

The (hot) Dog Days of Summer!

by Michele Riter, Community Relations Assistant

The time has come to step foot onto the new Courtyard! We have all been eager and Mother Nature should be giving us plenty of sunshine. Starting Monday, July 15, we will be hosting several events each day to celebrate and learn about the Courtyard amenities available to residents, staff, and guests.

Test your skills on the putting green by taking part in our golf tournament. Until Wednesday, July 31, you can complete different shots such as chipping and putting on the green to earn points. The winner of the golf tournament will be announced at August's Town Meeting.

We will have Bocce Ball lessons each morning from 10 to 11 a.m. Visit the outdoor bar each evening from 4:30 to 7 p.m. to taste test one of the new Courtyard menu items.

Join us Monday, July 15, at 10 a.m. for an opening party! Enjoy food and drinks while testing out the new weather-resistant furniture. You'll get a chance to visit different stations to learn how to play Bocce Ball, use the fire pit and try for a hole-in-one at the putting green. Community Bingo will be hosted under the Courtyard's pavilion rather than in the Community Room at 7 p.m. Monday, July 15.

For Coffee Corner on Tuesday, July 16, we will be using the new grill in the Courtyard to enjoy a grilled pineapple dessert with a coconut run dipping sauce—yum!

Wednesday, July 17, is National Hot Dog Day! To celebrate, enjoy free hot dogs straight off the grill from 11:30 a.m. to 1 p.m.

Did somebody say game night?! On Thursday, July 17, join us outside to play a variety of games including chess, checkers, bridge and Jenga starting at 6 p.m.

Beat the heat and enjoy some fresh-squeezed lemonade and limeade! Verna Belle's Café will be selling these tasty drinks Friday afternoon from 1 to 3 p.m. for just one dollar! This special is for dine-in only.



Meadowlark Trail Work

Starting this week, there will be maintenance on the northeast section of the Meadowlark trail. This will take place near the Tuttle Creek entrance leading to the Stillman Cemetery. Please keep clear of this area until work is complete.

Choir Director needed

The Meadowlark Choir is currently looking for a new Director. This position is responsible for all duties associated with directing the Meadowlark Singers. If you or someone you know may be interested, please contact Resident Services Leader, Monte Spiller, at (785) 323-3801.

Vespers Service

Sunday, July 14, at 7 p.m.

The Vespers service will be led by Rev. Jim Reed from United Methodist Church at 7 p.m. Sunday, July 14, in the Community Room. All are welcome.

Change & Loss Support Group

Monday, July 15, at 2 p.m.

Join the Change and Loss Support Group at 2 p.m. Monday, July 15, in the Flint Hills Room. The group led by Chaplain Patty Brown-Barnett and Kathleen Spearman, MSW 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.

Blood Drive

Tuesday, July 16, at 10:30 a.m.

A Blood Drive will be hosted by Meadowlark from 10:30 a.m. to 5:30 p.m. Tuesday, July 16, in the KSU Classroom. For questions or to sign up for a time slot, contact Jayme Minton at (785) 313-0454.

Guided Meditation

Tuesday, July 16, at 10:30 a.m.

You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, July 16, in the Grosh Cinema. This is an opportunity to be lead through a mental exercise to focus on relaxed breathing and calmed senses. No prior experience is necessary.

Speedy Pd Art Workshop

Thursday, July 18, at 10:30 a.m.

Join us Thursday, July 18, at 10:30 a.m. in the KSU Classroom to make the art for the Age Group Awards for the Speedy Pd Race. Anyone affected by Pd is encouraged to attend and create the awards that give the Speedy Pd the most unique Age Group Awards in the region.

Kathrine Schlageck, Beach Museum Education Director, will provide the materials, assistance and inspiration. No art experience required.

Parkinson's Webinar

Thursday, July 18, at 11 a.m.

Join Meadowlark Parkinson's Program for a webinar at 11 a.m. Thursday, July 18, in the West Conference Room. The webinar, "How Genetic Discoveries Lead to Parkinson's Therapies," will have a panel to discuss ongoing trials targeting genetic links to Parkinson's and creating precision therapies.

Parkinson's Freedom Picnic

Thursday, July 18, at 1 p.m.

Meadowlark Parkinson's Program invites you to the Freedom Celebration Picnic from 1 to 4 p.m. Thursday, July 18, in the Community Room.

Join for lunch and to learn about various program activities, available resources, and upcoming events including Speedy Pd Race for Parkinson's Disease and Empowered LIVE! Lunch will be provided. Please RSVP to Michelle Haub at (785) 323-3899 by Monday, July 15.

McCain Season Tickets

Thursday, July 18, at 3 p.m.

Representatives from McCain Auditorium will be at Meadowlark from 3 p.m. to 4 p.m. Thursday, July 18, in the Flint Hills Room. They will assist with signing up for The McCain Concert Series. Checks will not be accepted for purchases. Please bring your credit card or credit card number.

Veteran's Group

Friday, July 19, at 10:30 a.m.

Join the Veteran's Group at 10:30 a.m. Friday, July 19, in the Grosh Cinema. For questions about the group, please contact Sara Snell at (785) 323-3862.

Native Stone Scenic Byway

Friday, July 19, at 7 p.m.

Join us in the Community Room at 7 p.m. Friday, July 19, as we welcome Mary Martz. Mary is from River Creek Farms in Wabaunsee County and she will present a trip down a Native Stone Byway in this part of Kansas.

There are nine scenic byways that run through various regions of our state. This presentation highlights the Native Stone Byway that covers a 75-mile route from just east of Dover, Kansas to the Konza Prairie south of Manhattan on Highway 177.

Family, Food & Fishing!

Tuesday, July 23, at 8 a.m.

Meadowlark welcomes all residents, staff and family members to join in on a day of fishing down at Bayer Pond Tuesday, July 23. Fishing will start at 8 a.m. and finishing at 1 p.m. Lunch including hot dogs, hamburgers, and chips will be provided starting at 11 a.m.

This is a great opportunity to relax with some good fishing and even better company. If you have your own fishing equipment, you are encouraged to bring it. There will be some equipment available to borrow. For questions, contact Monte Spiller at (785) 323-3801.

Speedy Pd Training/Walking Group

Thursday, July 25, at 9:30 a.m.

The time has come to start preparing for the annual Speedy Pd Race for Parkinson's Disease, which will take place Saturday, August 24, at Tuttle Creek State Park. Beginning Thursday, July 25, a walking group will meet at 9:30 a.m. in the Village Entrance. We will walk various routes around Meadowlark. All walking speeds are welcome. The walking groups are not exclusively for participants in Speedy Pd; everyone is welcome to join us. The walking group will meet each Thursday morning from Thursday, July 25, to Thursday, August 22.

Fiesta to Remember

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

Coco Bolos in Aggieville, known to many for Loud Food and Spicy Music, will be true to its motto during an awareness and fundraising event to

support Meadowlark Memory Program. Food and drink specials as well as live music are part of the plan during the inaugural Fiesta to Remember. Enjoy "tastes and tunes for a reason" between the hours of 11 a.m. and 9 p.m. on Thursday, July 25. All are welcome to attend, with a special invitation extended to persons who'd like to know more about memory program opportunities.

Coco Bolos will donate 10% of the proceeds generated during the aforementioned 10-hour period. This event is sponsored by Central National Bank

Daily specials include grilled street skewers – select chicken, steak or shrimp – with sides of coconut rice and black beans for \$13.99 and a "brain food" option of red fish with a vegetable medley and scalloped potatoes for \$15.99. Prefer a lighter option or smaller portion? Order off the menu!

Daily drink specials are margarita carafes for \$5 and a Rum Runner cocktail for \$7. The evening's "spicy music" will be provided by Los Yumas from 7 to 9 p.m. This local Latin jazz band appears as part of Coco Bolos' summer Landshark Music Series, so Landshark Island-Style Lager is the day's featured beer at \$3 each.

Because of road construction near Aggieville, and construction in Aggieville that limits parking, those who'd like to join the fun are invited to use complimentary Meadowlark transportation. Two lunchtime rides are available, at 11 a.m. and 12:30 p.m. Please register in the Blue Book.

Fellowship Hour

Saturday, July 27, at 10:30 a.m.

Come join our newest volunteers, Jerry and Naketa Lawrence, on the fourth Saturday of every month, in the KSU Classroom, from 10:30 to 11:30 a.m. for the "Fellowship Hour." This will be a time of fellowship, singing, and reading of the Psalms. You will have an opportunity to share your favorite Psalm, and they will read it aloud to everyone in attendance. You can also sing along with them as they sing hymns. Jerry and Naketa have decided to relocate to Kansas for ministry and love to give back by way of serving others. They look forward to meeting everyone very soon! Refreshments will be served.

FUMC Welcomes New Pastor

Monday, July 29, at 3:30 p.m.

A new Senior Pastor, Rev. Barry Dundas, is being welcomed to Frist United Methodist Church. Meadowlark Hills has 59 residents who are affiliated with FUMC. Because not all residents are able to attend a Sunday morning worship, Pastor Barry is coming to Meadowlark for a visit.

Invitations have been issued to the 59 FUMC affiliates to come to a welcoming reception for Pastor Barry at 3:30 p.m. Monday, July 29, in the Community Room. Refreshments will be enjoyed as we share our FUMC connection. Pastor Barry will share his thoughts and prayers with us too.

Each of the 59 affiliates is asked to return the second page of their invitation to Polly Ferrell as soon as possible. All of our thoughts will then be compiled and presented to Pastor Barry on July 29. We hope you can join us!

Mindful Connections

Tuesday, July 30, at 5:30 p.m.

Meadowlark Memory Program invites anyone interested to attend Mindful Connections, an educational opportunity at 5:30 p.m. Tuesday, July 30, in the Community Room.

This session, "Creative Self-Care for Those Affected by Memory Changes," will be an interactive learning experience. Join us for a variety of different activities to help with relaxation and engagement for individuals experiencing memory changes and those providing care.

Refreshments will be served. No prior registration is required. For questions, please call (785) 323-3899.

On My Husband Goes Shopping

submitted by Helen Roser

Years ago, my shoe wardrobe consisted of a pair of pumps and house slippers. But now my new husband required that I buy some shoes for my housewifely duties. I finally located a pair of brown oxfords. Ugh, but they fit.

I showed my husband my new shoes. His look said ugh, but he asked me how much they cost. I told him: "I finally found these for \$29.95." He was expecting something more in the \$7.95 range. He shouted: "\$29.95? That's ridiculous! Take them back!"

I said meekly: "It's because I have narrow feet." That upset him even more. "How does size have anything to do with it? Take them back and on Saturday, I will take you and show you how to buy shoes!" Grumble grumble!

So, on Saturday, we set out for my husband's education on buying shoes for skinny feet. The weather was warm and store doors were open, with clerks (all men) outside, waiting for customers. As we approached a shoe store, the salesman glanced at us, including my feet. One, looking at my husband said: "For her?" My husband said yes. "We can't fit her," the salesman said.

My husband's education was beginning. He said: "Wait a minute! You haven't even measured her feet!" "Can't fit her," the salesman said.

We went through the same thing at six stores. One measured my feet, as my husband demanded. The salesman said: "It's worse than I thought. I thought she was a 6 triple A, but she is an 8 quad." "With a 6A heel," I said helpfully.

We branched out to shoe departments in department stores. No luck. Then we tried the high-end store. The salesman beamed at us. "Lovely feet!" he said as he measured my feet. "A nice 8 quad with a 6A heel." I told him I needed something for wearing while doing housework. My husband sat, quiet and looking suspicious.

The clerk brought out a gorgeous pair of alligator moccasins. "These are appropriate for multiple occasions," he said.

"We will take them," my husband said. I protested: "Honey, we can go back and buy the ones that I returned. They were only \$29.95." I held my breath as I waited to hear the salesman: "That will be \$69.95 please." My husband said grimly as he counted out money to the salesman: "Listen! I am tired of walking around shoe stores! If these fit, we will take them!"

And that is why I wore gorgeous alligator moccasins as I did my wifely duties. My husband never argued the system again. I was a good customer in the high-end stores.

Checkpoint Charlie and Dead Fred

submitted by Dotty Blacker

While we were stationed in Wiesbaden, Germany, many unusual travel opportunities materialized. One such trip was to Moscow during the Soviet

Union period in the early 1970's at the invitation of Dr. Ron Walker, the Air Force doctor who was the embassy doctor and lived with his family in the embassy. We took the opportunity to go via U.S. Army train from Frankfurt through East Germany to Berlin. They ran the train through the East German area every night to keep the border open.

The East Germans put a high-ranking officer on the border crossing and the Americans had responded with the lowest possible ranking officer as train commander. There were only four passengers so we had great access to the whole operation.

The highlight of my Berlin experiences was walking through Checkpoint Charlie. Since my husband had to be wearing his A.F. uniform he could simply pass through via vehicle but as a civilian, I had a different transit. I was told on the West side that I had to carry only my passport and a certain number of West German marks and could only walk across. So I started walking and was never so scared.

There were two control towers with guards pointing their guns at me and I was surrounded by a high fence to hold back the snarling guard dogs.

A museum on the West side at Checkpoint Charlie had objects that had been used by people to escape the East. There was a submarine type device that someone had used to navigate the sewer system under the wall. He was obviously successful.

Another interesting object was a handmade imitation of a USAF officer's uniform. The East German creator who wanted out had watched the people who could walk back and forth through the checkpoint without being stopped. He accumulated the material to make himself a uniform, the main effort was to duplicate the buttons. He had no idea of rank but gave himself three stars.

East Berlin was so sad. I remember the big glass-fronted shops with nothing in them except maybe one small item. We went into

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LUNCH & BREAKFAST SPECIALS

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

Sunday, July 14

Breakfast: Omelets with Fruit

Monday, July 15

Breakfast: Biscuits & Gravy

Lunch: BBQ Chicken Pizza & Side

chicken, green onions & fried onions with BBQ sauce & mozzarella cheese ~ \$4.50/\$6.50

Tuesday, July 16

Breakfast: Breakfast Sandwich with Fruit

Lunch: Bourbon Bacon Roast Beef Slider & Side
roast beef, whiskey candied bacon & cheddar cheese on a small slider bun ~\$4.50/\$6.50

Wednesday, July 17

Breakfast: Breakfast Burrito & Fruit

Lunch: Grilled Ham & Cheese with Tomato Soup
ham & cheddar cheese on butter-toasted Italian bread ~\$4.50/\$6.50

Thursday, July 18

Breakfast: Biscuits & Gravy

Lunch: Grilled Chicken & Avocado Sandwich
grilled chicken, guacamole, Swiss cheese, lettuce & tomato on a butter-toasted hamburger bun ~ \$6.50

Friday, July 19

Breakfast: Waffle or Pancake

Lunch: Caesar Steak Wrap & Side
strips of steak, romaine lettuce, tomatoes, parmesan cheese & Caesar dressing wrapped in a flavored tortilla ~\$4.50/\$6.50

Saturday, July 20

Breakfast: A la carte menu options

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a so-called department store with next to nothing for purchase. I went to the ladies room and started to pay the dime for a stall lock. When I poured some coins in my hand the attendant took them all and used a key to accommodate me. Coins of any origin are mostly invaluable anywhere in the world?
Goodbye Checkpoint Charlie, we're off to meet Dead Fred.

Our first tour stop in the Soviet Union was in Leningrad. As soon as we got to our room the phone rang. That is how they start the listening equipment so we had fun saying: "Hey, bug, listen to this..." I am not picky about food, but it was downright bad. When we got to the embassy cafeteria in Moscow I had the best food of my life, a real hamburger with fries which I wouldn't usually prize.

The primary tourist visit in Leningrad was the Winter Palace Museum. I was astonished to see the lack of care for such priceless work, probably stolen as war trophies. One room of early Picasso paintings, his Blue Period, was filthy and had tiny flecks of paint on the floor. There was a large room where Rembrandt paintings were displayed. I was upset when noticing the lack of light control coming in the large windows. Then I noted the humidity control which was a rusty bucket of water sitting on the heat register, complete with a few inches of dirty water and dead flies. For Rembrandt paintings?! There was no printed material about the Museum's collection.

We were later standing outside the museum waiting for the bus to take us back to the hotel. A woman and a small child walked by and I handed the little girl a couple of caramels from my pocket. As they walked away I noticed the child holding her hand with the candy behind her back. I was so sorry to think my gesture might have caused her trouble.

Ron asked if we had seen Dead Fred. We had never heard of such a person but the explanation was fascinating. That was the name the Americans had for the body displayed in Lenin's Tomb. Face it, flesh can only be preserved so long, no matter the treatment. When the body could no longer be used, they had to get a new Dead Fred. The tomb would often be closed because they had to lower

the body on the elevator it was placed on and either perform some rework or get a new Dead Fred prepared for display.

There had to have been hundreds of people involved in this effort over so many years. Finding the bodies, disposing of those post display, working on creating a new Dead Fred, etc. I'm so sorry somebody can't write about their experiences but they would, of course, forfeit their life. Russia hasn't changed much since the Soviet days.

Ron had told us to pack magazines and books for the airport luggage checkers to confiscate. He said they would be read and passed around until literally worn out. He took us on a brief tour of Moscow and sites you wouldn't learn from the InTourist guide; ie, an interesting museum which had one of Hitler's limousines and remains of Gary Powers U-2 plane crash. Also the famous Lubyanka prison; exterior view only, of course.

We went to a restaurant one evening with the Walkers. We were given huge menus and spent some time reading when Ron said: "I'll tell you the one order they have available...". The food was so-so but hearing Midnight In Moscow played by a small balalaika group while actually being in Moscow was very special.

The next day Ron, knowing I had an interest in art said: "Hey, Dotty, you want to go to an underground art show?" Silly question, of course. We drove to Moscow to a small forest of scrawny trees. The artists displayed their work by leaning it on a tree trunk or in the branches. We walked down a dirt path before the two guys went back to the car. I spent a bit more time then went back to Ron and told him I had to buy something, anything. He told me to wad up a couple of greenbacks in my fist and just stare at whatever I wanted.

I was wearing a coat with a large button at the neck and otherwise a loose overlap. I saw a small drawing which reminded me of Moscow- poorly done, black and white, and depressing (just like the Soviet Union looked to me.) So I stared at it for just a second and in the next second my left hand had been put on the flap of my coat holding something beneath and the green in my right hand was gone. I was sorry I had not paid more than a couple of dollars but was told I paid a lot as the green was of high value on the black market.

Guess what one of my most prized possessions is.

A trip like this cannot be duplicated. I am so grateful for the unique opportunity.

We flew home via Russia Aeroflot. I remember the whole cabin exploding in hand clapping and cheers when we landed in Frankfurt.

There is another story about a much later return trip to Moscow via the Trans-Siberian Railway.



My almost birthday buddy and I!

July Memories

submitted by Michele Riter

I have always been drawn to the water—swimming pools, beaches, lakes, backyard sprinklers. I'd like to attribute this to being a summer baby, born in July. I spent most of my summer days in a swim suit and barefoot. Pink skin from a day in the sun, blonde hair with a green tint from the chlorine, and popsicle-stained lips. Those were my favorite days.

Each summer, I looked forward to starting swim team at the neighborhood pool. We'd begin early in the morning and that first dip was usually a waking jolt, especially when the water was chilly after a night of thunderstorms. Each practice, we did drills to prepare for our competition swim meets. Each swim meet, the nervous butterflies appeared as I stood on the edge waiting for the starting gun to fire.

Having my birthday in July has always been a special time for me. I share my birthdate with one

of my favorite people—my late grandfather. When visiting the family ranch and the floral shop his wife owned, he would let me pick out a balloon of my choice. I'd help inflate it and tie a curly ribbon around it. Then, we would get a can of cold soda and sit outside on the patio. As the prankster he was, he would ask to hold on to my balloon, then release it into the air. You would think that each year, I would learn to not be fooled by this trick, but it became a bit of a silly tradition. Each birthday he would remind me that I was "his favorite present." If I was not able to visit his family ranch, he would always send a goodie basket filled with sweets and balloons.

Now, I share a special birthday weekend with my nephew. He is the first grandchild in the family and made me a first time auntie! This year he will turn two and is expecting to be a big brother around the same time. Two years ago, I was hoping for another birthday buddy and now I get a second chance!

Meadowlark residents, John & Mildred Lindholm, enjoying the 4th of July celebration and firework show put on by Meadowlark staff.



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	July 14 ~ Lunch \$13	Dinner \$11
	Braised Beef Brisket with Red Wine Butter Sauce Roasted Red Potatoes Vegetable du Jour	Swedish Meatballs Noodles Vegetable du Jour
MONDAY	July 15 ~ Lunch \$10	Dinner \$12
	Steamed Brats French Fries Choice of Vegetable	Ranch Pork Chop Roasted Sweet Potato Vegetable du Jour
TUESDAY	July 16 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Chicken Breast Supreme Rice Pilaf Vegetable du Jour
WED.	July 17 ~ Lunch \$10	Dinner \$12
	Braised Chicken Thighs Au Gratin Potatoes Choice of Vegetable	Beef Stir Fry Lo Mein Noodles Vegetable du Jour
THURS.	July 18 ~ Lunch \$7	Dinner \$11
	Soup & Salad Bar <i>(does not include drink, starter, or dessert)</i>	Ham Loaf Au Gratin Potatoes Vegetable du Jour
FRIDAY	July 19 ~ Lunch \$10	Dinner \$14
	Fish Tacos Spanish Rice Black Beans	Shrimp Fettuccine Garlic Toast Vegetable du Jour
SAT.	July 20 ~ Lunch \$10	Dinner \$15
	BBQ Ribs Coleslaw French Fries	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL | Mojito
 2 oz. Bacardi, Club Soda, Honey, Fresh Mint & a Lime
 \$3.75

Grosh Cinema Movies

Sunday, July 14, to Saturday, July 20, 2018

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

Sunday, July 14—Ralph Breaks the Internet (2018)

■ Six years after the events of “Wreck-it-Ralph,” Ralph and Vanellope, now friends, discover a wifi router in their arcade, leading them into a new adventure.

■ Co-Starring: John C. Reilly, Sarah Silverman & Gal Gadot

■ Rated: PG; 1 hr. 52 min.

Monday, July 15—The Meddler (2015)

■ An aging widow from New York City follows her daughter to Los Angeles in hopes of starting a new life after her husband passes away.

■ Co-Starring: Susan Sarandon, Rose Byrne & J.K. Simmons

■ Rated PG-13; 1 hr. 43 min.

Tuesday, July 16 — The Pink Panther (2006)

■ Bumbling Inspector Clouseau must solve the murder of a famous soccer coach and find out who stole the infamous Pink Panther diamond.

■ Co-Starring: Steve Martin, Kevin Kline & Jean Reno

■ Rated PG; 1 hr. 33 min.

Wednesday, July 17—Riders of Destiny (1933)

■ Bad guy Kincaid controls the local water supply and plans to do in the other ranchers. Government agent Saunders shows up undercover to do in Kincaid and win the heart of one of his victims Fay Denton.

■ Co-Starring: John Wayne, Cecilia Parker & Forrest Taylor

■ Approved Rating; 53 min.

Thursday, July 18— I Remember Mama (1948)

■ The ups and downs of a Norwegian immigrant family, circa 1910.

■ Co-Starring: Irene Dunne, Barbara Bel Geddes & Oscar Homolka

■ Approved Rating; 2 hr. 14 min.

Friday, July 19—Some Kind of Beautiful (2014)

■ A drama about a Cambridge poetry professor who begins to re-evaluate his life of Byronic excess.

■ Co-Starring: Pierce Brosnan, Salma Hayek & Jessica Alba

■ Rated R for language & sexuality; 1 hr. 39 min.

Saturday, July 20—Mary Queen of Scots (2018)

■ Mary Stuart’s attempt to overthrow her cousin Elizabeth I, Queen of England, finds her condemned to years of imprisonment before facing execution.

■ Co-Starring: Saoirse Ronan, Margot Robbie & Jack Lowden

■ Rated R for violence & sexuality; 2 hr. 4 min.

Weekly Opportunities Calendar *July 14 to July 20*

Sunday • July 14

9:30 a.m. ~ Miller Worship Service, MFR
10:30 a.m. ~ Worship Service, CR
2:00 p.m. ~ Wroten Worship Service, WL
7:00 p.m. ~ Vespers with Rev. Jim Reed, CR

Monday • July 15

7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR
9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Courtyard Opening Party, Courtyard
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. ~ Blood Pressure & Responder Clinic, GR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ Contemporary God Talk, KSU CL
1:45 p.m. ~ Parkinson's Voice Class, CR
2:00 p.m. ~ Change & Loss Support Group, FHR
2:00 p.m. ~ Coffee Connections, MFR
5:30 p.m. ~ 5th Floor Supper, MR
7:00 p.m. ~ Community Bingo, Courtyard

Tuesday • July 16 *Trash & recycling pick-up*

8:00 a.m. ~ Blood Drive, KSU CL
10:00 a.m. ~ Bocce Ball Lessons, Courtyard
1030 a.m. ~ Guided Meditation, GC
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Seven Dolors Book Discussion, FHR
2:00 p.m. ~ LifeStory Writing Group, FHR
3:00 p.m. ~ Coffee Corner, Courtyard
4:00 p.m. ~ Newspaper & Bible, FHR
5:30 p.m. ~ 2nd Floor Supper, CR
7:00 p.m. ~ Dominoes, GR

Wednesday • July 17

9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
10:00 a.m. ~ Bocce Ball Lessons, Courtyard
10:00 a.m. ~ Memory Activities Class, KSU CL
10:00 a.m. ~ Memory Café, WCR
10:00 a.m. ~ Memory Care Partner Supp Grp, WCR
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit & Be Fit, CR
11:30 a.m. ~ National Hotdog Day Lunch, Courtyard
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
6:30 p.m. ~ Osher Class: Unwed Mothers, CR

Thursday • July 18

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
10:30 a.m. ~ Speedy Pd Art Class, KSU CL
11:00 a.m. ~ Parkinson's Webinar, WCR
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
1:00 p.m. ~ Parkinson's Freedom Picnic, CR
3:00 p.m. ~ McCain Season Ticket Sign-ups, FHR
5:30 p.m. ~ Meadowlark Circle Dinner, MR
6:00 p.m. ~ Game Night, Courtyard

Friday • July 19

9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Veteran's Group, GC
10:00 a.m. ~ Bocce Ball Lessons, Courtyard
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 Rosary, CR
7:00 p.m. ~ Native Stone Scenic Byway, CR

Saturday • July 20

9:30 a.m. ~ Painting for Fun, MCR

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

*Meadowlark News and Announcements
can be viewed on Channel 1960*