



## MEADOWLARK MARKET

*Furniture and Fabulous Finds*

Antiques • Collectibles • Home Décor  
Gently Used Furniture

**Aug. 23, 24, & 25**

**10 a.m. to 3 p.m.**

**Friday & Saturday**

**Noon to 4 p.m.—Sunday**

**1217 Meadowlark Circle**

*Proceeds benefit Good Samaritan Fund*

### **Kitchen Project Update**

Our start date for the Kitchen Renovation and Dining Expansion project is nearing! On Monday, Aug. 19, we will start seeing some action around the current Prairie Star Patio including construction fencing. The construction area will limit the visitor parking near the main entrance and patio area. Street parking and parking across the street along Meadowlark Road will still be accessible.

Keep in mind, throughout the construction process there will be a level of noise. Some points of the project will have more extreme noise levels. Construction work with noise will happen between 8 a.m. and 5 p.m., Monday through Friday. Prior to periods of louder-than-normal construction there will be a notice in the Messenger. If you have questions regarding the project, please contact Sarah Duggan at (785) 323-3878.

### **Concrete Work**

Starting this week, there will be concrete work in front of Bramlage. There will be limited access to the driveway during this time.

There will also be work starting on the breezeway by Miller Place. This will take approximately a week, weather dependent. Please avoid these areas as much as possible. For loading and unloading, please use Miller's lower entrance or the Main Entrance of the Community Center.

### **Walk to Wamego**

Be a part of a walking challenge and enjoy the Courtyard! The challenge is titled *Walk to Wamego*. There is a notebook located in the Game Room for each participant to record their laps walked as they are completed. There is no timeframe for this challenge. It takes 15 laps around the edge of the Courtyard to equal a mile. Once completed, each person will receive a prize.

### **Meadowlark Swag Shop**

Show off how you Live Your Way with Meadowlark apparel! Check out the various items available for sale at Verna Belle's Café. There are shirts, jackets, mugs, water bottles and bags. Seasonal items will be added throughout the year. Look forward to cozy clothes for fall and winter decorations.

### **Nature Ride About**

Want to visit Bayer Pond, Leon's Birding Glen, or the Stillman Cemetery, but aren't feeling up to the hike? Call the Meadowlark Transportation department at (785) 313-1039 and book a golf cart ride to one or all of these locations at a date and time of your choosing, transportation schedule dependent. This is perfect way to see more of what the Meadowlark campus has to offer and while you're out, leave a note in the community journal at the pond. You could even throw out a line and see if you can catch Big Carl! If you have questions, please contact Monte Spiller at (785) 323-3801.

### **Fellowship Hour**

**Saturday, Aug. 17, at 10:30 a.m.**

Come join some of our newest volunteers, Jerry

and Naketa Lawrence, from 10:30 to 11:30 a.m. Saturday, Aug. 17, for Fellowship Hour in the KSU Classroom. This will be a time of fellowship, singing hymns, and the reading of the Psalms. They have enjoyed their past few visits here, and look forward to meeting and spending time with all who would like to attend! Refreshments will be served.

### **Vespers Service**

**Sunday, Aug. 18, at 7 p.m.**

The Vespers service will be led by Pastor Sarah Marsh from First United Methodist Church at 7 p.m. Sunday, Aug. 18, in the Community Room. All are welcome!

### **Change & Loss Support Group**

**Monday, Aug. 19, at 2 p.m.**

Join the Change and Loss Support Group at 2 p.m. Monday, Aug. 19, 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.

### **Guided Meditation**

**Tuesday, Aug. 20, at 10:30 a.m.**

All are invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, Aug. 20, in the Grosh Cinema.

Meditation, in general, can be beneficial in reducing stress, anxiety, depression, and even pain and tremors. The meditation classes help elicit support for blocking out external forces and one's negative thoughts to focus on relaxed breathing and calmed senses. It can be a tool you use to help you live well. No prior experience or understanding of meditation is necessary.

### **Coffee Corner**

**Tuesday, Aug. 20, at 3 p.m.**

All Meadowlark residents are invited to a social hour starting at 3 p.m. Tuesday, Aug. 20, in the Community Room. Verna Belle's featured dessert will be Peach Dump Cake—yum!

### **Speedy Pd Training/Walking Group**

**Thursday, Aug. 22, at 9:30 a.m.**

Join the final walking group at 9:30 a.m. Thursday,

Aug. 22, in the Village Entrance to warm up and prepare for the Speedy Peedy Race for Parkinson's Disease. We will walk various routes around Meadowlark and all walking speeds are welcome. The walking groups are not exclusively for participants in Speedy Pd; everyone is welcome to join us.

### **Coffee Connections**

**Friday, Aug. 16, at 10 a.m.**

Miller Place residents invite all who would like to stop by for some coffee and conversation Friday, Aug. 16, at 10 a.m. in the Miller Friendship Room. Come and go as you please. Bring a topic, story to tell, or just your friendly self!

### **Visually Impaired Persons Group**

**Tuesday, Aug. 20, at 1 p.m.**

Come join Kathrine Schlageck from the Marianna Kistler Beach Museum to experience art in an unique way for a Touchable Art Program. Tuesday, Aug. 20, at the Riley County Senior Center. The Touchable Art Program is a guided art experience for those with a visual impairment. This session will focus on American Arts and Crafts. All levels of impairments are able to participate and experience the art pieces. A bus will depart from the Village Entrance at 1 p.m. Please sign up in the Blue Book. For questions, please contact Michele Riter at (785) 323-3832.

### **Presentation by Mark Knapp**

**Friday, Aug. 23, at 7 p.m.**

There's a saying in Kansas "if you don't like the weather, just wait a few minutes and it will change!" Meadowlark welcomes Mary Knapp, who will be presenting on weather and climate in local and surrounding areas. As the state climatologist, Mary occupies a unique position in the Department of Agronomy at Kansas State University. She is responsible for establishing and maintaining a statewide network of equipment for gathering of weather data, and answering questions on climate and weather matters. Hear from Mary on Friday, Aug. 23, at 7p.m. in the Community Room.

### **Empowered LIVE!**

**Friday, Aug. 23, 4:30 p.m.**

Join Meadowlark Parkinson's Program for Empowered LIVE! from 4:30 to 7 p.m. Friday, Aug.

23, at the Holiday Inn at the Campus (1641 Anderson Ave. Manhattan, Kan.). Enjoy a refreshing and healthy meal for \$15 per person and \$8 for children 10 years or younger. A cash bar will also be available. Visit various vendors to learn more about available Parkinson's disease treatment and resources. Engage with VIPd's (Very Important Person with Parkinson's disease) as they show displays of their craftsmanship and creative talents. Artists will display their woodworking, knitting and painting skills.

This event is generously sponsored by Vanderbilt's. Visit their booth at the event and enter your name for a drawing to win a free pair of shoes!

We are excited to welcome Tim Hauge Sr. to Manhattan. He will share his presentation, "Live Your Best" at 6:30 p.m. Tim, a retired nurse and Wyandotte Co. native, now devotes his time to professional speaking and writing. He wrote the bestselling book *Perseverance: The Seven Skills You Need to Survive, Thrive and Accomplish More Than You Ever Imagined* and founded the Parkinson's wellness center, *U-Turn Parkinson's*.

Registration and Information Packet pick up for the 11<sup>th</sup> Annual Speedy Pd Race for Parkinson's disease will also be available. Visit Meadowlark Foundation's booth to donate in support of an individual or team. All donations and proceeds from the race benefit Meadowlark Parkinson's Program.

Meadowlark transportation will be provided and depart from the Village Entrance at 5:45 p.m. Please sign up in the Blue Book at the Hospitality Desk. To RSVP for dinner or information about the event, contact Michelle Haub at (785) 323-3899.

### **Speedy Pd Race for Parkinson's Disease**

**Saturday, Aug. 24, at 8 a.m.**

Meadowlark Parkinson's Program and many vested community volunteers have been busy making the final plans for the 11<sup>th</sup> Annual Speedy Pd Race for Parkinson's Disease on Saturday, Aug. 24, at Tuttle Creek State Park. All proceeds from the race benefit Meadowlark Parkinson's Program. The program offers free services to those affected by Parkinson's in the Flint Hills region. One may register by visiting [runspeedypd.org](http://runspeedypd.org) or using a paper registration form available at Meadowlark. For questions, please

contact Meadowlark Parkinson's Program at (785) 323-3899.

One does not have to be an avid runner to participate in the days activities, including a 10K, 5K and half-mile Fun Run. Start training your mind and body for a great day at Tuttle Creek State Park on Saturday, Aug. 24, beginning at 8 a.m. for the 11<sup>th</sup> Annual Speedy Pd Race for Parkinson's Disease!

Transportation from Meadowlark is available for participants and will depart from the Park Den/West Entrance by Verna Belle's at 7 a.m. Please sign up in the Blue Book at the Hospitality Desk.

### **Walk to End Alzheimer's**

**Saturday, Sept. 14, 9 a.m.**

The Alzheimer's Association's Walk to End Alzheimer's will be held in Manhattan again this year on Saturday, Sept. 14, at City Park!

Meadowlark will have a team again this year that all residents, employees and family members are invited to join. The Promise Garden Flower Ceremony begins at 9 a.m. and the Walk starts at 9:15 a.m.

As of right now, registration for the Walk can be completed online by doing the following:

Visit [www.alzwalkmanhattan.org](http://www.alzwalkmanhattan.org) and click *Register*. Answer if you have ever participated in a walk before and then choose the option *Join a Team*. Type in *Meadowlark* under the Team Name or *Sarah Duggan* under the Team Captain and then click *Search for Team*. The Meadowlark team should pop up and you will press *Join*. Go through the registration process – you will give some basic information and create an account. You're registration is complete! If you would like to complete a paper registration, there are some available to fill out at the Hospitality Desk.

Meadowlark transportation will begin departing from the Park Den/West Entrance by Verna Belle's at 6:45 a.m. Bus times will be on rotation from 6:45 to 8:30 a.m. Please sign up in the Blue Book at the Hospitality Desk and mark if you would like a t-shirt. If you are planning to walk, we are asking for a \$10 donation for a shirt and if you would just like a shirt, we are asking for a \$20 donation. You can pay by either cash or check (written out to Meadowlark) on the day you pick up your shirt. Sign up for the walk by Wednesday, Aug. 21, to guarantee a t-shirt and

finally registration is due by Saturday, Sept. 7.

If you need help with registration or have questions about the event, please contact Taylor Wheelock at (785) 323-3800.



**Front of Alzheimer's Walk shirt design created by Michele Riter. Once in a lifetime chance for a unique shirt and way to represent the Meadowlark community and support the Alzheimer's Association. Don't miss out!**

### **First Day of Kindergarten**

*by Sarah Duggan*

I made it all the way through first-day of Kindergarten drop off and out of the school doors before I cried. I call that a successful sending-your-first-kid-to-school moment. Murphy Rose started Kindergarten yesterday with a half-day of school. She was delighted to find her cubby, her desk, and to learn that one of her best friends from pre-school is in her class. I am excited for all the fun, new things she will experience throughout her first year of school. I am proud to say baby girl is confident, happy, and ready to learn.

I remember all too well the day I left Murphy at

daycare for the first time. Murphy was six-weeks-old when I returned to work in August of 2014. Just like yesterday, I walked into a room where I would leave my baby with someone who would be responsible for her care and safety many hours of the day, five days a week. No one could possibly take care of Murphy the way I could, right?

I have learned over the past five years that the saying "it takes a village" holds true. Although I am her momma, I have grown in my motherhood enough to recognize that I need help many times over. Our daycare provider, Nanny, has given my daughter a loving and safe place to grow in her early years. I look forward to seeing what Murphy will learn from her teacher and those that will come in the following years. There are many special people in Murphy's life that mean so much to her and to me. You know who you are and should also know I am forever grateful for the love you show to my daughter.

Yesterday morning I listened to one of my favorite songs and the line that makes me think of my girls is, "And it's true, I was made for you." Good luck Murphy Rose; I love you so much. Life is always changing.



## LUNCH & BREAKFAST SPECIALS

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

### Sunday, Aug. 18

**Breakfast:** Omelets with Fruit

### Monday, Aug. 19

**Breakfast:** Biscuits & Gravy

**Lunch:** Tuna Salad Sandwich & Side  
*tuna, onions & celery in a creamy mayo dressing on artisan bread ~\$4.50/\$6.50*

### Tuesday, Aug. 20

**Breakfast:** Breakfast Sandwich with Fruit

**Lunch:** Chicken Noodles over Mashed Potatoes  
*chicken, noodles, carrots, onions & celery over mashed potatoes ~\$6.50*

### Wednesday, Aug. 21

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Grilled Hamburgers, Baked Beans & Chips  
*grilled hamburger on a butter-toasted bun with lettuce, tomato, pickles & onion ~\$6.50*

### Thursday, Aug. 22

**Breakfast:** Biscuits & Gravy

**Lunch:** Jambalaya with Red Beans & Rice  
*sausage & chicken mixed with a variety of Cajun spices, onions & peppers ~\$6.50*

### Friday, Aug. 23

**Breakfast:** Waffle or Pancake

**Lunch:** Enchiladas & Side  
*cheese & onions in a flour tortilla with a red sauce ~\$4.50/\$6.50*

### Saturday, Aug. 24

**Breakfast:** A la carte menu options

## **Their Brother is in Boston**

*submitted by Esther Sobering*

This is a story that I wrote for my granddaughters while with Fred on a ESDA assignment in Armenia. When I was lonely and missing them, I would write. The stories happened because it was my intent to help them understand about this ancient country and its people.

Dear Anna and Katie,

There was an Armenian girl called Gayane (pronounced Guy-Ann) and her brother Armen. They lived with their parents in a mountains part of the world called Nagorno-Karabach. Their ancestors had lived in this same place for hundreds of years. It was the only home they had ever know.

Life was simple.

The children helped their father herd the sheep up the mountain. The mountain had few trees just sparse long grassed dotted with poppies. Before going home, Gayane would pick flowers for her mother. As was the custom, all members of the family had their chores. Making Lavash with their Grandmother was a favorite of the children. Lavash is a flat bread like a tortilla, only bigger. The dough is rolled thin, baked placing it on the outside of a stone stove in the back yard. When covered with little brown spots the lavash is piled high and covered with a damp towel. It is eaten at every meal along with meat and homegrown veggies and fruit. Grapes were plentiful. In the evening they listened to father play his precious flute which he carved from walnut wood.

They were happy.

On a trip to Baku for supplies, father met an Azeri man who offered him a job in his wool factory. The family had a hard decision to make. Baku, the capital city of Azerbaijan is Muslim and Gayan's family were Armenian Christians. For centuries, Armenians and Azerbaijan's were enemies, fighting about the mountain between their countries. Their home was in these mountains and at present under Armenian rule. There were tales of fighting in the foothills. (Your Grandpa visited a farm near the border and heard gun fire).

Still, they were assured "no problem" so, the family moved.

The children missed the freedom of the country but soon loved the city. They played with the

other children in the streets, Russian, Azeri and Armenian. They attended school. Father loved his work at the factory. Armen and his father played Nardi, a game like backgammon, in the evening. Gayane and her mother loved to go shopping. Soon mother was wearing a colorful dress, high heels and dangling earrings. It was fun dressing for life in the city. In the mountains they wore their scuffs and babushkas all day.

Life was good.

One night Gayane heard her parents talking about the fighting in their old homeland. They worried about their old friends. It was the same old trouble—land, religion, politics, with Nagorno-Karabach in the middle. What to do? Generation after generation each tried to gain the land they felt was theirs. Gayane tossed and worried but finally fell asleep thinking about planning her birthday.

All week at school there were whisperings about what their parents were saying. They rushed home because Azeri kids look at Gayane and Arman in an unfriendly way. The children felt uneasy.

Boom, bang, bang, bang.....shots were fired only a few blocks from where the family lived. "MOTHER, FATHER, ARMEN, who is screaming, what is going on, help me!" Mother came and held her daughter tight as they watched father and Armen dressing hurriedly to go out. Mother began packing their suitcases for she and father had talked about just this kind of situation. Gayane watched as Mother stuffed her precious rug into a valise. Tears came to her eyes, was everyone forgetting about her birthday?

Father and Arman returned with stories of Russian soldiers in the streets, riots and killings. Things were getting too dangerous and now the Azerbaijan government was deporting all Armenians. Gayane sobbed, "It's 1990, not ancient history, and it's my birthday!"

Hundreds of thousands of Armenians were deported by train or bus to Yerevan in Armenia. They could take only one suitcase. They had no home. People of Armenia and World Relief Agencies helped the refugees, but life was hard. Father had no job.

One day, father noticed the rug mother had brought in her suitcase. Could it bring good luck? What is it telling us? Mother had an idea. "Could

we make something to sell at the Vernassag (market)? Father said, “the tourists buy hand-crafted things. What about dolls?”

And so, painstakingly the family designed unique Armenian style dolls. Their clothes were made from Karabach rugs and decorated with the rug wool scraps. The girl dolls were tall and thin with long dark braids. Of course, they wore long dangling earrings and necklaces. The men wore beards, carried knapsacks, tools or a flute. They were beautiful.

Every Sunday, Armen and his father took completed dolls to the Vernassage in downtown Yerevan. The dolls were popular. Many people bought, others just admired the hand work as they sold for 50 American dollars.

One day an American lady (myself) stopped to see the dolls and talked to father about his craft and his story. She fell in love with a doll named Gayane and one named Arman.

Father in broken English told her “their brother is in Boston.” Just last week a different American



lady took him home with her to Boston.”

“Those dolls will live in Dallas with my lovely granddaughters Anna and Katie,” said the lady.

Life will be good for the dolls. Will life be good for father and his family too?

### **On Guarding the Beauty Queen**

*submitted by Helen Roser*

Ray had made a lot of money as a Wildcat oil man. Now, with his mind never at rest, he spent his time raising money to benefit youths, especially in sports. I was his wife’s friend and Ray’s Girl Friday.

In its planning, a football game played between schools of the East and West San Fernando Valley would showcase their best players for scouts for colleges that Ray would invite. He had chosen the cumbersome name for the event: The East-West

All-Star Football Game.

One of his friends, Del Moore, the popular television news caster, had offered a suggestion for kicking off publicity for our game. He would interview on television a local beauty queen who had been in the Miss America contest. She would be our queen of the game.

Ray said: “No, I’d rather you interview Helen. She knows the facts.” But Del held firm on the advantage of having promo from a beauty queen. She would be called Miss East-West All-Star Football Game Queen.

From his home, Ray and I watched Del launch publicity for the game. Holding the mic in the queen’s face, in his exuberant voice, Del said: “Tell me, Miss East-West All-Star Football Game Queen, when does this big game take place?” The queen drew blank. Looking into the camera, she said: “Duh! I don’t know.”

Ray yanked the television off. “I told him he should use you! From now on, I don’t want her around anyone unless you are with her!”

Del offered no more suggestions. She was not too happy when I was always with her. I don’t remember her name. My mind goes into a warning clang when I think of her.

I told her to think of me as her assistant. We could not allow one of her importance to be without an escort. We were giving the teams a tour of Universal Studios and were passing through a little shop with cosmetics for sale. The queen stopped to look at false eyelashes. I saw the media approaching and shoved the teams toward them, then doubled back to whisper to the queen: “Honey, I will cover for you. You can stay here and look at the eyelashes and I will come back for you.” The queen said “Gee! Thanks!”

We had the big game and made a lot of money for youth groups. The players showed off their skills and attracted scouts. And Miss East-West All-Star Football Game Queen sat in her special place, wearing her new eyelashes.

### **Thank you!**

*submitted by Lois Deyoe*

We would like to thank Bill from Maintenance who diagnosed the problem with our dishwasher, installed a new one, fixed a faucet and changed a light bulb all in one day! We are blessed to live at Meadowlark where so many care for us.

# 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.

<b>SUNDAY</b>	Aug. 18 ~ Lunch \$13	Dinner \$11
	Pot Roast with Carrots, Onions & Celery Mashed Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
<b>MONDAY</b>	Aug. 19 ~ Lunch \$10	Dinner \$12
	BBQ Pulled Pork Sandwich Baked Beans Coleslaw	Grilled Lemon Chicken Couscous Vegetable du Jour
<b>TUESDAY</b>	Aug. 20 ~ Lunch \$8	Dinner \$13
	Fajita Bar <i>(does not include drink, starter, or dessert)</i>	Roast Pork Loin with Bourbon Peach Glaze Roasted Red Potatoes Vegetable du Jour
<b>WED.</b>	Aug. 21 ~ Lunch \$10	Dinner \$14
	Turkey Reuben Potato Salad Choice of Vegetable	Sautéed Trout with Lemon Chive Butter Risotto Vegetable du Jour
<b>THURS.</b>	Aug. 22 ~ Lunch \$8	Dinner \$12
	Pasta Bar <i>(does not include drink, starter, or dessert)</i>	Pecan Chicken with Dijon Sauce Wild Rice Vegetable du Jour
<b>FRIDAY</b>	Aug. 23 ~ Lunch \$10	Dinner \$14
	Salmon Cakes Rice Pilaf Choice of Vegetables	BBQ Shrimp White Cheddar Scalloped Potatoes Vegetable du Jour
<b>SAT.</b>	Aug. 24 ~ Lunch \$10	Dinner \$15
	Beef Enchilada Black Beans Spanish Rice	Prime Rib Au Jus Anna Potatoes Vegetable du Jour

**DRINK SPECIAL** | Tequila Sunrise  
 2 oz. José Cuervo, 4 oz. Orange Juice & a Splash of Grenadine  
 \$3.75



## Grosh Cinema Movies

Sunday, Aug. 18, to Saturday, Aug. 24, 2019

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

### **Sunday, Aug. 18 — The Princess and the Frog (2009)**

■ A waitress, desperate to fulfill her dreams as a restaurant owner, is set on a journey to turn a frog prince back into a human being, but she has to face the same problem after she kisses him.

■ Co-Starring: Anika Noni Rose, Keith David & Oprah Winfrey

■ Rated: G; 1 hr. 37 min.

### **Monday, Aug. 19 — For the Love of the Game (1999) *\*Resident Request***

■ After 19 years of playing the game he's loved his whole life, Billy Chapel has to decide if he's going to risk everything and put everything out there.

■ Co-Starring: Kevin Costner, Kelly Preston & John Reilly

■ Rated PG-13; 2 hr. 17 min.

### **Tuesday, Aug. 20 — Now and Then (1995)**

■ Busy growing up, they always kept the promise they made to be there for each other. Now they're together again to relive the greatest summer of their lives.

■ Co-Starring: Christina Ricci, Demi Moore & Rosie O'Donnell

■ Rated PG-13: 1 hr. 40 min.

### **Wednesday, Aug. 21 — You Can't Take It With You (1938)**

■ A man from an eccentric family where the members do not care for money but for having fun and making friends and a woman from a simple, lunatic family. When a proposal happens, there is an inevitable clash of classes and lifestyles.

■ Co-Starring: Jean Arthur, James Stewart & Lionel Barrymore

■ Rated Passed: 2 hr. 6 min.

### **Thursday, Aug. 22 — Clash of the Titans (2010)**

■ Perseus demigod, son of Zeus, battles the minions of the underworld to stop them from conquering heaven and earth.

■ Co-Starring: Sam Worthington, Liam Neeson & Ralph Fiennes

■ Rated PG-13; 1 hr. 46 min.

### **Friday, Aug. 23 — The Iron Lady (2011)**

■ Elderly and a virtual prisoner in her own home due to her concerned staff and daughter, Margaret Thatcher, Britain's first woman prime minister, looks back on her life and memories of her husband.

■ Co-Starring: Meryl Streep, Jim Broadbent & Richard Grant

■ Rated PG-13; 1 hr. 45 min.

### **Saturday, Aug. 24 — King of Thieves (2018)**

■ Based on a true story, a crew of retired crooks who pull off a major heist in London's jewelry district. What starts off as their last criminal hurrah, quickly turns into a brutal nightmare due to greed.

■ Co-Starring: Michael Cain, Charlie Cox & Michael Gambon

■ Rated R for language; 1 hr. 48 min.

# Weekly Opportunities Calendar Aug. 18 to Aug. 24

## Sunday • Aug. 18

*Manhattan Room—open seating at lunch & dinner*  
 9:30 a.m. ~ Miller Worship Service, MFR  
 10:30 a.m. ~ Worship Service, CR  
 2:00 p.m. ~ Wroten Worship Service, WL  
 7:00 p.m. ~ Vespers with Pastor Sarah Marsh, CR

## Monday • Aug. 19

*Manhattan Room—open seating at lunch only*  
 7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR  
 9:30 a.m. ~ Seated Strength, CR  
 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  
 2:00 p.m. ~ Change & Loss Support Group, FHR  
 5:30 p.m. ~ 5th Floor Supper, MR  
 7:00 p.m. ~ Community Bingo, CR

## Tuesday • Aug. 20 *Trash & recycling pick-up*

*Manhattan Room—open seating at lunch & dinner*  
 10:30 a.m. ~ Steady Yourself, CR  
 10:30 a.m. ~ Guided Meditation, GC  
 11:15 a.m. ~ Chair Yoga, CR  
 12:00 p.m. ~ Seven Dolors Book Discussion, FHR  
 1:00 p.m. ~ Depart for Visually Impaired Art, VE  
 2:00 p.m. ~ LifeStory Writing Group, FHR  
 3:00 p.m. ~ Coffee Corner, CR  
 5:30 p.m. ~ 2nd Floor Supper, CR  
 7:00 p.m. ~ Dominoes, GR

## Wednesday • Aug. 21

*Manhattan Room—open seating at lunch & dinner*  
 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 Partners Supp. Grp, 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

## Thursday • Aug. 22

*Manhattan Room—no open seating available*  
 8:00 a.m. ~ Apple Technology Help Lab, KR  
 8:30 a.m. ~ Messenger Team, WCR  
 9:30 a.m. ~ Speedy Pd Training/Walking, VE  
 10:00 a.m. ~ Meadowlark Bible Study, FHR  
 10:30 a.m. ~ Steady Yourself, CR  
 11:15 a.m. ~ Chair Yoga, CR  
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
 2:00 p.m. ~ Stepping On, KSU CL

## Friday • Aug. 23

*Manhattan Room—open seating at lunch & dinner*  
 9:30 a.m. ~ Seated Strength, CR  
 10:00 a.m. ~ Meadowlark Market, 1217 ML Circle  
 10:00 a.m. ~ Coffee Connections, MFR  
 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. ~ Parkinson's Care Support Group, FHR  
 1:00 p.m. ~ Hand & Foot Card Games, GR  
 3:00 p.m. ~ Rock Steady Boxing, CSC  
 5:45 p.m. ~ Depart for Empowered LIVE!, VE  
 7:00 p.m. ~ Presentation by Mary Knapp, CR

## Saturday • Aug. 24

*Manhattan Room—open seating at lunch & dinner*  
 7:00 a.m. ~ Depart for Speedy Pd Race, Park Den (VB)  
 9:30 a.m. ~ Painting for Fun, MCR  
 10:00 a.m. ~ Meadowlark Market, 1217 ML Circle

## Room Abbreviations

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	HD, Hospitality Desk
KR, Kansas Room (Pub)	KSU CL, KSU Classroom
MFR, Miller Friendship Rm	MR, Manhattan Room
PS, Prairie Star Restaurant	VE, Village Entrance
VB, Verna Belle's	CY, Courtyard

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