



## We Grow Green!

by Becky Fitzgerald, Development Director

Meadowlark residents Tom and Angie Fryer are proud to participate in the 8th annual Grow Green Match Day, sponsored by Greater Manhattan Community Foundation. Tom previously served as president of that foundation's board, and then later, was the board's treasurer.

He and Angie have mailed a check, saying they are supporting Meadowlark Foundation and seven other organizations. They like the ease of Match Day -- one donation form, one check, and this year, because donors aren't giving in person, one stamp.

"If our friends at Meadowlark feel frustrated about being unable to help others during the pandemic, then please consider giving on Grow Green Match Day ... and don't forget Meadowlark," Tom Fryer said.

The 8th annual Match Day is Wednesday, April 22. Friends of Meadowlark are encouraged to mail a check on or before that day to GMCF, P.O. Box 1127, Manhattan, KS 66505-1127. Please include the donation form included with the April 9 Messenger.

Option 2: Call the Hospitality Desk by 5 p.m. Monday, April 20, at 323-3847 to arrange a pick-up of your check and donation form. Checks and forms submitted at Meadowlark will be mailed in a bundle to GMCF.

Option 3: Donate online between 12 a.m. and 11:59 p.m. on April 22  
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### What's New? Ch. 1960

#### Center on Aging Video Series

The team at Kansas State University's Center on Aging has crafted a series of videos that aim to bring joy and entertainment to during these trying times.

**Reading Kahlil Gibran's The Prophet, Part One** will premiere today, April 20, at 7 p.m. on Channel 1960. In Part One, Taylor Capko will take us through a brief introduction and the beginning of this wonderful book.

**Cooking with Christina** will air Tuesday, April 21, at noon on Channel 1960. KSU Student, Christina, will teach us how to make pizza from scratch!

#### Behind the Scenes: Titanic

Titanic is a 1997 American epic romance-disaster film directed, written, co-produced, and co-edited by James Cameron. A fictionalized account of the sinking of the RMS Titanic, it stars Leonardo DiCaprio and Kate Winslet. Go behind the scenes of this popular film at 6 p.m. Wednesday, April 22, on Channel 1960.

#### ARTful Memories via Zoom

*Visual Thinking Strategies with Kim Richards, Beach Museum of Art*  
Join Kim for a new opportunity to participate virtually in the ARTful Memories class Wednesday, April 22, at 11 a.m. This class can be accessed via Zoom Meeting. Contact Michelle Haub at (785) 323-3899.

**Zoom Meeting URL:** <https://ksu.zoom.us/j/95951113659>  
**Meeting ID:** 959 5111 3659

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at [www.growgreenmanhattan.com](http://www.growgreenmanhattan.com)

This year's Grow Green donations to Meadowlark Foundation will purchase personal protective equipment, technology, and other supplies as necessary and required by the CDC to guard the health and safety of residents and employees during the threat of COVID-19. The Fryers join Becky Fitzgerald, Development Director, in thanking you for considering this opportunity.

When I write in my journal now I feel like I'm writing one of those historical fiction books..

Day 25 of the plague. Many people are really ill and I have to take care of the baby. We are running low on food and I must venture out to the village market today. I will take my cloth mask and go as fast as I can.

**Hurts 2B Human, performed by artist P!nk**

Will you make it sound so pretty even when it's not?  
Didn't choose but it's the only one we've got  
And sometimes I get so tired  
Of getting tied up in my thoughts  
You're the only one that often makes it stop

God, it hurts to be human  
Without you I'd be losing  
And someday we'll face the music  
God, it hurts to be human

But I've got you, you, you, you, you, you, hey  
And you've got me, me, me, me, too

Like we're buckled and preparing for the crash  
Like we're walking down a road of broken glass  
Now if we defeat all odds  
And it was us against the world  
You can count on me  
You know I'd have your back

Hope flows away  
If you could spend a day in my shoes  
Your mind would change  
If you'd known what I've gone through  
We want the same (yeah, we do)  
Maybe then you'll understand  
How it hurts to be human

*Recipe: Banana Bread Muffin in a Mug*

*From the kitchen of: Channel 1960's Cooking with Lisa*

*Ingredients:*

- 1/2 very ripe banana*
- 1/4 tsp vanilla extract*
- 2 tbsp flour*
- 1 tsp sugar*
- 1/4 tsp baking powder*
- Pinch of salt*
- 1 tsp oil of your choice*
- Optional: chocolate chips or chopped nuts*

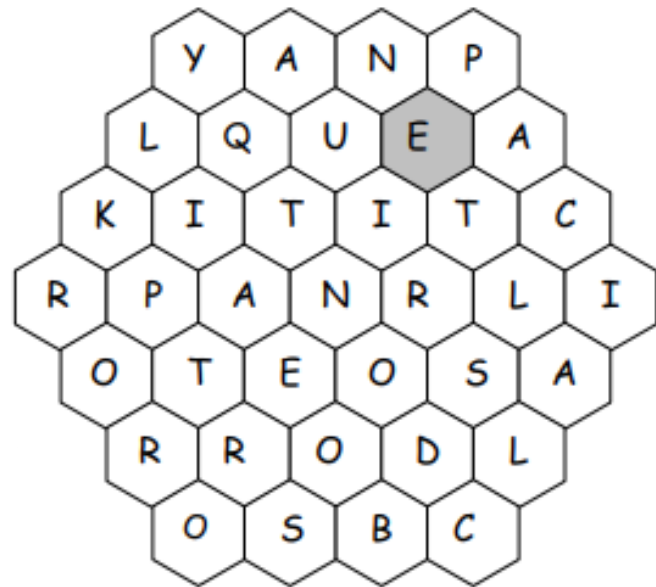
*Directions:*

- 1. Mash banana in a microwaveable mug or small bowl, mix in oil & vanilla*
- 2. Put flour, sugar, baking powder & salt in a separate bowl*
- 3. Add flour mixture to mashed bananas & mix in chocolate chips or nuts, if desired*
- 4. Microwave for 90 seconds, then let cool about one minute before eating*

# Work That Brain

**Buzzword!** The shaded E and the six letters surrounding it spell PETUNIA, which matches one of the clues below. Find seven-letter words for the remaining clues. Shade the center letter of each word.

1. Flowering plant: \_\_\_\_\_
2. A solo performance: \_\_\_\_\_
3. Excellence: \_\_\_\_\_
4. Person receiving medical care: \_\_\_\_\_
5. Adult male domestic fowl: \_\_\_\_\_
6. Old item: \_\_\_\_\_
7. Opening in nose: \_\_\_\_\_



Now unscramble all seven of the center letters to spell today's **Buzzword!**

A coin: \_\_\_\_\_

**Sudoku** is played on a grid of 9x9 spaces. Each row, column, and square needs to be filled out with the numbers 1-9 without repeating any numbers within the row, column, or square. Don't guess. If you don't know what number to put in a certain space, keep scanning the other areas of the grid until you see an opportunity to place a number. **Sudoku** rewards patience, insights, and recognition of patterns.

*Answers to the 4/13 Sudoku are below.*

			2	4		6		
9								3
1					3		4	5
5	6			7		1		
		4	8		5	9		
		1		6			5	2
6	9		5					1
4								9
		8		9	6			

4	1	6	9	2	3	5	8	7
5	8	2	4	1	7	6	9	3
3	9	7	6	8	5	4	1	2
7	3	9	1	6	4	2	5	8
1	5	8	3	7	2	9	4	6
6	2	4	8	5	9	7	3	1
9	7	3	2	4	1	8	6	5
2	6	1	5	9	8	3	7	4
8	4	5	7	3	6	1	2	9





# Meadowlark Entertainment Guide

All programs listed below air on Meadowlark Channel 1960,  
*Your window to the world!*

## Tuesday, April 21

9:30 a.m.	Sunday Church Service with <i>Chaplain Patty Brown-Barnett</i> <i>Rescheduled from 4/19</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
12:00 p.m.	Christina's Cooking Corner: <i>Homemade Pizza</i>
1:00 p.m.	Change & Loss Group <i>with Bridget Larkin, LMSW &amp;</i> <i>Kathleen Spearman, LMSW</i>
2:00 p.m.	Steady Yourself Exercise Class
3:00 p.m.	MEOW (Memory Program)

## Wednesday, April 22

9:00 a.m.	Comedy Club: Wake Up Funny
9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Prayer with Mrs. Judy Miller <i>Re-run episode from 4/19</i>
1:00 p.m.	Sunday Church Service <i>Re-Run episode from 4/21</i>
3:00 p.m.	Comedy Club: Afternoon Funny
3:15 p.m.	Cooking with Lisa: <i>Banana Bread Muffin in a Mug</i>
5:30 p.m.	Musical Performance
6:00 p.m.	Behind the Scenes: <i>Titanic</i>

## Change in staffed hours at Hospitality

**Desk:** Effective today, April 20, the Hospitality Desk will be staffed from 6 a.m. to 10 p.m. every day. If you need assistance during the overnight hours, please call (785) 537-4610 and follow the prompts.

## Thursday, April 23

9:30 a.m.	MEOW (Memory Program) <i>Re-run episode from 4/21</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
2:00 p.m.	Steady Yourself Exercise Class
4:30 p.m.	Happy Hour with J-Mix

## Friday, April 24

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Christina's Cooking Corner: <i>Homemade Pizza</i> <i>Re-run episode from 4/21</i>
5:00 p.m.	Channel 1960 News <i>Re-run episode from Noon, 4/24</i>
7:00 p.m.	Friday Night Program: <i>All About Judy Garland</i>

## Masked Mystery REVEALED

Who am I? The Masked Mystery employee from April 16 is Maintenance Team member – Evan Olson! Try your luck again at the Masked Mystery on 4/23!

