

Outdoor Encounters

submitted by Nathan Bolls

Recently in this column I spoke of the Silent Fury of the trillions of animal-flower interactions that are part of plant reproduction. Time to look at another Fury, another type of vigor associated with the drive all species have to survive: the reproduction sagas that have been occurring all around us this spring and summer in the five familiar taxonomic classes of animals we call the vertebrates: fishes, amphibians, reptiles, birds, and mammals. Hundreds of species of these organisms occur in Kansas.

Most adult humans have known this fury, and most of us probably feel that we pretty much know what is going on. But, within the vertebrates are amazing exceptions to what we

consider the typical pattern for growing the next generation. The miracle takes many forms, and most often is preceded by some form of courtship ritual—a ritual that displays the intense sentient attention two potential mates give each other. Have you ever watched the courtship ritual of the western grebe or of the stickle-backed fish? Beautiful!! Selected from many examples, I offer a few post-courtship developmental schemes that vary from our “norm.”

Some vertebrates (typical pattern for birds and reptiles) have internal fertilization and external development and hatching of young from eggs. Some sort of nest or den usually is involved. Consider the den dug deep into a high bank by the belted kingfisher that vocally rattles its way along our streams.

Most all fishes and amphibians have external



fertilization after eggs have been released into the water. But, some vertebrates (mammals famous here) have internal fertilization and internal gestation of the young to term. Such mothers are called “live bearers.” Further, mammalian mothers develop a very complicated organ, the placenta, that serves the developing individuals. Depending upon the type of mammal, 3 to 4 distinctly different types of mammalian placentae develop, with the human placenta type becoming by far the most

intimately connected with the uterine wall.

But some fish and snake species also are live-bearers.

After internal fertilization, the females retain the eggs within their uterine cavities where the embryos develop within



their egg sacs until ready to be live-born. A very few fish species fit here, and most of them are known to us as aquarium species, e.g., guppies, mollies, and swordtails. Quite a variety of snakes do this, including rat snakes (our common black snake is one), king snakes, cobras, sea snakes, and both the anaconda and the black mamba. To varying degrees, many of these fish and reptilian live-bearers develop either nutritive threads of tissue or placenta-like structures that connect uterine wall to egg sac containing the embryo.

Now, let’s really step out of the box! Our own Virginia opossum, the only marsupial in our country, adds her bit to the list of multifarious paths to maturity. In Kansas, breeding occurs in February, and gestation lasts 12 to 13 days. The

See Outdoor, page 4

Open Communion Service

Sunday, Aug. 4, at 4 p.m.

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

The Vespers service will be led by Pastor Melanie Nord from First United Methodist Church at 7 p.m. Sunday, Aug. 4, in the Community Room. All are welcome!

Town Meeting

Monday, Aug. 5, at 9:30 a.m.

All are invited to attend the August Town Meeting to hear the Meadowlark news at 9:30 a.m. Monday, Aug. 5, 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, Aug. 5, at 1 p.m.

The Outdoor Opportunities Committee will meet at 1 p.m. Monday, Aug. 5, in the Flint Hills Room. If you have any questions, please contact Sarah Duggan at (785) 323-3878.

Change & Loss Support Group

Monday, Aug. 5, at 2 p.m.

Join the Change and Loss Support Group at 2 p.m. Monday, Aug. 5, 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.

Guided Meditation

Tuesday, Aug. 6, at 10:30 a.m.

You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, Aug. 6, 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 or understanding of meditation is necessary.

Coffee Corner

Tuesday, Aug. 6, at 3 p.m.

All Meadowlark residents are invited to a social hour starting at 3 p.m. Tuesday, Aug. 6, in the Community Room. Verna Belle's featured dessert will be Peanut Butter Brownies.

Newspaper & Bible

Tuesday, Aug. 6, at 4 p.m.

There has been a schedule change for Newspaper and Bible. The group will now meet the first and third Tuesdays of every month at 4 p.m. in the Flint Hills Room. The next meeting will take place on Tuesday, Aug. 6.

Walmart & Dillons Shopping Trip

Wednesday, Aug. 7, at 10 a.m.

Meadowlark Transportation provides a free bus trip to Walmart and Dillons (East location) each Wednesday departing from the Village Entrance at 10 a.m. and returns about 11:30 a.m. The next trip is Wednesday, Aug. 7. Please sign up in the Blue Book at the Hospitality Desk.

Memory Makers Luncheon

Wednesday, Aug. 7, at 11 a.m.

Join Meadowlark Memory Program for a relaxing lunch from 11 a.m. to noon Wednesday, Aug. 7, 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, Aug. 5. Cost is approximately \$9 per person.

Great Plains Theatre

Wednesday, Aug. 7, at 12:30 p.m.

The trip to the Great Plains Theatre located in Abilene, KS on Wednesday, Aug. 7, to see "Joseph and the Amazing Technicolor Dreamcoat" is currently full. There is a waiting list; please contact Monte Spiller at (785) 323-3801 if you would like to be added.

Cost for the trip is \$33, which includes the ticket and transportation. There is no-refund policy after the ticket is purchased. The show begins at 2 p.m. and transportation will leave from the Village Entrance at 12:30 p.m.

Speedy Pd Training/Walking Group

Thursday, Aug. 8, at 9:30 a.m.

Join a walking group at 9:30 a.m. Thursday, Aug. 8, 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. The walking group will meet each Thursday morning until Thursday, Aug. 22.

Resident Focus Group

Thursday, Aug. 8, at 10 a.m.

August's Resident Focus Group will spotlight Taylor Wheelock. Taylor serves as the Health Services Assistant. Come meet and get to know Taylor at 10 a.m. Thursday, Aug. 8, in the KSU Classroom.

Speedy Pd Art Class

Thursday, Aug. 8, at 10:30 a.m.

Join us Thursday, Aug. 8, 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.

Meadowlark Ladies Luncheon

Thursday, Aug. 8, at 12 p.m.

The August Meadowlark Ladies Luncheon will be held at noon on Thursday, Aug. 8, in the Manhattan Room. June Myers and Pat Niernberger will be your hostesses.

We are fortunate to hear Pat Hook talk to our group about Meadowlark's great library! Come join your friends for lunch and learn something new. Please sign up in the Blue Book at the Hospitality Desk.

Coffee Connection

Friday, Aug. 9, at 10 a.m.

Miller Place residents invite all who would like to stop by for some coffee and conversation Friday, Aug. 9, 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!

Fall Wildflowers

Friday, Aug. 9, at 7 p.m.

All are invited to a presentation by Dr. Valerie Wright on Fall Wildflowers at 7 p.m. Friday, Aug. 9, in the Community Room. Dr. Wright is Adjunct Professor in the Entomology Department, Kansas State University, and retired Education Director, Konza Prairie Biological Station.

As a long-time board member of the Kansas Native Plant Society and past president, she has promoted the enjoyment and use of native plants in gardens and the conservation of native prairie in the Flint Hills. Her presentation on wildflowers will be about some of the favorite blooms you can see in the fall and throughout the year.

Services for Kip Williams

Friday, Aug. 9, time to be determined

The family of Kip Williams has arranged a service at Yorgensen-Meloan Funeral Home on Friday, Aug. 9. There will also be a celebration of life at Meadowlark. Times for the arrangements will be announced.

Trip to Hobby Lobby/Dollar Tree

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

Transportation will be provided to Hobby Lobby and Dollar Tree Saturday, Aug. 10. 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 Blue Book at the Hospitality Desk.

Speedy Pd Race for Parkinson's Disease

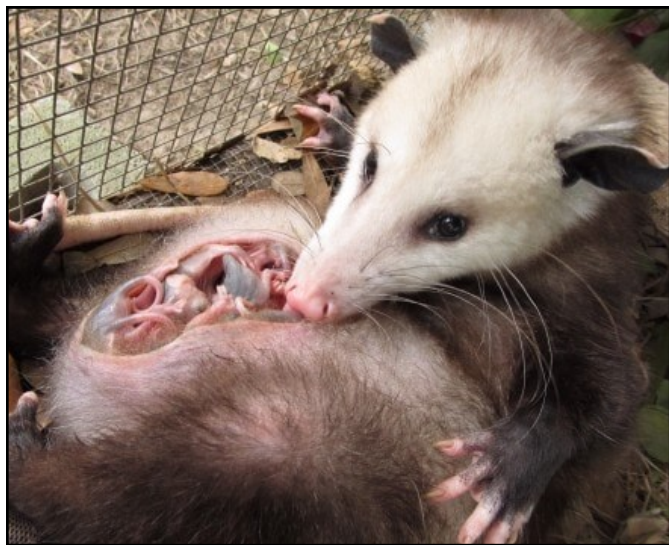
Saturday, Aug. 24, at 8 a.m.

Meadowlark Parkinson's Program and many vested community volunteers have been busy making the final plans for the 11th 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 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 11th Annual Speedy Pd Race for Parkinson's Disease!

Outdoor, from page 1

young are born in a quite immature state, crawl up their mother's belly and into her pouch. Here they latch onto a nipple and continue their development toward becoming free-living rascals. You've all seen a mother kangaroo with a "Joey" in her pouch. I once saw a photo of six newly born opossums fitting into a **teaspoon**.



Consider the 9-banded armadillo, found in South and Central America and the southern USA—and moving north! Normal mating occurs, one egg is fertilized and begins to develop. But the developing embryo experiences “delayed implantation” for 3-4 months, floating free within the uterine cavity. During this time, with continued cell divisions, it reaches a very early embryonic stage termed the “blastula”—a hollow ball of cells filled with fluid. In time the blastula becomes “implanted” in the uterine wall, i.e., it erodes away the inner lining of the uterine wall, burrows deeper into the wall, and the uterine lining redevelops “behind” the blastula. This is the usual mammalian pattern. Thus, technically, the mammalian fetus develops **within** the uterine wall! Then an unusual series of cell divisions occurs, resulting in four identical armadillo fetuses, all supplied by the same placenta. In the USA, mating occurs from June to August, gestation after implantation is about four months, and birth usually occurs the next march. The delayed implantation results in birth during reasonable weather.

Among others, our local mink also sometimes experiences delayed implantation. Normal

gestation is about 45 days, but time periods of up to 70 days between mating and birth have been reported.

The bat world must have a mole within “Mammalian Headquarters.” Not to be outdone, some bat species display yet another wrinkle: delayed ovulation and fertilization. Some tropical and neo-tropical bat species do this, but it especially is seen in those that summer at higher latitudes and hibernate “in the South.” They have a late summer-early fall breeding time, then fly south to hibernate, but during this time the sperm are stored in the female uterus and oviducts. Both ovulation and fertilization occur the next spring 1 to 3 days after waking from hibernation.

The family of whip-tailed lizards (have long, narrow tails), of our American Southwest also has been inventive. For several of the 45-50 whip-tail species, a male of the species **has never been found**. Within the females of these species, at the proper time, a small group of eggs begins to divide, and each resultant embryo continues on to form a fully functional baby lizard. Numerous other animal species have this “parthenogenesis” ability. I'll mention just the Komodo dragon and the hammerhead shark. Both usually reproduce sexually, but can, if necessary, turn to parthenogenesis.

Yes, the miracle takes many forms, and each species has its own form of Fury. Indeed, we living creatures **are** wondrously and beautifully made, so, why not salute each other—as well as the next opossum or black snake you see ambling or gliding across our MLH campus?

On Our Picnic

submitted by Helen Roser

A bunch of things happened when I was seven years old. The Great Depression began. The bank with all of Daddy's money closed. Daddy who had been sick a long time, died. And Mama became a working woman.

Some men told her no decent woman should be out looking for work. Mama was very decent, so the words hurt her a lot.

Mama had a budget for managing her money. First was putting money aside to pay taxes. If you didn't pay your taxes, the city took your house away. It would stand empty. If you didn't have any place to go, you had to live in a shack out by the

city dump. Next on her budget was paying on Daddy's medical bills. They told her they would mark his bills paid but Mama wanted to do the honorable thing, which was to pay everyone who had tried to make Daddy well. Next on her budget was food. Like a lot of people, I was hungry all the time.

One time I thought I had an invention so I wouldn't feel hungry anymore. We had a lot of salt and pepper, so I would shake some in a glass of water, stir it up and drink it. I would pretend it was a big sandwich. But it just tasted like water.

Mama got word that her Mama was very sick, in the hospital 100 miles away. So she bought two train tickets and we were off. I was so excited I could barely remember to behave like a Virginia-bred lady, which was to sit up straight, keep my knees together, and keep my voice down.

Mama had everything planned. We would take a taxi to the hospital to see Grandma. We would stay at the Y.W.C.A that night. Everything was taken care of except one thing: eating. Mama told me we would have a picnic. We would eat while sitting on a bench in the park. We would eat my favorite food, canned pork and beans.

I could hardly believe it. We went to a store and Mama bought a can of pork and beans, I don't know where she got it, but Mama had one spoon. We took turns eating a bite of pork and beans until it was all gone. It was the best picnic I ever had.

Mama and I never had to live out by the city dump. And Mama paid everyone who had tried to make Daddy well. It took her 17 years, but she paid them all. Then Mama died the next year.

When I think of that eventful year, I always think how nice it was of Mama to arrange that picnic for us, where we sat on the bench in the park, taking turns with the one spoon, to eat our can of pork and beans.

And, though I was a Rube Goldberg of sorts and invented contraptions, I never was able to invent food.



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. 4

Breakfast: Omelets with Fruit

Monday, Aug. 5

Breakfast: Biscuits & Gravy

Lunch: Grilled Chicken Mac & Cheese Bowl
macaroni & cheese topped with grilled chicken & your choice of toppings from the salad bar ~\$6.50

Tuesday, Aug. 6

Breakfast: Breakfast Sandwich with Fruit

Lunch: Patty Melt & Side

grilled hamburger topped with sautéed onions, Swiss cheese & thousand island dressing on butter-toasted rye bread ~\$4.50/\$6.50

Wednesday, Aug. 7

Breakfast: Breakfast Burrito & Fruit

Lunch: Chicken Teriyaki Bowl

shredded chicken and stir-fried vegetables covered in teriyaki sauce over wild rice ~\$6.50

Thursday, Aug. 8

Breakfast: Biscuits & Gravy

Lunch: Smothered Burritos & Side

shredded chicken, tomatoes, corn & shredded cheese wrapped in a flour tortilla covered in white cheese sauce ~\$6.50

Friday, Aug. 9

Breakfast: Waffle or Pancake

Lunch: Steak Fajita Quesadilla & Side

Seasoned steak, peppers, onions and cheddar cheese in a crisp flour tortilla ~\$4.50/\$6.50

Saturday, Aug. 10

Breakfast: A la carte menu options

Nobody Goes to Nome

submitted by Dotty Blacker

In the mid-80's, I went on a cruise through the Inland Passage from Canada to Alaska. Our tour guide conducted us on a small river boat which stopped at the estate of Mary Shields. She was the first woman to have completed the Iditarod run and now had a breeding kennel. I was totally fascinated and decided to go see the Iditarod for myself someday which I finally did in 1998.

Planning was not easy. Nobody goes to Nome. That is what I was told by about everyone I encountered as I tried to make travel arrangements. They all said that the tourists went to Anchorage for the first day kick off (first Saturday of March) with lots of press coverage and opportunities to get sled rides. The race actually starts the next day from Wasilla. I finally got to answering: "Any fool can start, I want to see who can finish."

Finally, I managed to book a room at the Polaris Hotel. It was nothing to write home about – no lobby and just a small, grubby room above the noisy laundry machines. It came with an ancient television, but that wouldn't be needed. They did have a big, nice bar where I met some of the mushers and locals. The big perk was that it was across the street from the Iditarod finish line.

Very few people know the origins of the Iditarod, also called the "Last Great Race." It is an unusual event, steeped in Alaskan history. Though the race is over 1150 miles long, it is "officially" 1049 miles since Alaska is the 49th state in the USA. The trail takes about 10 days to complete. Sleek but rugged sled dogs – usually Siberian huskies and Alaskan malamutes – pull the sleds while mushers navigate them over frozen rivers, snowy tundra and jagged mountains.

The first Iditarod was held in 1973 to commemorate the "Great Race of Mercy" – a real-life race against time that saved many lives from diphtheria. In 1925 the disease threatened the isolated city of Nome, especially the lives of native Inuit children with limited immunity. The only way to save the Children's lives was to move the medicine across 674 miles using dog sleds. Twenty teams of mushers and over 100 dogs pulled together to deliver the life – saving medicine to Nome after a six-day journey. The dog sleds were in past history the only means of mail

delivery; the present day mushers also carry mail in that remembrance. But, back to the race.

When each musher first appeared on Front Street, a siren sounded. Front Street was the first trail entry along the Bering Sea coastline about two miles from Nome. So there was time for me to get to the finish line. There were maybe a thousand people cheering the winner but after that and when the press left, a few of us had the scene to ourselves.

One of the mushers I talked to told me a lot about the race. He said he often got only about an hour's sleep at a checkpoint (about 26) because taking care of the dogs was first priority; checked by the vet, fed and bedded down. The event is made possible with mostly volunteers, including vets, pilots with their own planes and checkpoint owners. I was struck by the number of volunteers that make the event possible. Exhausted or injured dogs can be dropped off at a checkpoint, will be picked up by a private pilot and taken to the Anchorage jail. There the prisoners are given the important and unique job of caring for those expensive, specially bred dogs until their mushers can pick them up. If a dog dies in harness, the musher must place it in the sled, body covered. If a musher fails to do this, he or she can be disqualified from future races. It's all about the dogs.

The driver who took me from the airport to the hotel insisted that I must see the Nome National Forest. Intrigues because trees can't grow there, I did as instructed and climbed the barricade wall behind Fat Alberts. I saw Christmas trees planted in holes dug in the frozen Bering Sea. A few cutouts of palm trees and flamingos had been added.

On one side of the forest was a golf course of three holes surrounded with artificial greens and play was with orange balls. The other side of the forest, complete with wind sock, was used by private pilots. Bits of gold nuggets could sometimes be found on the beach. Who knew the Bering Sea has so many uses other than shipping and fishing.

I have a fun picture of me with the red light runner and one of his dogs. Each checkpoint has a lantern which is to be lighted until the last runner has passed through. The last musher brings the last light from the last checkpoint when he comes

to the finish.

All of the mushers must stay in Nome to attend an awards banquet. I was delighted to sit next to the lone female musher, Lynda Plettner, who came in 33rd. She was one of the few women to consistently compete and finish in the Iditarod. The winner, Jeff King, won a donated pickup.

Susan Butcher won the Iditarod the previous two years and a sign in the headquarters said they were thinking of starting a men's division of the Iditarod.

Nobody goes to Nome. Really?

Fiesta to Remember—Thank you!

submitted by Becky Fitzgerald

The inaugural Fiesta to Remember surpassed expectations in terms of awareness of Meadowlark Memory Program, community support and fundraising. The event, held July 25, at Coco Bolos, attracted a steady stream of customers throughout the day and a packed house from 5 to 9 p.m. Coco Bolos donated 10 percent of the day's proceeds to the memory program. In addition, Central National Bank and Flint Hills Beverage were sponsors, and Meadowlark staff greeted patrons and answered questions throughout the day.

With loud food, spicy music, tempting beverages and friendly wait staff part of the Fiesta, memory program and Meadowlark Foundation staff found it easy and enjoyable to share information about the memory program specifically and Meadowlark in general.

In addition, Meadowlark's new courtyard was the location of a memorable party coinciding with the Fiesta; the on-campus opportunity also prompted donations to the memory program.

Event revenue to date is \$2,517.08, and gift-in-kind donations include the souvenir event tumblers, banners and posters. Event expenses were minimal – about \$100 – so most of the money raised benefits the program.

Thank you to all who participated! Fiesta to Remember was the first fundraiser EVER at Coco Bolos, and restaurant staff pledged to continue working with Meadowlark Memory Program. All those associated with the event look forward to another successful Fiesta in 2020.

July Gifts to Meadowlark Foundation

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

Memory of

Chris Banner	Susan Koelliker
June Benedict	Carol Steelsmith
Case Bonebrake	Priscilla Wattenford

Honor of

Michelle Haub

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	Aug. 4 ~ Lunch \$13	Dinner \$11
	Braised Beef Brisket with Wild Mushroom Sauce Hashbrown Casserole Vegetable du Jour	Spaghetti & Meat Sauce Garlic Toast Vegetable du Jour
MONDAY	Aug. 5 ~ Lunch \$10	Dinner \$13
	BBQ Ribs Potato Salad Choice of Vegetable	Braised Short Ribs with Burgundy Wine Sauce Potato Pancakes Vegetable du Jour
TUESDAY	Aug. 6 ~ Lunch \$8	Dinner \$12
	Fajita Bar (does not include drink, starter, or dessert)	Chicken Breast Normandy Wild Rice Vegetable du Jour
WED.	Aug. 7 ~ Lunch \$10	Dinner \$13
	Fried Pork Tenderloin Sandwich Sweet Potato Fries Choice of Vegetable	Pork Piccata Risotto Vegetable du Jour
THURS.	Aug. 8 ~ Lunch \$8	Dinner \$12
	Baked Potato Bar (does not include drink, starter, or dessert)	Chicken Tetrazzini Garlic Toast Vegetable du Jour
FRIDAY	Aug. 9 ~ Lunch \$10	Dinner \$12
	Baked Cod with Sun-dried Tomato Sauce Rice Pilaf Choice of Vegetables	Roast Turkey with Sausage Sage Dressing Mashed Potatoes & Gravy Vegetable du Jour
SAT.	Aug. 10 ~ Lunch \$10	Dinner \$14
	BBQ Chicken Drumsticks French Fries Coleslaw	Coconut Shrimp Baked Potato Vegetable du Jour

DRINK SPECIAL | Rumbalaya
 2 oz. Malibu Rum, 1/2 oz. Orange Juice & 4 oz. Cranberry Juice
 \$3.75

Grosh Cinema Movies

Sunday, August 4, to Saturday, August 10, 2019

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

Sunday, Aug. 4— Race to Witch Mountain (2009)

A Las Vegas cabbie enlists the help of a UFO expert to protect two siblings with paranormal powers from the clutches of an organization that wants to use the kids for their nefarious plans.

Co-Starring: Dwayne Johnson, Carla Gugino, & Anna Sophia Robb

Rated: PG; 1 hr. 38 min.

Monday, Aug. 5— Gifted (2017)

Frank, a single man raising his child prodigy niece Mary, is drawn into a custody battle with his mother.

Co-Starring: Chris Evans, McKenna Grace, & Lindsay Duncan

Rated PG; 1 hr. 41 min.

Tuesday, Aug. 6 — The Hurt Locker (2008)

During the Iraq War, a Sergeant recently assigned to an army bomb squad is put at odds with his squad mates due to his maverick way of handling his work.

Co-Starring: Jeremy Renner, Anthony Mackie, & Brian Geraghty

Rated R (Violence, Sex & Nudity, & Profanity); 2 hr. 11 min.

Wednesday, Aug. 7— Batman Begins (2005)

After training with his mentor, Batman begins his fight to free crime-ridden Gotham City from corruption.

Co-Starring: Christian Bale, Michael Caine, & Ken Watanabe

Rated PG-13; 2 hr. 20 min.

Thursday, Aug. 8 — Mary Poppins Returns (2018)

Decades after her original visit, the magical nanny returns to help the Banks siblings and Michael's children through a difficult time in their lives.

Co-Starring: Emily Blunt, Lin-Manuel Miranda, & Ben Whishaw

Rated PG; 2 hr. 10 min.

Friday, Aug. 9 — Night School (2018)

A group of high school dropouts are forced to attend night school in hope that they'll pass the GED exam to finish high school.

Co-Starring: Kevin Hart, Tiffany Haddish, & Rob Riggle

Rated PG-13; 1 hr. 51 min.

Saturday, Aug. 10 — All the President's Men (1976)

"The Washington Post" reporters Bob Woodward and Cal Bernstein uncover the details of the Watergate scandal that leads to President Richard Nixon's resignation.

Co-Starring: Dustin Hoffman, Robert Redford, & Jack Warden

Rated PG; 2 hr. 18 min.

Weekly Opportunities Calendar Aug. 4 to Aug. 10

Sunday • Aug. 4

Manhattan Room—open seating at lunch & dinner

9:30 a.m. ~ Miller Worship Service, MFR
 10:30 a.m. ~ Worship Service, CR
 2:00 p.m. ~ Wroten Worship Service, WL
 4:00 p.m. ~ Open Communion Service, FHR
 7:00 p.m. ~ Vespers with Pastor Melanie Nord, CR

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, FHR
 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

Monday • Aug. 5

Manhattan Room—open seating at lunch only

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
 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. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ Outdoor Opportunities Committee, FHR
 2:00 p.m. ~ Change & Loss Support Group, FHR
 5:30 p.m. ~ Tuttle Creek Supper, MR
 7:00 p.m. ~ Community Bingo, CR

Thursday • Aug. 8

Manhattan Room—open seating at dinner only

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
 10:00 a.m. ~ Resident Focus Group, KSU CL
 10:30 a.m. ~ Speedy Pd Art Class, KSU CL
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 12:00 p.m. ~ Meadowlark Ladies Luncheon, MR
 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 4:00 p.m. ~ Great Decisions, FHR

Tuesday • Aug. 6 *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
 4:00 p.m. ~ Newspaper & Bible, FHR
 7:00 p.m. ~ Dominoes, GR

Friday • Aug. 9

Manhattan Room—open seating at lunch & dinner

9:30 a.m. ~ Seated Strength, CR
 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 Partner Supp Grp, FHR
 1:00 p.m. ~ Hand & Foot Card Games, GR
 3:00 p.m. ~ Rock Steady Boxing, CSC
 7:00 p.m. ~ Fall Wildflowers Presentation, CR

Wednesday • Aug. 7

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 Partner Supp Grp, WCR
 10:20 a.m. ~ Weights 101, CR
 10:30 a.m. ~ Depart for Great Plains Theatre, VE
 11:00 a.m. ~ Memory Makers Luncheon, MR
 11:00 a.m. ~ Sit & Be Fit, CR
 11:30 a.m. ~ 1st Men's Club Luncheon, WCR

Saturday • Aug. 10

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

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