



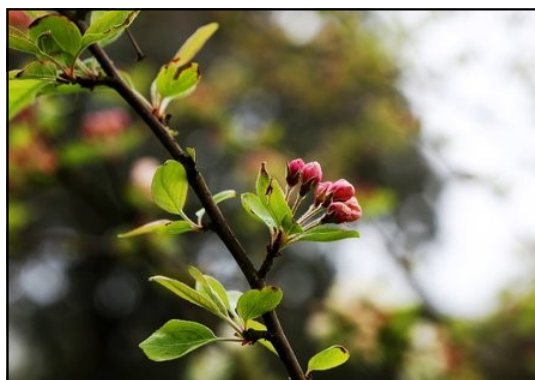
Outdoor Encounters

submitted by Nathan Bolls

Time for a little Wonder. In March, we'll have weather wonder—if at all tuned into the history of this frustrating month. Like which days will deliver the meteorological madness we've all seen occur during this month? Like how many times will our hopes for spring be dashed for a few days before a wild March again becomes sensible? Like just how many times will something in the back yard be blown over or away, or hats off, or hair blown every which way? At least some people around MLH still have to worry about that last one.

And we begin to sense another sort of wonder: that of a biological wakening yet again. We are amazed at the frenzy of green growth, most of which will beautify our world in some way and some of which also will produce foods for a wide variety of animals. We admire the busyness of animals as they go about the business of courtship and mating, bringing forth, feeding, raising and educating yet another generation of their species.

We hear and see marvelous things, with many of them supremely beautiful. The trees and shrubs grow greener each day. Dozens of different sorts of blossom buds begin to appear, with many being quite small. Try finding the flowers of the cottonwood tree; cottonwoods are



classed as flowering plants. Pick out a particular easy-to-reach wild leaf bud and a particular flower bud and watch as they develop and unfold; a beautiful process!

You'll see at least bluebirds, orioles, robins, doves, rabbits, squirrels, and, perhaps, deer flitting about. Watch as these familiar animals come to your back yard or feeder, as they poke around and gather food, but also watch what directions they come from and go to. You'll notice that, just as for us, they by-and-large have a pattern to their activity—they, as do we, go around in their own little circles! And imagine the dozens upon dozens of nests on campus (all well-hidden—by parental design) that contain growing infants, ready to pass from helpless newborn to cute and cuddly to all grown up and majestic!

And, of course, you'll see some actions that are practical, for that species, but cruel by our uneven standards (remember slaughter houses), e.g., robins pulling worms from the ground to feed their chicks back home; blue jays pecking open and eating the clutch of eggs in some bird nest; the turtles and great blue herons that fish in Bayer Pond; or the female cowbird laying its eggs in the nest of another species, with the result being that her young will be raised by the mother of that other species. From my cottage, I sometimes hear the hunting calls

Correction from Messenger on Feb. 27

There was a misprint in the Messenger edition on Feb. 27, in the cover page article "Congratulations David!" David Fiser was a 1957 Manhattan High School graduate and a 1962 K-State graduate.

Health Services Update

According to the CDC, the risk of getting Coronavirus (COVID-19) in the U.S. is low and has similar recommendations to stay healthy, such as with any other virus.

Meadowlark Physicians Office and our staff are staying aware, knowledgeable, and prepared as related to the Coronavirus (COVID-19). We will be following the CDC guidelines for monitoring of any of potential symptoms and will follow their recommendations for isolation. We will be tracking any potential illness that's reported to us as we do with the influenza. If anyone has symptoms they are concerned about they should reach out to their physicians for further instructions.

During this time remembering to use good hand hygiene is imperative, hands should be washed with soap for 20 seconds. If that is not available, use an alcohol-based hand sanitizer that is greater than 60%. If possible when coughing or sneezing, do so into a disposable napkin that can be discarded, only cough/sneeze into your elbow if disposable tissue is unavailable. Stay home if you are sick and encourage others to do the same.

The virus is spread in large droplets by coughing and sneezing. This means that the air will not infect you, But surfaces where these droplets have landed are infections for about a week on average. The only way for the virus to infect you is through your nose or mouth via your hands or an infected cough or sneeze onto/into your nose or mouth.

Rescheduled Event

The Avenues of Altruism: The History of Manhattan, Kansas documentary will not be shown on Friday, March 13. A showing of the film will be rescheduled soon.

2020 Census

It is time to start the process for the 2020 United States Census. Every American must be counted and certain demographic information collected. In mid-March, Independent Living residents will

begin receiving information from the Census Bureau via mail. This is explain how to submit your information online, by phone, or by mail.

For healthcare and assisted living residents, the Census Bureau will contact Meadowlark and the documentation will be submitted on behalf of the residents.

There are some important things to remember to protect your information. The Census Bureau will not send emails asking for information. The Census Bureau will only call you if you have completed your census and they have follow-up survey questions. You will not need to provide your Social Security number, bank account or credit card information. They will not visit your home if you have already completed the form online, over the phone, or by mail.

Census Day is observed nationwide on April 1. By this date, every home in America should have received their invitation to participate in the 2020 Census. Your response should include all persons living in your household as of April 1, 2020. Through the month of April, census takers will begin visiting college students and residential care facilities. If necessary, census takers will visit homes of those who have not yet responded to ensure an accurate count.

As the process continues, updated information and answers to questions will be in future Messenger editions. You can also visit 2020census.gov for more information.

Vespers Service

Sunday, March 8, at 7 p.m.

The Vespers service will be at 7 p.m. Sunday, March 8, in the Community Room. This week's service will be led by Rev. Dennis Ackerman from College Ave. Methodist Church. All are welcome.

ARTful Making

Monday, March 9, at 11 a.m.

Education Specialists from the Marianna Kistler Beach Museum of Art will be leading ARTful Making at 11 a.m. Monday, March 9, in the KSU Classroom. This session is open to ALL with the desire to spend time each month having fun!

Engaging in a creative activity offers a multitude of health benefits and most importantly, gives you a chance to express your imagination. All supplies are provided free of charge and no prior art experience is required. This activity is hosted by Meadowlark Memory Program.

Coffee Corner

Tuesday, March 10, at 3 p.m.

Join us for a weekly social hour at 3 p.m. Tuesday, March 10, in the Community Room. The featured dessert from Verna Belle's Café will be Cinnamon Roll Coffee Cake. All are welcome!

Alzheimer's Assoc. Webinar

Wednesday, March 11,, at 1 p.m.

Meadowlark Memory Program is hosting a webinar series from the Alzheimer's Association at 1 p.m. Wednesday, March 11, in the KSU Classroom. The topic for this live video presentation is "Engaging People with Alzheimer's in Activities."

Artist Profile Series

Wednesday, March 11, at 6:30 p.m.

Join Kathrine Schlageck from the Marianna Kistler Beach Museum of Art for a artist profile presentation at 6:30 p.m. Wednesday, March 11, in the KSU Classroom. The presentation will be on Georgia O'Keeffe, an artist known for her bold paintings of enlarged flowers and New Mexico landscapes.

Meadowlark Ladies Luncheon

Thursday, March 12, at noon

March is here! Come one and all to enjoy a Japanese lunch and try chopsticks. Nao Ohno and Jeanne Lundin are your hostess for the Meadowlark Ladies Luncheon at noon Thursday, March 12, in the new Event Center Conference Room. If you would like to join, please sign up in the Blue Book at the Hospitality Desk.

Card Making with Michelle

Thursday, March 12, at 1:30 p.m.

Join Michelle Lehmer, Housekeeping and Laundry staff member, at 1:30 p.m. Thursday, March 12, in the Flint Hills Room to create hand-made, decorated cards. Supplies are provided. All are welcome.

Music by Kansan Celts

Friday, March 13, at 7 p.m.

St. Patrick's Day is coming soon and we have special guests to help us celebrate! Enjoy an evening of lively folk tunes, peaceful melodies, and rollicking ballads performed by the Kansan

Celts at 7 p.m. Friday, March 13, in the Community Room. Twelve siblings and their parents make up this unique band (OK-some of them are still in training.) Mostly Irish with a smattering of other flavors mixed in, it's obvious the Wilson Family loves playing and singing together. All are invited!

Birthday Party for Helen Janes

Saturday, March 14, at 2 p.m.

You are invited to help celebrate a special birthday for Helen Janes! Come by the Community Room from 2 to 4 p.m. Saturday, March 14, to wish her a happy birthday!

Spring LEAP! Class

It's never too early to start making changes that may prevent or delay the on-set of Alzheimer's and/or Dementia. Lifestyle Empowerment for Alzheimer's Prevention (LEAP!) is a program customized specifically for Meadowlark by the University of Kansas Alzheimer's Disease Center (KU ADC).

Registration for the 2020 Spring LEAP! classes are now open. Topics we will cover in Foundations of LEAP! include: physical activity, exercise, social/cognitive engagement, nutrition, sleep, and stress management.

Sessions will meet for six weeks starting Monday, March 30, from 6 to 7:30 p.m. at Meadowlark. Cost for classes and a book is \$75 per person. Cost for two people sharing a book is \$100. For more information or to get registered, please contact Michelle Haub, Special Programs Leader, at (785) 323-3899.

Spanish Practice with Sara

by Jana Armfield, Volunteer Engagement Specialist

Sara Haggard, a K-State student and a new Meadowlark volunteer, is double majoring in Spanish and Pre-Dentistry. To be more fluent and inclusive in the work place, she would love to practice speaking Spanish with residents who are native speakers, or who simply are just wanting to brush up on the language during weekly visits.

She is available to meet on Tuesday mornings or Friday afternoons until May for about an hour at a time. Please contact Jana, Volunteer Engagement Specialist, at (785) 323-3890, if you are interested in meeting with Sara and helping her with this special opportunity!

Town Meeting Notes

Notes from Town Meeting led by Monte Spiller, Resident Services Leader, on March 2.

Welcome & Introduction Monte Spiller welcomed meeting attendees and introduced new resident, Leon Coup.

Campus Update Lonnie Baker announced that starting this week, the restaurant and kitchen project is transitioning from Phase One to Phase Two. Lunch and dinner service will be in the new space. There will still be some finishing touches and updates added. At the end of May, there will be a complete shut down for a couple of days to prepare for Phase Three. A grand opening will take place this summer.

Last week, there was a design meeting for the Monarch Independent Living structure and the Wellness Center. Staff were able to view 3D and virtual reality renderings to check planning and design details. The Monarch's building will include underbuilding parking to accommodate for those residents. Currently, the Monarch has 58 potential buyers (made of individuals and couples). The goal is to break ground on both the Monarch and Wellness Center in late October or early November.

Details are still being finalized with K-State for the expansion of the West parking lot to be completed at the end of the summer.

Support Services Update Jayme Minton reminded us that this week there will be a lot of adjustments for the restaurant and kitchen team as we transition into the new space. Jayme introduced Brittany Hernandez, Verna Belle's new Café Leader. Brittany has worked at Meadowlark for five years total, starting in the Café and most recently in Health Information Management/Medical Records.

Meadowlark held their annual employee party and recognition event Friday, Feb. 28. Awards were given to employees who have worked five, 10, and 15 years. And a special 40 year anniversary award to Vivian Dane! Vivian currently works at Bramlage House, but has served in many areas at Meadowlark.

Foundation Update Becky Fitzgerald announced the Wellness Center campaign steering

committee, *Stronger Together*. Co-chairs are Lee Borck & Jackie Hartman Borck and Wayne & Cindy Sloan. Honorary chair is Phil Howe.

Members include Dr. Segen Chase, Dirk Daveline, Sandra Emley, Dr. Matt Floersch, Nelson Galle, Vern Henricks, Neil Horton, C. Clyde Jones, Kevin Lull, Dave Nelson, Mary Jo Nelson, Jim Reed, and Mary Vanier.

Becky would like to remind those that wish to contribute to any memorials, campaigns, programs to write checks to "Meadowlark Foundation". To indicate a specific designation, please put it on the memo line, write a note with the check, or you can personally visit with Becky.

Fitness Services Update It is almost time for the Olympiad Challenge! Jeff Heidbreder announced that the upcoming Olympiad that will start on April 6. The Olympiad is a six-week wellness challenge designed to encourage physical activity, promote healthy living and you may win prizes for participating. Teams will be made up of three participants, which can consist of residents, employees, Passport members or a combination. You can create a team name that is health or fitness related. Registration is from March 23 to April 3. The Courtyard walking challenge is still going on. Don't forget to track your laps in the binder in the Game Room to earn prizes for different distances reached!

Special Programs Update Michelle Haub shared information about an upcoming event, Memory Matters Meeting from 5:30 to 8 p.m. Thursday, March 19, at the Manhattan Public Library. The event will include a presentation by Dr. Townley, Associate Director at the University of Kansas Alzheimer's Disease Center. Heather Sloan, APRN from Meadowlark Medical Professionals will also speak and the evening will conclude with a panel. Meadowlark transportation will be provided. There is also an art display of pieces that were created in the ARTful Making class. It can be viewed in the Manhattan Public Library's Atrium starting on March 10 through March 29.

Meadowlark and UFM are partnering together for another session of "Caring for Your Loved One with Dementia." The class begins Monday, April 6. It is a five-week class offered online and optional two-day live training sessions Monday, May 4, and

Tuesday, May 5. The cost is \$50 per student and attendance for the live training sessions is an additional \$25. Enroll online at noncreditksu.catalog.instructure.com. For more information, call Sarah Duggan at (785) 323-3878.

Announcements & Events Monte gave us some helpful reminders about scam phone calls and emails. Do not give out any personal or bank information, or passwords. Especially during tax season, there is an increase of these scam calls. If the IRS needs to contact you, it will be by mail. If you have any questions about something you have received, contact Monte.

IL Resident Council Minutes *February 3, 2020*
Members present: Pat Vogt, Nyle Larson, Elaine Manges, Charlotte Kelly, Leo Lake, Jan Vanderbilt, Larry Parsons, Steve Owens, Nancy Kopp, and Carolyn Pulford.

Staff present: Lonnie Baker and Monte Spiller

Updates Lonnie Baker spoke about the 2020 Winter Ball event and council members expressed that it was another successful event. He also explained he is very excited to add more space that will help address space issues when we do have events such as Winter Ball, with the addition of the event center.

The Kitchen Renovation and Dining Expansion Project is still on schedule, which means around the end of this month we should have access to the new event space and pub.

Lonnie asked members to remind residents that when dining at Prairie Star Restaurant, a table is only available if there are settings placed. If there hasn't been a place set at a particular table, we ask that residents talk to a staff member before they seat themselves at the unset table. Jayme continues to help in Verna Belle's Café and a new Café Leader has been hired and she will start Monday, Feb. 17.

There is still a nursing shortage in the Manhattan and surrounding area, but Meadowlark is doing well right now with filling nursing positions. We have attracted a few more RNs, specifically to Bramlage House, which has been our greatest need.

We currently have 54 priority members signed up for the Monarch. Architects will be back on campus Tuesday and Wednesday of this week and

will be leading a Visual Listening Exercise, which will show some of the concept ideas to individuals on the priority list. We are slated to break ground in November.

Approval of January Minutes Motion to approve minutes was passed.

Additional Discussion Topics

Jan Vanderbilt shared that during their neighborhood lunch, a couple of people asked about carbon monoxide detectors in the cottages. There was also a request to refresh and update the bulletin board that is posted in the hallway that leads outside towards the smoke shack.

Lastly, there was inquiry about the Tuttle Creek entrance and the hope that it would be "spruced up" once the Monarch construction begins.

Larry Parsons wanted to express that he has been really impressed with the job that BHS and the other contractors have done with maintaining a very clean project area in the current renovation.

Meeting adjourned

Time to Spring Forward!

Remember to set your clocks ahead by one hour Saturday night before you go to bed. Daylight Savings begins Sunday, March 8.



Outdoor, from Page 1

of both the barred and great horned owls and know what it this means for some vulnerable animal in the neighborhood, especially for small rodents. I also often hear, and listen with delight, to the choruses of coyotes singing to themselves, other coyotes, to the sky—or to whatever or why ever. They are marvelously adaptive animals, devoted to mate and pups, and very efficient hunters of a wide variety of prey. Life in the wild is a harsh existence.

We tend to become somewhat inured to the harshness of our own lives, and, especially, to the harshness we sometimes visit upon others of our own species. And yet, we manage to tolerate each other, work alongside each other, sometimes even love each other. Miracle enough! What a wonder!

Wonder is all around us, whether it be the wonder of each other, the mystery of a green plant, the actions of an unhurried animal, the success of the hunter or the manner of escape of the prey. And more and more people are arguing that, in addition to humans, all living organisms possess a bit of the Divine. And here I must remind us of the truism that no explanation can really catch, capture or convey the ambience of the experience for which the explanation is given. The same is true for photos and recordings of natural events. One must personally experience the ambience of both the organisms involved and the surroundings in which the event occurs.

You have to be there to truly sense the power and divinity of the joy of bluebirds bathing in that backyard bath; the raw physicality of a fox squirrel pulling its full body weight rapidly and straight up the side of a tree trunk; the gasping of a fish for its sort of breath of life while you hold it in hand to admire; the calm ease of a turkey vulture soaring on an endless breeze; or of a Grand Canyon so extensive that it swallows all sound and movement. To be there verbally face-to-face to grasp the full power of sharing with a dear relative or friend.

Experiencing these sorts of events for real almost always increases one's sense of wonder and can warm that thread of divinity within each of us. All of us need more of such enrichments. We should look for them, welcome and accept them—and be grateful.



MEMORY MATTERS

Thursday, March 19, 2020

from 5:30 to 8 p.m.

Manhattan Public Library Auditorium
629 Poyntz Ave. Manhattan, Kan. 66502

*No reservations are required to attend this free event.
You're welcome to come and go as your schedule allows.
Meadowlark transportation will be provided.*

5:30 p.m.

Welcome and Viewing of ARTful Making Art Display

6:00 p.m.

"Dementia Diagnosis Matters: Improving our Prevention, Diagnosis, and Care" presented by Dr. Ryan Townley, University of Kansas Alzheimer's Disease Center

7:00 p.m.

Local Resources presented by Heather Sloan, APRN, Meadowlark Medical Professionals.

7:30 p.m.

Closing Q&A Session

Meadowlark Memory Program:

ART EXHIBITION

Featured art will include pieces created in ARTful Making activities hosted by the Marianna Kistler Beach Museum of Art.



MARCH 10

through

MARCH 29

The exhibit will be on display in the Manhattan Public Library's Atrium during regular business hours.

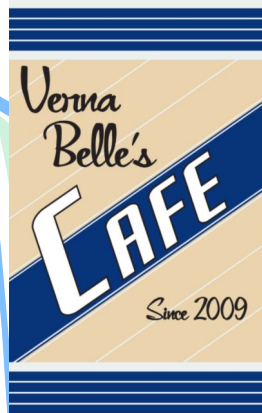


Eat Right Nutrition Tips

submitted by Lisa Schwarz, RDN LD

March is National Nutrition Month and the Academy of Nutrition and Dietetics is sharing food, nutrition, and health tips. Here are just a few tips to help you eat right.

- Make half of your plate fruits and vegetables. Fruits and veggies add color, flavor and texture plus vitamins, minerals, and dietary fiber to your plate. Make two cups of fruit and two and a half cups of vegetables your daily goal. Experiment with different types, including fresh, frozen and canned.
- Watch portion sizes and fix healthy snacks. Get out the measuring cups and see how close your portions are to the recommended serving size. Use half your plate for fruits and vegetables and the other half for grains and lean protein foods. Healthy snacks can sustain your energy levels between meals, especially when they include a combination of foods.
- Get to know food labels. Reading the Nutrition Facts panel can help you shop and eat or drink smarter.
- Drink more water. Quench your thirst with water instead of drinks with added sugars. Stay hydrated and drink plenty of water, especially if you are active, an older adult, or live or work in hot conditions.
- Explore new foods and flavors. Add more nutrition and eating pleasure by expanding your range of food choices.
- Slow down at mealtime. Instead of eating on the run, try sitting down and focusing on the food you're about to eat. Dedicating time to enjoy taste and textures of foods has positive effect on your food intake.



LUNCH & BREAKFAST SPECIALS

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

Sunday, March 8

Breakfast: Omelets with Fruit

Monday, March 9

Breakfast: Biscuits & Gravy

Lunch: Turkey Reuben & Side

turkey, sauerkraut, Swiss cheese, & Thousand Island dressing on butter-toasted rye bread ~\$6.50

Tuesday, March 10

Breakfast: Breakfast Sandwich with Fruit

Lunch: Chili with a Cinnamon Roll

ground beef, chili beans, onions mixed together in a hearty stew. Served with a warm cinnamon roll on the side ~\$6.50

Wednesday, March 11

Breakfast: Breakfast Burrito & Fruit

Lunch: Grilled Chicken Mac & Cheese Bowl

grilled chicken on creamy mac & cheese topped with your choice of toppings from the salad bar ~\$6.50

Thursday, March 12 ~closing at 2 p.m.

Breakfast: Biscuits & Gravy

Lunch: Shepard's Pie

ground beef, onions, carrots, green beans, & corn baked in a brown gravy topped with cheesy mashed potatoes ~\$6.50

Friday, March 13

Brunch: Waffle or Pancake

Lunch: Chicken Burrito Bowl

cilantro lime rice topped with chicken, black beans, & your choice of toppings from the salad bar ~\$6.50

Saturday, March 14

Breakfast: A la carte

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	March 8 ~ Lunch \$12	Dinner \$14
	Grilled Cilantro Lime Chicken Breast Rice Vegetable du Jour	Coconut Shrimp Roasted Red Potatoes Vegetable du Jour
MONDAY	March 9 ~ Lunch \$10	Dinner \$12
	Hot Turkey Sandwich Mashed Potatoes & Gravy Vegetable du Jour	Baked Ham <i>with Pineapple Sauce</i> Au Gratin Potatoes Vegetable du Jour
TUESDAY	March 10 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Braised Chicken ala Orange Wild Rice Vegetable du Jour
WED.	March 11 ~ Lunch \$10	Dinner \$11
	Fried Pork Tenderloin Sandwich Potato Salad Choice of Vegetable	Glazed Meatloaf O'Brian Potatoes Vegetable du Jour
THURS.	March 12 ~ Lunch \$7	Dinner \$12
	Soup & Salad Bar <i>(does not include drink, starter, or dessert)</i>	Fried Pork Cutlet Mashed Potatoes & Gravy Vegetable du Jour
FRIDAY	March 13 ~ Lunch \$10	Dinner \$14
	Homemade Chicken Tenders Coleslaw French Fries	Seared Scallops <i>with Lobster Sauce</i> Rice Pilaf Vegetable du Jour
SAT.	March 14 ~ Lunch \$10	Dinner \$15
	Bratwurst Pasta Salad Choice of Vegetable	Roasted Duck Breast <i>with Blackberry Coulis</i> Wild Rice Vegetable du Jour

**DRINK
SPECIAL**

Classic Whiskey Coke
Jack Daniel's Whiskey & Cola
\$3.75

Grosh Cinema Movies

Sunday, March 8, to Saturday, March 14, 2020

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

Sunday, March 8 — The Two Popes (2019) *Resident Request

Behind Vatican walls, the conservative Pope Benedict XVI and the liberal future Pope Francis must find common ground to forge a new path for the Catholic Church.

Co-Starring: Anthony Hopkins, Jonathan Pryce, & Juan Minujin

Rated PG-13; 2 hr. 5 min. ~Comedy/Drama

Monday, March 9 — Big FAT Liar (2002)

After a young boy's school essay erroneously finds its way into the hands of a Hollywood producer who turns the idea into a hit film, the boy travels to Los Angeles to claim his credit.

Co-Starring: Frankie Muniz, Amanda Bynes, & Paul Giamatti

Rated: PG; 1 hr. 28 min. ~Adventure/Comedy

Tuesday, March 10 — The Gang's All Here (1943) *Resident Request

A soldier falls for a chorus girl and then experiences trouble when he is posted to the Pacific.

Featuring Benny Goodman and his orchestra.

Co-Starring: Alice Faye, Carmen Miranda, & Phil Baker

Rated Approved; 1 hr. 43 min. ~Musical/Romance

Wednesday, March 11 — Miss Virginia (2019)

A struggling inner-city mother sacrifices everything to give her son a good education. Unwilling to allow her son to stay in a dangerous school, she launches a movement that could save his future- and that of thousands like him.

Co-Starring: Amirah Vann, Matthew Modine, & Aunjanue Ellis

Rated PG-13; 1 hr. 42 min. ~Drama

Thursday, March 12 — Mary Poppins Returns (2018)

A few decades after her original visit, Mary Poppins, 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. ~Comedy/Fantasy

Friday, March 13 — Alone in Berlin (2016)

After a Nazi German working class couple loses their son in World War II, they decide to retaliate by secretly leafletting handwritten cards in Berlin denouncing their government.

Co-Starring: Emma Thompson, Mikael Persbrandt, & Daniel Bruhl

Rated R for violence; 1 hr. 43 min. ~Historical Drama

Saturday, March 14 — Promised Land (2012)

A Salesman for a natural gas company experiences life-changing events after arriving in a small town, where his corporation wants to tap into the available resources.

Co-Starring: Matt Damon, Frances McDormand, & John Krasinski

Rated R for language; 1 hr. 46 min. ~Drama

Weekly Opportunities Calendar *March 8 to March 14*

Sunday • March 8

- 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 Rev. Dennis Ackerman, CR
-

Monday • March 9

- 9:30 a.m. ~ Seated Strength, CR
 - 10:20 a.m. ~ Weights 101, CR
 - 11:00 a.m. ~ Sit & Be Fit, CR
 - 11:00 a.m. ~ ARTful Making, KSU CL
 - 11:30 a.m. ~ Meadowlark Valley Luncheon, MR
 - 12:00 p.m. ~ 1st Pres. Men's Luncheon, WCR
 - 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
 - 3:45 p.m. ~ Meadowlark Singers Practice, CR
 - 7:00 p.m. ~ Community Bingo, CR
-

Tuesday • March 10 *Trash & recycling pick-up*

- 10:30 a.m. ~ Steady Yourself, CR
 - 11:15 a.m. ~ Chair Yoga, CR
 - 12:00 p.m. ~ Seven Dolors Book Discussion, MR
 - 3:00 p.m. ~ Coffee Corner, CR
 - 7:00 p.m. ~ Dominoes, GR
-

Wednesday • March 11

- 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, FHR
- 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
- 1:00 p.m. ~ Alzheimer's Assoc. Webinar, KSU CL
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:00 p.m. ~ Rock Steady Boxing, CR
- 3:00 p.m. ~ Ice Cream Social, VB
- 5:30 p.m. ~ Eastside Supper, MR
- 6:30 p.m. ~ Artist Profile with the Beach, KSU CL

Thursday • March 12

- 8:30 a.m. ~ Messenger Team, WCR
 - 10:00 a.m. ~ Meadowlark Bible Study, FHR
 - 12:00 p.m. ~ Meadowlark Ladies Luncheon, Event Center Conference Room
 - 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
 - 1:30 p.m. ~ Card Making with Michelle, FHR
 - 4:00 p.m. ~ Great Decisions, FHR
-

Friday • March 13

- 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. ~ Music by Kansan Celts, CR
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Saturday • March 14

- 9:30 a.m. ~ Painting for Fun, MCR
 - 2:00 p.m. ~ Birthday Party for Helen Janes, CR
-

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*