

We are the Champions!

The leading team of the Wellness Olympiad takes home the trophy

By Jeff Heidbreder, Fitness Services Leader

Now that the Wellness Olympiad has come to a close, I want to say thank you to all of the participants, planning committee and volunteers in making this a fun event.

The participants worked hard during the six weeks, accumulating roughly 680 hours of physical activity! Now the challenge will be to keep it up and build off the progress that was made.

The Olympiad champions were BLT To Go! Together as a team, Becky Fitzgerald, Linda Hall and Tom Barcellina jumped into the lead at the start and were able to maintain it the whole way through the competition. Congratulations to BLT To Go and all of the other challenge and prize winners!

Please contact Jeff Heidbreder at (785) 341-2995 with any Olympiad feedback or suggestions. Next year will mark our fifth annual Wellness Olympiad.



Osher Class Registration

Monday, June 3, at 10:30 a.m.

The registration for the summer 2019 Osher Lifelong learning Program in Manhattan is now open. The Osher Lifelong Institute at the University of Kansas has teamed up with K-State to bring to the Manhattan area the diverse content, innovative learning opportunities and quality faculty that promote lifelong learning in the community. The program in Manhattan is coordinated by UFM Community Learning Center.

The Osher Institute offers courses for participants age 50 and over that have a joy for learning. Courses meet weekly for two hours over a three-week period and require no homework, outside preparation or testing.

Representatives from UFM will be available Monday, June 3, from 10:30 to 11:30 a.m. in the Flint Hills Room to assist with enrollment and answer any questions for summer classes. Meadowlark residents and Passport members can enroll in classes at no cost.

You can also enroll in classes or find more information by calling the KU Osher office at (785) 864-5823 or online at www.osher.ku.edu.

Available summer classes held at Meadowlark's Community Room include the following:

- World War II: the European Theatre, North Africa & the Middle East led by Robert Smith, Ph.D. on Wednesday, June 5, 12, and 19, from 6:30 to 8:30 p.m.
- An Objective Study of Current Political Climate in the United States led by Jed Dunham on Thursday, June 13, 20, and 27, from 2 to 4 p.m.
- The Willows Maternity Sanitarium, Kansas City and America's Unwed Mothers led by KelLee Parr on Wednesday, July 10, 17, and 24, from 6:30 to 8:30 p.m.

Parking at Meadowlark

Visitor and employee parking spots at the main building entrance and in the west parking lot are labeled accordingly. Visitors can also park along the streets, except at yellow marked curbs. Numbered parking spots are designated for residents only. Please do not park in front of or directly next to trash and recycling dumpsters.

Hale Library Concert Series

Friday, May 31, at 7:30 p.m.

Get ready for an evening of jazz with the K-State Faculty Jazztet! Hale Library Concert Series presents Jazz in (Almost) June on Friday, May 31. The show starts at 7:30 p.m. To purchase tickets, contact Darchelle Martin at (785) 532-7442.

Free Meadowlark transportation is provided and will depart at 7 p.m. from the Village Entrance. Please sign up in the Blue Book at the Hospitality Desk for transportation.

Little Apple Chorus Spring Show

Sunday, June 2, departs at 2:30 p.m.

The Little Apple Chorus will be performing their Spring Show, *Turn Your Radio On* at 3 p.m. Sunday, June 2, 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. Meadowlark Transportation will depart from the Village Entrance at 2:30 p.m. Please sign up in the Blue Book at the Hospitality Desk for transportation.

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.

Open Communion Service

Sunday, June 2, at 4 p.m.

Meadowlark Hills Open Communion Service will be celebrated at 4 p.m. Sunday, June 2, in the Flint Hills Room. Ronald Williams will be the celebrant, accompanied by Vera Williams. Pat Miksch will be a guest soloist and sing the responses in the Great Thanksgiving.

The service is in the United Methodist tradition and open to any Christian wishing to receive the sacrament. The bread is gluten free. For more

information, contact Ronald Williams at (785) 587-4122

Community Chamber Orchestra

Sunday, June 2, at 4 p.m.

The Community Chamber Orchestra presents classical guitarist, Braulio Bosi of University of Kansas City Conservatory of Music and Dance in concert at 4 p.m. Sunday, June 2. Braulio Bosi will perform two classical guitar concertos with the Orchestra and then a solo set of Brazilian guitar works you won't want to miss.

The orchestra concert will be held in the main lodge of Life's Finer Moments (1285 16th Road, Clay Center, KS). The price for the concert is \$8 per person or \$18 per family.

The Community Chamber Orchestra offers a unique chamber orchestra experience. Members from North Central Kansas include sets of parents and children, youth and senior citizens. Peg Ziser, Meadowlark resident, is a member of the orchestra. For more information on the orchestra, visit www.kansasmusic.net.

Vespers Service

Sunday, June 2, at 7 p.m.

The Vespers service will be led by Rev. Liz Kocher from First Lutheran Church at 7 p.m. Sunday, June 2, in the Community Room. All are welcome.

Town Meeting

Monday, June 3, at 9:30 a.m.

All are invited to attend June's Town Meeting to hear the Meadowlark news at 9:30 a.m. Monday, June 3, 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, June 3, at 1 p.m.

The Outdoor Opportunities Committee will meet at 1 p.m. Monday, June 3, in the Flint Hills Room. If you have questions, please contact Sarah Duggan at (785) 323-3878.

Contemporary God Talk

Monday, June 3, at 1:30 p.m.

Join Meadowlark resident Jim Reed from 1:30 to 2:30 p.m. Monday, May 6, in the KSU Classroom 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, June 3, at 2 p.m.

The next session for Change and Loss Support Group will begin at 2 p.m. Monday, June 3, in the Flint Hills 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.

Mind, Mood, & Motion: Living with Pd

Monday, June 3, at 4 p.m.

Changes in thinking and memory can affect people with Parkinson's disease and their loved ones. The Mind, Mood and Motion program will teach participants about these changes and the steps they can take in their daily lives to manage symptoms.

This opportunity will be offered via Zoom meeting (online) Monday, June 3, from 4 to 6 p.m. in the Community Room at Meadowlark with expert speakers, including: Levi Grimm, APRN from Stormont Vail Health; Kelsey Sewell, PhD and Clinical Assistant Professor with University of Kansas Medical School; and Christian Benedict, DPT, LSVT-BIG, PWR with Kansas Rehabilitation Hospital. Attendance is free, however registration is required. Register by calling (913) 341-8828 or e-mail knitz@parkinson.org.

Guided Meditation

Tuesday, June 4, at 3 p.m.

You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, June 4, in the Grosh Cinema. This is an opportunity to be lead through a mental exercise blocking out external forces and one's negative thoughts to focus on relaxed breathing and calmed senses. No prior experience or understanding of meditation is necessary.

Coffee Corner

Tuesday, June 4, at 3 p.m.

Join us in the Community Room at 3 p.m. Tuesday, June 4, for a social hour. Verna Belle's Café featured dessert will be Cherry Pie Bars!

Shopping Trip to Walmart/Dillons

Wednesday, June 5, at 10 a.m.

Meadowlark Transportation provides a free bus trip to Walmart and Dillons' eastside location Wednesday, June 5. The bus departs from the Village Entrance at 10:30 a.m. and returns about 11:30 a.m. Please sign up with your preference of store in the Blue Book at the Hospitality Desk.

Memory Makers Luncheon

Wednesday, June 5, at 11 a.m.

Join Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, June 5, 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, June 3. Cost is approximately \$9 per person. There will not be a Moving for Memories group walk after program activities.

Parkinson's Education Group

Thursday, June 6, 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, June 6, in the Community Room. This month's meeting will be lead by Jeff Heidbreder, Fitness Services Leader, Kelsey Camien, Exercise Instructor and Shelby Mata, Rehab Technician. They will be presenting on "The Five W's of Exercising with Pd: What When, Where, Why & Who." All who are interested are welcome to attend!

Summerfest!

Friday, June 7, at 5 p.m.

Grab your sunglasses and dancing shoes to join your friends and family at 5 p.m. Friday, June 7, for Summerfest, Meadowlark's annual block party.

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. Live musical entertainment will be provided by M31, a rock and blues band.

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. Drinks will be served on the patio.

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

Trip to Hobby Lobby/Dollar Tree

Saturday, June 8, at 10:30 a.m.

Transportation will be provided to Hobby Lobby & Dollar Tree Saturday, June 8. 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.

“Going to the Grove” Ladies Luncheon

Thursday, June 13, at 10:30 a.m.

Ladies Lunch is “Going to the Grove!” Come along and enjoy the drive through the Flint Hills, alive with wild flowers! All Meadowlark Ladies are invited to join the fun Thursday, June 13. Two Meadowlark buses will leave from the Village Entrance at 10:30 a.m.

We will be dining at the historic Hays House, the oldest continuously operating restaurant west of the Mississippi. Our menu will include Crunchy Chicken Salad, Onion Strings (very thin and very good), Fresh Strawberry Pie Squares (finest of the summer).

The main street of Council Grove follows the actual route of the historic Santa Fe Trail. After lunch, we will “Shop the Trail” - from the quaint downtown venues on west to the Grove Gardens. Bedding plants, hanging pots and floor level planters will surely entice you to spruce up your own place.

Laden with our purchases—plants and other treasures—we will drive home and arrive back about 2:30 p.m. The total cost for the meal, tip and transportation is \$26.47 and will be charged to your Meadowlark account.

The buses have filled up quickly! If you are

interested in joining the trip, please sign up on the wait list sheet in the Blue Book at the Hospitality Desk. Reservation deadline is Friday, June 7. For questions, contact one of the hostesses—Lois Deyoe and Polly Ferrell.

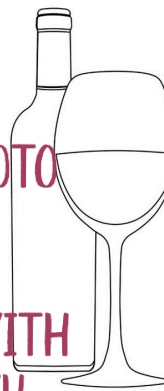
Wine & Dine

Thursday, June 13, at 5:30 p.m.

Prairie Star Restaurant is now taking reservations for Wine & Dine at 5:30 p.m. Thursday, June 13. Don't miss your chance for an awesome array of wine and food pairings!

The cost is \$39 plus tax per person. Please make reservations by visiting the Prairie Star host stand or by calling (785) 323-3820.

Prairie Star Restaurant will close at 2 p.m. and Verna Belle's Café will be open until 6 p.m. to serve dinner.



Appetizer
LOBSTER & SPINACH RISSOTO

Salad
**ROMA TOMATO STUFFED WITH
SPRING MIX LETTUCE WITH
CHARDONNAY & RASPBERRY VINAIGRETTE**

Sorbet
CHAMPAGNE SORBET

Entree
**FILET WRAPPED IN PHYLLO DOUGH WITH
WILD MUSHROOM DUXELLE & DEMI GLAZE
MATCHSTICK VEGETABLE IN HERB BUTTER**

Dessert
**HOUSE MADE CHERRY ICE CREAM
IN CHOCOLATE CUPS WITH SPUN SUGAR**

Symphony in the Flint Hills

Saturday, June 15, departing at 2 p.m.

This year's Symphony in the Flint Hills is Saturday, June 15! The theme is *Ad Astra*, celebrating the land, the people, and the future of the Kansas Flint Hills through a celebration of the changing of our North Star and the constellations. This great event will feature presentations and performances designed to entertain and enlighten you in a private ranch setting located in Chase County, Kansas. You will experience activities throughout the day, including food and beverages, prairie walks, covered wagon rides, storytelling, and more, which will culminate with a spectacular sunset concert by the Kansas City Symphony.

Meadowlark is taking a trip to this year's concert. The cost of the trip is \$140 per person, which includes an event ticket and transportation from Meadowlark. The group will leave from the Village Entrance on Saturday, June 15, at 2 p.m.

If you choose to purchase a ticket only, the cost is \$107. There is a sign-up sheet in the Blue Book. No refunds can be given for tickets purchased. If you are interested, please sign up or contact Monte Spiller at (785) 323-3801.

Fellowship Hour

Saturday, June 22, at 10:30 a.m.

Come join our newest volunteers, Jerry and Naketa Lawrence for a Fellowship Hour from 10:30 to 11:30 a.m. on the fourth Saturday of every month in the KSU Classroom.

This will be a time of fellowship, singing and the reading of the Psalms. You will have an opportunity to share your favorite Psalms and have it read aloud to everyone in attendance. Jerry and Naketa have decided to relocate to Kansas for ministry and love to give back by serving others. They look forward to meeting everyone very soon!

The first Fellowship Hour will meet Saturday, June 22, at 10:30 a.m. in the KSU Classroom. Refreshments will be served.



LUNCH & BREAKFAST SPECIALS

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

Sunday, June 2

Breakfast: Omelets with Fruit

Monday, June 3

Breakfast: Biscuits & Gravy

Lunch: Nacho Burger & Choice of Side
grilled hamburger topped with queso, pico de gallo & lettuce on a butter-toasted bun ~ \$6.50

Tuesday, June 4

Breakfast: Breakfast Sandwich with Fruit

Lunch: Italian Sandwich
ham, salami, pepperoni & provolone cheese on butter-toasted Italian bread ~\$4.50/\$6.50

Wednesday, June 5

Breakfast: Breakfast Burrito & Fruit

Lunch: Maple Bacon Chicken Sandwich & Side
fried chicken, maple, bacon & Swiss cheese on a buttery croissant ~ \$4.50/\$6.50

Thursday, June 6

Breakfast: Biscuits & Gravy

Lunch: Napa Valley Chicken Salad Sandwich & Side
shredded chicken, grapes, pecan & celery in a creamy dressing on wheatberry bread ~ \$4.50/\$6.50

Friday, June 7

Breakfast: Waffle or Pancake

Lunch: Steak Fajita Quesadilla & Choice of Side
sliced steak, peppers & onions on a crispy flour tortilla filled with cheese ~\$4.50/\$6.50

Saturday, June 8

Breakfast: A la carte menu options

June Birthdays

Healthcare

6/3 Floyd Choate
 6/10 Marjorie Price
 6/17 Shirley Hines
 6/18 Jill Orr
 6/21 Jane Westfall
 6/23 Lois Kennedy
 6/23 Pamela Whitlock

Assisted Living

6/3 Jim Ferguson
 6/15 Robert Johnson
 6/16 Bernice Munson
 6/22 Donna Phillips

Independent Living

6/4 Jean Brecheisen
6/4 John Trail
 6/6 Faith Roach
 6/8 Barbara Rees
 6/10 Leo Lake
 6/12 Joan Friederich
 6/12 Carol Parsons
 6/14 Pat Miksch
 6/14 Kay Shanks
 6/15 Bob Kruh
6/17 June Myers
6/17 Shirley Stone
 6/18 Harry Manges
 6/25 Twila Hoffman
 6/26 Helen Roser



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

Employees

6/2 Sara Hillard
 6/2 Alexandra McKinley
 6/3 Rachael Williams
 6/4 Jordan Cook
 6/4 Matt Khoury
 6/4 Dillon Brooks
 6/4 Sydney Schmanke
 6/5 Michelle Haub
 6/6 Abigail Johnstone
 6/6 Katharine Rosa
 6/7 Amy Weber
 6/8 Chelsea Heidrick
 6/10 Teresa Wells
 6/10 Ashley Freed
 6/11 Bailey Alexander
 6/11 Eadon Marstall
 6/13 Kirsti Glotzbach
 6/13 Kayla Weber
 6/14 Kay Shanks
 6/14 Lonnie Baker
 6/14 Hunter Clark
 6/15 Shaquila Bachu
 6/16 Vivian Dane
 6/16 Chris Nelson
 6/17 Amanda Spradling
 6/18 Laura Nienhaus
 6/20 Hayden Jackson
 6/21 Carlean Sanders
 6/24 Lekeathia Franklin
 6/24 Lauren Hunter
 6/24 Olivia Copeland
 6/25 Jasmine Bobo
 6/25 Audra Jonas
 6/25 Tanner Fief
 6/26 Daylone Smith
 6/26 Rebecca Moffitt
 6/27 Jeannine Lamb
 6/27 Sharon Taylor
 6/29 David Fiser
 6/29 Logan Sherraden
 6/30 Arlene Lundberg
 6/30 Leah Willhite

Big Apple Adventure

by Sarah Duggan

What a trip it has been to visit family in NYC! The girls have loved all their special city experiences, including visiting Coney Island, the Brooklyn Children's Museum, and spending time with cousins. By the time you read this, our family will be heading back to Kansas. I can't wait to see you all!



[above] Enjoying Coney Island joy rides!
 [below] Pit stop in PA. The Duggan family knows good rest stops - clean bathrooms, good food, grass & gas.



Peru by Dotty Blacker

submitted by Dotty Blacker

In 1999, I decided to fulfill a life-long desire to visit the Amazon. So off I went on a National Geographic tour to Peru.

The Amazon was more overwhelming than I imagined. The tour was from Lima to Iquitos in northern Peru. The river is just so huge and there are many islands in the system.

In Peru, one of the best occupations was to be a tour guide with the prized jobs being with the Americans. Japanese, German and American tourists were the bulk of the tourist industry. Our tour guide had lived in New York with friends for a couple of years to learn "American." He said the Americans showed up on time, were interested and asked questions.

I asked him what the natives thought of American missionaries. His reply was that they were very strange. They made you get on your knees and say the words they told you. Then they gave you food! I thought back to my days of listening to a preacher say how many souls had been saved.

We made many stops over the week, eventually ending back in Lima. That trip took about ten days and I had a few days interim before my next adventure to Cuzco and Machu Picchu. I spent that time to go south on my own to see the Nazca Lines. That was definitely a wow experience and you would have to look it up on Google to get the big picture. It is interesting that there is little written about such a massive and unique area. Machu Picchu gets all the attention.

And there I go. The train from Cuzco to and from Machu Picchu was interesting, primarily, an old Inca route. We saw several sites where the stone structures were mostly intact and we called them the Inca version of "Motel 6."

I cannot describe the wonders of the Incas who were only in power for about 100 years. Their system of water provision was especially noteworthy. Cuzco and the surrounding area is full of Inca accomplishments such as a great amount of tillable land created with terraces. Llamas are the farm animals used, because their padded feet don't tear up the soil.

A fascinating note is that near the very top of the mountain above the main complex is a small park-like area. How on earth did they get up there to

construct that? Today, it would only be possible by helicopter.

I have a couple of tapestries that I purchased at a local village. They fascinate me because the Incas obviously didn't have an art degree from a big university, but their concept of color and design got my attention. The hut where I visited had small rodents running around on the dirt floor. Available for cooking at meal time.

Voting Registration

submitted by Kay Shanks

If you have moved into or to a new address within Meadowlark since you last voted, you must re-register to be ready to vote.

Necessary paperwork and assistance is available from resident Kay Shanks by calling (785) 539-2066. If there is no answer, please leave a voicemail that includes your name and contact information. You can also call the Riley County Courthouse at (785) 537-6300 for instructions.

May Gifts to Meadowlark Foundation

Gifts to Meadowlark Foundation during the month of May were given in memory/honor of the following persons to benefit the Good Samaritan Fund, Parkinson's Program and Memory Program. Gifts were also dedicated to the Lyle House.

Memory of

Naomi Berber	Gerald Moran
Vernon Bode	Cynthia Shaughnessy
Edie Jorns	Fred Sobering
Mary Ann McCoy	John Vogt

Honor of

Tom Holder

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

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	June 2 ~ Lunch \$12	Dinner \$11
	Breaded Pork Cutlets Mashed Potatoes & Gravy Vegetable du Jour	Spaghetti & Meat Sauce Garlic Toast Vegetable du Jour
MONDAY	June 3 ~ Lunch \$10	Dinner \$12
	BBQ Chicken Drumstick French Fries Coleslaw	Creamy Herb Chicken Breasts Roasted Red Potatoes Vegetable du Jour
TUESDAY	June 4 ~ Lunch \$7	Dinner \$13
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Stuffed Pork Tenderloin <i>with Cajun Cornbread Dressing</i> Red Beans & Rice Vegetable du Jour
WED.	June 5 ~ Lunch \$10	Dinner \$12
	Grilled Ham <i>with Pineapple Sauce</i> Au gratin Potatoes Choice of Vegetable	Chicken Milanese Scalloped Potatoes Vegetable du Jour
THURS.	June 6 ~ Lunch \$8	Dinner \$14
	Potato & Sweet Potato Bar <i>(does not include drink, starter, or dessert)</i>	Grilled BBQ Shrimp Twice Baked Potatoes Vegetable du Jour
FRIDAY	June 7 ~ Lunch \$10	Dinner
	Fish Tacos Mexican Rice Black Beans	Summerfest Barbeque <i>Restaurant closed at 2 p.m.</i>
SAT.	June 8 ~ Lunch \$10	Dinner \$14
	Cuban Sandwich Sweet Potato Fries Choice of Vegetable	Stuffed Sole <i>with Crab Roasted Red Pepper Sauce</i> Wild Rice Vegetable du Jour

**DRINK
SPECIAL**

Moscow Mule
 Vodka, Ginger Beer, Simple Syrup & Lime Juice
 \$3.75

Grosh Cinema Movies

Sunday, June 2, to Saturday, June 8, 2019

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

Sunday, June 2 — Little Women (1994)

■ Louisa May Alcott's beloved novel comes to life in this sensitive, soulful adaptation. Four sisters and their mother battle unpleasant circumstances in Civil War-era America after their father leaves to join the conflict.

■ **Co-Starring:** Susan Sarandon, Winona Ryder & Gabriel Byrne

■ **Rated PG;** 1 hr. 58 min.

Monday, June 3 — Fly Away Home (1996)

■ When 13-year-old Amy adopts a flock of orphaned Canada geese, she sets out to teach them survival skills. Amy and her inventor dad take to the skies in a homemade aircraft to help the gaggle migrate 500 miles.

■ **Co-Starring:** Jeff Daniels, Anna Paquin & Dana Delany

■ **Rated PG;** 1 hr. 47 min.

Tuesday, June 4 — The Matrix (1999)

■ A computer hacker searches for the truth behind the mysterious force known as the Matrix. He discovers that what most people perceive as reality is actually a simulation created by machines and joins a rebellion to break free.

■ **Co-Starring:** Keanu Reeves, Laurence Fishborne & Carrie-Anne Moss

■ **Rated R** for language and violence; 2 hr. 15 min.

Wednesday, June 5 — One-Eyed Jacks (1961)

■ After a successful bank robbery in Mexico, an outlaw is betrayed by his partner and ends up serving a long prison stretch. Revenge is a dish best served cold in this tense revisionist Western.

■ **Co-Starring:** Marlon Brando, Karl Malden & Katy Jurado

■ **Rated NR;** 2 hr. 20 min.

Thursday, June 6 — The Upside (2019)

■ Based on a true story, a recently paroled ex-convict strikes up an unusual and unlikely friendship with a quadriplegic billionaire. From worlds apart and forming an unlikely bond, each man gained wisdom and a renewed sense of passion for all of life's possibilities.

■ **Co-Starring:** Kevin Hart, Bryan Cranston & Nicole Kidman

■ **Rated PG-13;** 2 hr. 6 min.

Friday, June 7 — NO MOVIE SHOWING

■ *Join us outside on the Prairie Star Patio for Summerfest starting at 5 p.m.*

Saturday, June 8 — The Sound of Music (1965)

■ A feisty postulant named Maria is sent to care for the unruly, motherless Von Trapp children. She soon tames them and finds herself falling for their stern father. This popular stage musical has become a cinema classic in which the hills truly seemed to come alive.

■ **Co-Starring:** Julie Andrews, Christopher Plummer & Eleanor Parker

■ **Rated G;** 2 hr. 50 min

Weekly Opportunities Calendar *June 2 to June 8*

Sunday • June 2

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
- 2:30 p.m. ~ Depart for Little Apple Chorus, VE
- 4:00 p.m. ~ Open Communion Service, FHR
- 7:00 p.m. ~ Vespers with Rev. Liz Kocher, CR

Monday • June 3

Manhattan Room—no open seating available

- 7:30 p.m. ~ 1st Pres. Men's Bible Study, FHR
- 8:30 a.m. ~ IL Resident Council, KSU CL
- 9:30 a.m. ~ Town Meeting, CR
- 10:30 a.m. ~ Osher Class Registration, FHR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, KSU CL
- 12:00 p.m. ~ Weights 101, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 1:00 p.m. ~ Outdoor Opportunities Committee, FHR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:30 p.m. ~ Contemporary God Talk, KSU CL
- 2:00 p.m. ~ Change & Loss Support Group, FHR
- 4:00 p.m. ~ Mind, Mood & Motion: Pd Seminar, CR
- 5:30 p.m. ~ Tuttle Creek Supper, MR
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • June 4 *Trash & recycling pick-up*

Manhattan Room—open seating at dinner only

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

Wednesday • June 5

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, KR
- 10:00 a.m. ~ Memory Care Support Group, WCR
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 11:00 a.m. ~ Memory Makers Luncheon, MR

- 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, WCR
- 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
- 6:00 p.m. ~ Osher Class: World War II

Thursday • June 6

Manhattan Room—no open seating available

- 8:00 a.m. ~ Apple Technology Help Lab, KR
- 8:30 a.m. ~ Messenger Team, WCR
- 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. ~ Parkinson's Education Group, CR
- 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • June 7

Manhattan Room—open seating at lunch

- 9:30 a.m. ~ Seated Strength, CR
- 9:30 a.m. ~ Art Committee Meeting, 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. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:30 p.m. ~ Catholic Mass, CR
- 5:00 p.m. ~ Summerfest, PSP

Saturday • June 8

Manhattan Room—open seating at lunch & dinner

- 9:30 a.m. ~ Painting for Fun, MCR
- 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
PS, Prairie Star Restaurant	VE, Village Entrance
SCR, South Conference Room	VB, Verna Belle's