

In-Person Exercise Classes are Back!

We are excited to announce that in-person exercise classes will begin on Monday, Aug. 24, with new precautions in place to keep residents and staff safe. Several classes will be offered each week.

Exercise classes will be held in the new Event Center, with enough space to allow up to 17 participants per class. Participants will need to sign up for each class that they attend and only those pre-registered will be allowed into the Event Center. A face mask is required during all classes.

Seated Strength will meet Mondays, Wednesdays, and Fridays at 9:30 a.m. Weights 101 is scheduled for Mondays, Wednesdays, and Fridays at 11 a.m. Sit & Be Fit will be Tuesdays and Thursdays at 9:30 a.m. Steady Yourself will meet Tuesdays and Thursdays at 11 a.m.

Video classes will continue as scheduled on Channel 1960 for those who would like to continue staying active at home.

To register for in-person exercise classes, participants must call the Hospitality Desk at (785) 323-3847. Hospitality staff will only accept



reservations for same day or next day class. At this time, classes are limited to Independent Living residents, including cottage/duplex residents who will need to screen at the Village Entrance before entering the building.

Registered participants are encouraged to socially distance in the Game Room before being allowed to enter the Event Center. The Event Center entrance will be closed at the start of each class and entry will not be allowed once the doors are shut, so be sure to arrive a few minutes before the class's start time.

Chairs will be spaced out to allow proper distancing and the equipment will be sanitized between each exercise class. Participants should bring their own water bottle and are welcome to bring a personal resistance band, if desired. Keep in mind that masks will be required at all times. **You will not be permitted in an exercise class if you do not follow these guidelines.**

The Fitness Services team is looking forward to seeing you in class starting Monday, Aug. 24. **Class reservations begin Sunday, Aug. 23!**

Meadowlark Campus Update



Meadowlark CEO Lonnie Baker's most recent video update aired Friday, Aug. 14. He shared that staff have received reports of coyotes spotted around campus. Please make sure when you are out and about walking, pay attention for and avoid these animals.

Beginning Thursday, Aug. 13, Meadowlark loosened the limitations on visitors for residents living in cottages, duplexes, and garden apartments.

Independent living residents who reside outside the main building can now have up to two visitors at a time. The number of days will not be restricted and having consistent visitors from week to week will no longer be required.

All visitors must be screened at the Checkpoint Station at the Tuttle Creek Boulevard entrance between the hours of 7 a.m. and 7 p.m. Visitors should remain in the resident's cottage, duplex, or garden apartment for the duration of the visit. Please contact the Hospitality Desk at (785) 323-3847 to make staff aware of your planned visitors.

The team is looking at planning some additional in-

Speedy Pd Race for Parkinson's Disease!

To help keep community members and participants safe during this time of uncertainty, the 12th annual Speedy Pd Race for Parkinson's Disease will be offered as a virtual race opportunity. The virtual race format will give registrants the opportunity to complete the half-mile family fun run/walk, 5K, or 10K between Aug. 23 and Sept. 7. Running or walking should be completed utilizing appropriate social distancing recommendations.

Register for the race by visiting www.runspeedypd.org. This year's presenting sponsor is Community First National Bank. Contact Michelle Haub, Special Programs Leader, at (785) 323-3899 with questions.

Celebrate Don with a Card!

Don Kessinger is turning the big 9-0 on Thursday, Aug. 20! Help him celebrate by sending a card to the Hospitality Desk to deliver to him!

Don loves to watch Westerns, so feel free to include a note about who your favorite western actor or classic movie is, to share with him as a special touch!

Featured Ice Cream Treat

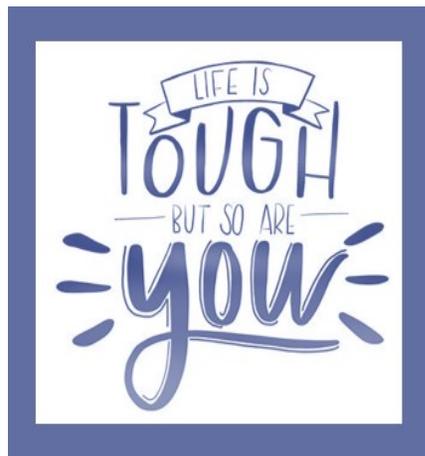
Substitute the weekly ice cream treat for your dessert when you order a special or order it at anytime for just \$2! This week's treat is a Caramel Lover's Cone.

Household Parade Reminders

Parades for family members continue to occur for assisted living and healthcare residents. Pictures should not be taken and walking "through" or "in" the parade is not an option. It is best to avoid these areas during the duration of the parade. Thank you for your cooperation in helping make these opportunities remain successful.

Masks for FUMC members

First United Methodist Church invites all members to wear one of the new FUMC masks. These black masks are inscribed with the United Methodist logo and the words of John Wesley, "Do No Harm". The masks are available at no cost through the MLH Hospitality Desk. This is another opportunity to stay safe and to symbolize your solidarity with others from FUMC. Over 55 members of FUMC reside at MLH.



New Programming: Channel 1960

Abstract: Graphic Design

At 7 p.m. Tuesday, Aug. 18, graphic designer Paula Scher paints with words, developing the visual language of iconic brands and institutions of the world.

Special Music: *Never Fades Away*

Tune in at 6:45 p.m. Friday, Aug. 21, to enjoy another special music performance by Donna Alexander's talented family. Adrian Aguilar, Donna's grandson-in-law, performs *Never Fades Away*. This is another song recorded for the Beautiful City Project as a fundraiser for a local Chicago organization.

Adrian is also a professional actor and played the role of ROCKY on Broadway. Re-runs of this performance will be scheduled following the premiere. Check the Meadowlark Entertainment Listings for dates and times.

UPDATE continued, from page 1

person opportunities utilizing the new Event Center space. Stay up to date with these developments by reading the Meadowlark Messenger and tuning into Channel 1960 News.

As students return to Manhattan, we could see an increase in positive COVID-19 cases. The hope is that hospitalizations remain low through the next few weeks, similar to when the football players returned earlier in the summer. At Meadowlark, we continue to operate solid systems and effective procedures to control the risk of the novel coronavirus.

Additionally, the team at Meadowlark are following the developments with the return to the K-12 school system. With varying teaching methods, including remote learning, parents employed at Meadowlark will face an additional challenge. The team is gaging the level of effect through an employee survey. We will look at options for supporting these employees.



Cooking with Lisa!

Peach Cobbler Mug Cake

INGREDIENTS

- 1 Tbsp butter

- 3 Tbsp white cake mix

- 1 tsp cinnamon

- 2 ½ Tbsp milk

- 1 (4 oz) pack diced peaches, drained

DIRECTIONS

Use a microwave-safe mug and melt butter in microwave. In a small bowl, whisk together cake mix and cinnamon, then stir in milk until well blended. Pour mixture over melted butter in mug (don't stir). Pour peaches over top of cake mix. Microwave on 50% power for 3 to 4 mins. Allow to cool, then top with ice cream if desired.

Work That Brain!

Word Search: Spices

E	N	U	T	M	E	G	A	L	L	I	N	A	V
T	S	C	H	I	V	E	S	S	N	V	A	Y	P
R	E	E	U	G	N	N	P	H	N	I	M	N	A
N	P	Y	A	B	N	I	A	M	N	O	S	T	R
A	E	M	N	N	Y	T	N	V	A	L	A	H	S
I	P	O	R	O	R	E	G	A	N	O	A	Y	L
E	P	G	L	C	I	S	B	A	S	I	L	M	E
S	E	E	O	L	A	O	E	C	S	A	E	E	Y
A	R	N	Y	N	O	G	A	R	R	A	T	Y	A
E	A	R	E	A	T	L	G	M	I	N	T	C	I
O	A	N	G	G	E	E	A	A	I	E	N	I	M
T	Y	R	A	M	E	S	O	R	T	O	O	Y	E
T	E	E	S	E	A	R	M	B	N	C	O	T	E
V	I	M	I	N	O	M	A	N	N	I	C	T	R

- | | | | |
|----------|---------|----------|---------|
| ROSEMARY | PEPPER | CINNAMON | MINT |
| BASIL | NUTMEG | SAGE | BAY |
| TARRAGON | PARSLEY | THYME | VANILLA |
| | CHIVES | OREGANO | |

Solution from 8/10

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

Oxymoron Scramble Answers

1. Jumbo Shrimp
2. Silent Scream
3. Old News *misprinted, missing an "O" in 8/10
4. Minor Miracle
5. Least Favorite
6. Working Vacation



Meadowlark Entertainment Guide

Your window to the world

Tuesday, August 18

9:00 a.m.	Osher Class: Identity Theft <i>Session Two Re-run from 8/15</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Aerobics Exercise
2:00 p.m.	Steady Yourself Exercise Class
2:45 p.m.	Cooking with Lisa: <i>Peach Cobbler</i> <i>Re-run episode from 8/17</i>
3:00 p.m.	MEOW (Memory Program)
7:00 p.m.	Abstract: The Art of Design: <i>Paula Scher—Graphic Design</i>

Wednesday, August 19

9:00 a.m.	Comedy Club: Wake Up Funny
9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	Sunday Church Service <i>Re-run episode from 8/16</i>
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny

Thursday, August 20

9:00 a.m.	MEOW (Memory Program) <i>Re-run episode from 8/18</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Aerobics Exercise
2:00 p.m.	Steady Yourself Exercise Class
2:45 p.m.	Cooking with Lisa: <i>Peach Cobbler</i> <i>Re-run episode from 8/17</i>
4:30 p.m.	Happy Hour with J-Mix: <i>Bicicletta Spritz</i>

Friday, August 21

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:45 a.m.	Cooking with Lisa: <i>Peach Cobbler</i> <i>Re-run episode from 8/17</i>
12:00 p.m.	Channel 1960 News
12:30 p.m.	Update from Lonnie Baker, CEO
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
5:00 p.m.	Channel 1960 News <i>Re-run episode from Noon, 8/21</i>
5:30 p.m.	Update from Lonnie Baker, CEO <i>Re-run from 12:30 p.m., 8/21</i>
6:45 p.m.	Special Music by Adrian Aguilar: <i>Never Fades Away</i>
7:00 p.m.	The Allman Brothers Band: <i>Full Concert, 1/16/1982</i>

Walk Your Way Challenge

by Jeff Heidbreder, Fitness Service Leader
The Courtyard Walking Challenge is an ongoing, self-paced event designed to encourage physical activity. Each participant can track the number of courtyard laps that they complete and prizes will be awarded for reaching certain milestones.

Whether you are new to the challenge, or have already started, walk the perimeter of the courtyard and then record your laps in the Courtyard Walking Challenge binder in the Game Room. Blank forms can be found in the front of the binder, write your name on your lap sheet and place it in the appropriate alphabetized section.

For participants who have already completed laps, you can pick up right where you left off. We are currently walking to four destinations: Wamego, Abilene, Lindsborg, and Wichita. Fifteen laps is equivalent to one mile.