R for language; 1 hr. 56 min.; Drama

Tuesday, May 7—Evan Almighty (2007) ~ No 1 p.m. Showing

God summons narcissistic newscaster-turned-congressman Evan to build an ark in preparation for a devastating flood. Meanwhile, Evan's perplexed family interprets his new hobby as a midlife crisis.

Co-Starring: Steve Carell, Morgan Freeman & Lauren Graham

Rated PG; 1 hr. 30 min.; Comedy

Wednesday, May 8—Destry Rides Again

Jimmy Stewart stars as Tom Destry, a tough lawman who doesn't like guns. And that could pose a problem when a saloon owner and a corrupt mayor plan to rob the local cowpokes blind.

Co-Starring: Marlene Dietrich, James Stewart & Mischa Auer

Rated NR; 1 hr. 35 min.; Western

Thursday, May 9—The Man Who Knew Too Little (1997)

An American gets a ticket for an audience participation game in London, then gets involved in a case of mistaken identity. As an international plot unravels around him, he thinks it's all part of the act.

Co-Starring: Bill Murray, Peter Gallagher & Joanne Whalley

Rated PG; 1 hr. 34 min.; Comedy

Friday, May 10—Across the Universe (2007)

With The Beatles as a musical backdrop, a fictional love story takes place in the 1960s amid the turbulent years of anti-war protest, the struggle for free speech and civil rights, mind exploration and rock and roll.

Co-Starring: Evan Rachel Wood, Jim Sturgess & Joe Anderson

Rated PG-13; 2 hr. 13 min.; Musical Drama

Saturday, May 11—The Switch (2010)

Still single and worried about her biological ticking clock, 30-something Kassie decides to pursue motherhood with the help of a sperm donor. After some jealousy and alcohol, a life changing switch is made, but it isn't until 7 years later that anyone knew the truth.

Co-Starring: Jennifer Aniston, Jason Bateman & Patrick Wilson

Rated PG-13; 1 hr. 41 min.; Comedy

Weekly Opportunities Calendar May 5 to May 11

Sunday • May 5

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 Mark Queen, CR

Monday • May 6

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
 11:20 a.m. ~ Olympiad: Challenge, WCR
 12:00 p.m. ~ Yoga, CR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ Outdoor Opportunities Committee, FHR
 1:30 p.m. ~ Contemporary God Talk, WCR
 1:45 p.m. ~ Parkinson's Voice Class, CR
 2:00 p.m. ~ Change & Loss Support Group, FHR
 3:30 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ Tuttle Creek Supper, MR
 6:00 p.m. ~ Veteran's Group: KSU Baseball, KSU CL
 7:00 p.m. ~ Community Bingo, CR

Tuesday • May 7 *Trash & recycling pick-up*

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. ~ Kimball Luncheon, MR
 12:00 p.m. ~ Seven Dolors Book Discussion, FHR
 12:00 p.m. ~ Olympiad: Group Walk, VE
 2:00 p.m. ~ LifeStory Writing Group, FHR
 3:00 p.m. ~ Coffee Corner, CR
 3:30 p.m. ~ Ambassador Committee Meeting, WCR
 7:00 p.m. ~ Dominoes, GR

Wednesday • May 8

9:00 a.m. ~ Building & Grounds Meeting, 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
 1:00 p.m. ~ Assoc. Audiologist—Dr. Schotte, WCR
 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. ~ Artist Profile with the Beach, KSU CL

Thursday • May 9

8:00 a.m. ~ Apple Technology Help Lab, SCR
 8:30 a.m. ~ Messenger Team, WCR
 9:15 a.m. ~ Bluemont Elementary Choir, CR
 10:00 a.m. ~ Meadowlark Bible Study, FHR
 10:00 a.m. ~ Resident Focus Group, KR
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 12:00 p.m. ~ Olympiad: Group Walk, VE
 12:00 p.m. ~ Meadowlark Ladies Luncheon, MR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 2:00 p.m. ~ Stepping On, KSU CL
 2:30 p.m. ~ Gerontology Class, CR
 4:00 p.m. ~ Great Decisions, WCR

Friday • May 10

9:30 a.m. ~ Seated Strength, CR
 9:45 a.m. ~ Veteran's Group: Trip to Ft. Riley, VE
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ PD Care Partner Support Grp, FHR
 1:00 p.m. ~ Hand & Foot Card Games, GR
 3:00 p.m. ~ Rock Steady Boxing, CSC
 7:00 p.m. ~ Music by Emily Stillwell, CR

Saturday • May 11

9:30 a.m. ~ Painting for Fun, SCR
 10:30 a.m. ~ Trip to Hobby Lobby/Dollar Tree, VE
 2:00 p.m. ~ Piano Recital, CR

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
PS, Prairie Star Restaurant	VE, Village Entrance
SCR, South Conference Room	VB, Verna Belle's