



## Art of Songwriting

*Acoustic Musical Performance with Lukas Nelson*

Lukas Nelson shares his perspective on the art of telling stories through songwriting.

As with all creative artists, Nelson's course has been somewhat unpredictable. Though born to country music royalty (son of Willie Nelson), he has followed a different muse. Or, more accurately, he has introduced a bunch of muses to each other and locked them into an imaginary room to spend some wild time together.

Lukas gave a talk and musical performance at a TEDx event using the TED conference format but independently organized by a local community. Watch this program, originally aired in 2017, at 7 p.m. Friday, May 1, on Channel 1960.

## Technology is ....

*by Sarah Duggan*

Technology is such a wonderful thing! We can use it to communicate, learn, and entertain. It is great!

Until it's not. It seems with the increased number of people working from home across the country and the utilization of internet-based options to stay in touch, productive, and entertained, our system has been strained.

This technology stress has affected our timeliness for uploading and scheduling a couple of our Channel 1960 programs. Our team is identifying ways to work further ahead and attempting to take advantage of times that seem to have decreased online traffic.

Thank you for your patience as we work through this issue. If you notice issues with programming on Channel 1960, please let us know by calling the Hospitality Desk at (785) 323-3847.

## Books on Tape?

If you have audio books you are willing to loan to a fellow resident, please call the Hospitality Desk (785) 323-384 to coordinate.

## Happy birthday, Pat!

Pat Tippin is celebrating her birthday on May 5. Her family invites her friends to send cards to Meadowlark Scenic House at 120 Scenic Drive, Manhattan, KS 66502.

## What's New? Ch. 1960

### Cooking with Christina

*Channel 1960, April 28 @ 9 a.m.*

The newest episode will air Tuesday, April 28, at 9 a.m. on Channel 1960. KSU Student, Christina, will teach us how to make French toast!

### Finding Atlantis

*Channel 1960, April 28 @ 7 p.m.*

Atlantis. The name echoes through the ages like a magic spell. Did it really exist? Where is it? Are there any remaining artifacts that can tell us what it was really like? Who were the Atlanteans? Is it all myth, or is it historical fact? Learn more about this intriguing lost city at 7 p.m.

Tuesday, April 28, on Channel 1960.

### Painting Tutorial for

*Channel 1960, April 29 @ 1 p.m.*

Follow along with Priya Art Studio and learn step-by-step how to paint an easy waterfall landscape. If you'd like to paint your own, the supplies needed are listed below.

**Acrylic colors:** Prussian blue, dark green, white, black, & pink

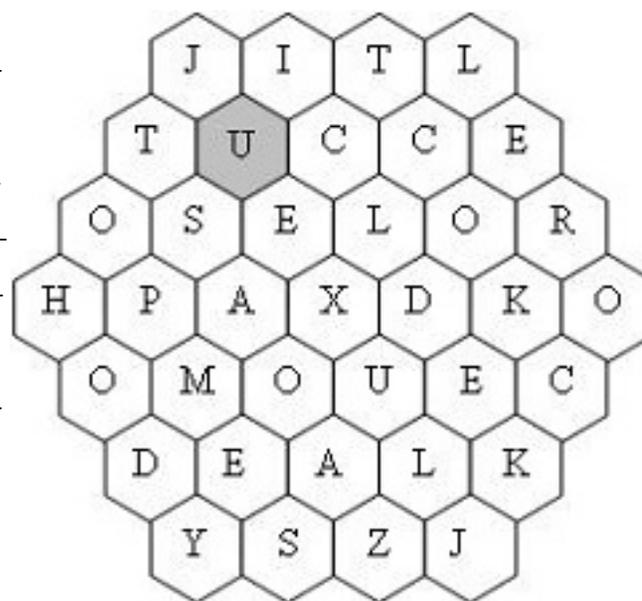
**Brushes:** Flat brush (size 12 & 6, round brush (size 6), & mop brush (size 8)

**Canvas board:** 8" x 10"

# Work That Brain

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

1. Fairness: \_\_\_\_\_
2. Hair-cleaning soap: \_\_\_\_\_
3. Brings things together: \_\_\_\_\_
4. Enthusiastic: \_\_\_\_\_
5. Skin at the base of nails: \_\_\_\_\_
6. In the future: \_\_\_\_\_
7. Not straight: \_\_\_\_\_



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

Individual-sized dessert: \_\_\_\_\_

**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 4/20 Sudoku are below.*

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

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

# recipe

## Omelet in a Mug

### Cooking with Lisa

#### INGREDIENTS

2 eggs

2 tbsp. milk

Veggies of your choice (*optional*)

Meat of your choice (*optional*)

Shredded cheese (*optional*)

Salt & pepper

#### DIRECTIONS

1. Crack the eggs into a large mug & add the milk. Whisk until completely combined. Whisk in your favorite veggies, and choice of meat & cheese (if desired).

Ingredients could include chopped bell pepper, chopped onion, shredded fresh spinach, chopped ham, or chopped cooked bacon.

2. Microwave on high for one minute. Stir the eggs then cook for another minute until the eggs are completely set. *Microwaves vary, cooking time may need to be adjusted.*



### Masked Mystery REVEALED

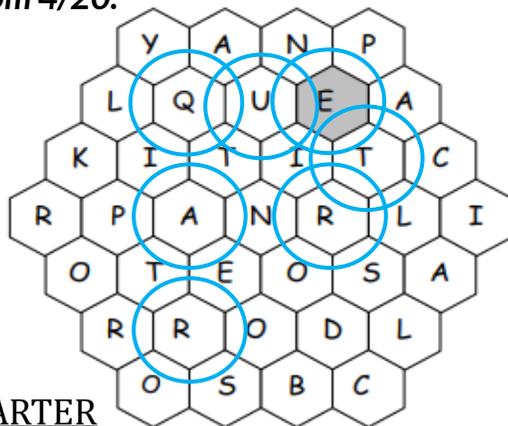
Who am I? The Masked Mystery employee from April 23 is Lyle Household Coordinator, Sherry Smith!

*Try your luck again at the Masked Mystery on 4/30!*

If you wear your jeans 5 days in a row, they become all baggy and it looks like you're losing weight. Follow me for more quarantine life pro tips.

Buzzword answer from 4/20.

1. PETUNIA
2. RECITAL
3. QUALITY
4. PATIENT
5. ROOSTER
6. ANTIQUE
7. NOSTRIL



BUZZWORD IS QUARTER

What do you call a fish without eyes?  
**Fsh.**





# Meadowlark Entertainment Guide

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

## Tuesday, April 28

9:00 a.m.	Christina's Cooking Corner: <i>French Toast</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
2:00 p.m.	Steady Yourself Exercise Class
3:00 p.m.	MEOW (Memory Program)
7:00 p.m.	Finding Atlantis: <i>Full Science Documentary</i>

## Wednesday, April 29

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
11:30 a.m.	Sunday Church Service with <i>Chaplain Patty Brown-Barnett</i> <i>Re-run episode from 4/26</i>
12:00 p.m.	Prayer with Mrs. Judy Miller <i>Re-run episode from 4/26</i>
2:00 p.m.	Weights 101
3:00 p.m.	Comedy Club: Afternoon Funny

## Thursday, April 30

9:30 a.m.	MEOW (Memory Program) <i>Re-run episode from 4/28</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga
1:00 p.m.	Painting Tutorial for Beginners: <i>Easy Waterfall Landscape</i>
2:00 p.m.	Steady Yourself Exercise Class
4:30 p.m.	Happy Hour with J-Mix: <i>Home on the Range (cocktail)</i>

## Friday, May 1

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:05 a.m.	Finding Atlantis Documentary <i>Re-run from 4/28</i>
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>French Toast</i> <i>Re-run episode from 4/28</i>
5:00 p.m.	Channel 1960 News <i>Re-run episode from Noon, 5/1</i>
7:00 p.m.	Friday Night Program: <i>Acoustic Musical Performance</i> <i>with Lukas Nelson</i>

#COVID-19

## Watch out for these scams!

 Fake stimulus check

 COVID-19 Robocalls

 Selling fake test kits



Please report any scams or frauds at

[www.usa.gov/stop-scams-frauds](http://www.usa.gov/stop-scams-frauds)