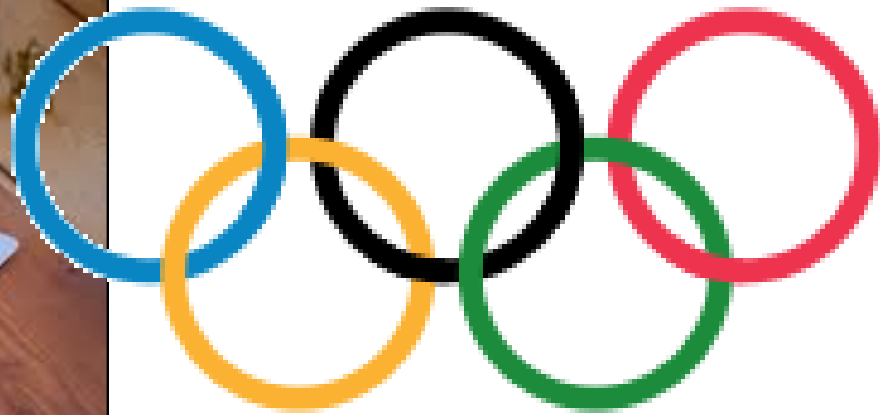


Meadowlark's Virtual Wellness Challenge



by Jeff Heidbreder, Fitness Services Leader

The Meadowlark Virtual Wellness Olympiad will be a two-week individual challenge with goal of keeping people active and healthy. The Olympiad will run from Monday, May 4, to Sunday, May 17, with 20 activities to complete. Feel free to participate in any number of activities, but the intent is to complete all of them.

To support local businesses, participants who complete all 20 activities will receive a gift card from a Manhattan business.

The daily activities will consist of fitness, nutrition, and mindfulness activities, as well as an art and trivia contest. The art and trivia contests will also provide participants a chance at winning a prize.

All Olympiad activities will be facilitated through

Channel 1960 (Touchtown) or through the Meadowlark Messenger. The activity schedule is listed on page 11 of this Meadowlark Messenger, which will also serve as your scorecard. During the Olympiad, check off each activity that you complete, and we ask all participants to be honest about your accomplishments.

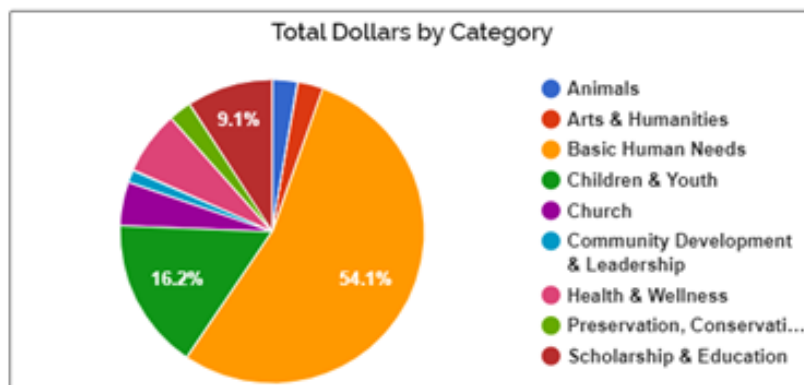
Scorecards will be turned in to the Hospitality Desk at the end of the Olympiad. Please contact the Hospitality Desk at (785) 323-3847 if you need a Meadowlark staff member to pick up your sheet. Also, call the Hospitality Desk if you need more than one scorecard for your household and we can get you an additional copy. Keep moving and have fun!

Pull Cord Usage

During this time of social distancing and self isolation avoid using the pull cord system. Should you feel you are ill, please contact your primary care physician via phone for further instructions.

If you have an urgent need such as a fall or believe you need immediate medical attention, please pull the cord. The nurse will first call you to conduct an over the phone COVID-19 screening. If there is no answer, they will screen upon arrival. If you have a medical emergency, don't hesitate to call 911.

See page 2 for a full report on Grow Green Match Day 2020!



Grow Green Match Day

Best ever totals for Meadowlark & other area nonprofits!
by Becky Fitzgerald, Development Director

Wow! The financial boost to 65 community not-for-profit organizations from last week's Grow Green Match Day is expected to top \$1.2 million. According to a message on Tuesday at growgreenmanhattan.com, the matching dollars still are being tabulated.

"We want to extend a huge thank you to everyone in the Manhattan community who participated in this year's Grow Green Match Day," said Vern Henricks, president and CEO of Greater Manhattan Community Foundation, which sponsored the 8th annual event. "With your help, we were able to raise over \$1.2 million for the amazing organizations working to support our community through this tough time."

GMCF shared the following numbers:

Total Dollars Donated: \$907,307.52

Total Number of Gifts: 4758

Number of Donors: 1655

Meadowlark Foundation was one of 15 organizations receiving \$20,000 or more, and so are eligible for the maximum match amount of \$10,000. Manhattan business man and philanthropist Phil Howe again is providing matching funds, with his gift this year expected to be \$317,000.

Recognizing the impact COVID-19 is having on nonprofits, GMCF is allowing organizations to receive all donations for their immediate use, with the matching money going into the nonprofits' endowed funds at the community foundation. The reverse was true in previous years. GMCF produced the accompanying graph, showing the categories of organizations and the support they generated. On the donation form, 22 organizations or funds were listed under Basic Human Needs & Healthcare, including Meadowlark.

Prior to the event, Meadowlark Foundation announced donations would benefit its virus response efforts, including the purchase of personal protective equipment for employees, technology to boost security, and cleaning supplies. Our worthy cause attracted 86 donors who gave \$20,800. These numbers topped our previous highs of 59 donors and gifts totaling \$19,140. Add the matching funds, and Meadowlark Foundation's total this year is \$30,800!

Page 2

A new fund this year, COVID-19 Recovery Fund, attracted the most donors and most donations, with 307 gifts totaling \$78,285. This fund will support non-profit organizations and public entities that have a defined role in short-term and long-term recovery efforts by providing critical services such as emergency food distribution, shelter and long-term housing, emotional and spiritual care, economic and rental assistance, education, healthcare, etc., to survivors of the disaster. This fund received an additional 50% match from GMCF, so every gift will be matched at 100%.

Because of the state stay-at-home order, 2020's event was advertised as a Virtual Match Day. Online giving occurred on Earth Day, April 22. Checks were accepted prior to and after the event as long as they were dated April 22 and were postmarked no later than April 22. Donors have received or will receive gift receipts from GMCF.

Thank you to everyone who helped make our green grow significantly! Your generosity is contributing to our short-term and future success.

Good Enough

by Monte Spiller, Poet

How many times have you sat alone, thinking?
What's my purpose? Am I destined for greatness?
Am I part of the solution or part of the problem?
Is it too late, do I have what it takes, can I be great?
Did I make mom and dad proud; do I stand out in the crowd?
And if I do stand out, internally there's always doubt.
When I look in the mirror, I ask myself, am I good enough?
As a kid no one told me, life could be so tough

You see, everyone at some point faces self-doubt
And for some of us, it takes a lifetime to figure out
You can't compare yourself, to people on TV
They are a small percentage and not like you and me
The truth of the matter is, we all play a significant role
from Teachers, to Nurses, and business CEOs.
look in the mirror and like what you see
think of your cup half full, rather than half empty
You ARE important in your daily role
Let the people you embrace, bless your soul.

No more wishing,
 I had this or that
 Today I am grateful
 For my daily impact
 The man at the store who was having a bad day
 The kid on the team who rarely gets to play,
 The teacher at the school, who feels overworked
 The trashman on the truck who clothes are full of dirt.

I may not be famous
 I may not be rich
 I love who I am
 And places I won't switch
 I proudly embrace
 The things that makes me strange
 and I encourage others to never change

we all have qualities that makes us unique
 just shine through your actions and be slow to speak.
 Now don't get me wrong, life can be rough
 But no matter what happens
 Remember,
 You are good enough!

Been watching my kid play outside from the sunroom and he's been standing outside the door saying "BACON" for like ten minutes and I keep saying "WE DONT HAVE ANY" but I just realized he's been saying "back in"

May Birthdays

Healthcare

5/2 Joyce Welshans
 5/3 Barbara Engelhardt
 5/4 Dorcile Moon
 5/5 Patricia Tippin
 5/8 Nina Todd
 5/15 John Farrell
 5/16 Sam Farmer
 5/16 Amanda Arasmith
 5/18 Nila Parks
 5/22 Ramona Woodhouse
 5/22 Eleanor Collier
 5/22 Mary Smith
5/22 Larry Fronce
 5/22 Lillian Rothfuss
 5/26 Marjorie McKee
5/26 Raymond Anderson
 5/28 Joan Sondergard
 5/30 Marvin Revell
 5/31 Gwendolyn Francis

Assisted Living

5/1 Marianne King
5/5 Shirley Williams
 5/8 Martha Kellstrom
 5/20 Deanna Fuller
 5/21 Frances Chaffin
 5/30 Simon Malo

Independent Living

5/2 Janice Goudy
 5/10 Carol Kellett

5/11 Betty Black

5/14 Nao Ohno
 5/14 Sharon Smith
 5/15 Mary Griffith
 5/16 Nathan Bolls
 5/19 Frances Holcombe
5/20 Ellen Hoover
 5/22 Martha Bloom
 5/22 Elaine Manges
 5/29 Nancy Kopp
 5/30 Pat Hook

Employees

5/1 Katie Lower
 5/2 Taylor McAerney
 5/2 Braden McCune-Streit
 5/2 Jennifer Mitchell
 5/2 Jayna Schwartz
 5/3 Vanessa Leach
 5/5 Alyssa Lamb
 5/5 Robert Minnich
 5/7 Karsyn Buzard
 5/7 Nick Haverkamp
 5/7 Sophia Hillard
 5/7 Michelle Lehmer
 5/9 Katie Gray
 5/9 Whitley Munns
 5/9 Jessica Nixon
 5/10 Colyn Heimerman
 5/10 Heidi Stone
 5/10 Tim Zachary
 5/11 Breanna Raulston

5/12 Bonnie Gilligan
 5/12 Katrina Leisner
 5/12 Jason Woods
 5/13 Ashely Stong
 5/14 Tanner Boggs
 5/15 LaTisha Garvin
 5/17 Carol Madsen
 5/17 Anna Schlesinger
 5/17 Michelle Schlesinger
 5/18 Hannah Jones
 5/19 Linda Graham
 5/19 Caitlynn Lundberg
 5/20 Alexis Romero
 5/21 Kady Diarra Bachabi Mama
 5/21 Marsha Miller
 5/21 Giana Santana
 5/22 Aric Sapp
 5/23 Hope Bryant
 5/23 Jake Martin
 5/23 Brad Olson
 5/23 Kaeleen Waltman
 5/24 Taryn Lonker
 5/25 Jacob Boggs
 5/25 Jeff Heidbreder
 5/25 Alison Johannes
 5/26 Amy Bise
 5/26 Meoldy Rowland
 5/26 LLasmin Soto Moore
 5/26 Billie Zamorano
 5/29 Peter Ridder



Bold is a milestone birthday of 80, 90, 100 or 100+



Meadowlark Entertainment Guide

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

Friday, May 1

9:00 a.m.	Cooking with Lisa: <i>Omelet in a Mug</i>
9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:05 a.m.	Finding Atlantis: <i>Documentary</i> <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>

Saturday, May 2

8:45 a.m.	Cooking with Lisa: <i>Omelet in a Mug, Re-run from 5/1</i>
9:00 a.m.	Comedy Club: <i>Wake Up Funny</i> <i>Re-run episode from 4/29</i>
9:30 a.m.	Band Bust Exercise Class
10:05 a.m.	Poetry Moment, <i>Re-run episode from 4/27</i>
10:10 a.m.	Virtual Tour: Inside Louvre Museum, Paris, France, Part 2
1:00 p.m.	Painting Tutorial for Beginners: <i>Easy Waterfall Landscape</i> <i>Re-run from 4/30</i>
2:00 p.m.	Band Bust Exercise Class

Saturday, May 2

3:00 p.m.	Comedy Club: <i>Afternoon Funny</i> <i>Re-run episode from 4/29</i>
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Sunday, May 3

8:30 a.m.	Painting Tutorial for Beginners: <i>Easy Waterfall Landscape</i> <i>Re-run from 4/30</i>
9:00 a.m.	Cooking with Lisa: <i>Omelet in a Mug, Re-run from 5/1</i>
10:28 a.m.	Poetry Moment: <i>Re-run episode from 4/27</i>
10:30 a.m.	Sunday Church Service with Chaplain Patty Brown Barnett
1:58 p.m.	Poetry Moment: <i>Re-run episode from 4/27</i>
2:00 p.m.	Sunday Church Service with Chaplain Patty Brown Barnett <i>Re-run episode from 10:30, 5/3</i>
3:00 p.m.	Virtual Tour for Relaxation: <i>Sibiu, Romania—Walking Tour</i>

Monday, May 4

8:55 a.m.	Cooking with Lisa: <i>No Bake Energy Balls</i>
9:00 a.m.	Town Meeting with <i>Lonnie Baker</i>
9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Tuesday, May 5

10:30 a.m.	Steady Yourself Exercise Class
11:30 p.m.	Chair Yoga

Cover Yourself



New Programming: Channel 1960

Acoustic Music 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, independently organized by a local community. Watch this program, originally aired in 2017, at 7 p.m. Friday, May 1, on Channel 1960.

Virtual Tour: Inside Louvre Museum

Paris, France, Part Two

Tune into Part Two of *Inside Louvre Museum* at 10:10 a.m. Saturday, May 2, on Channel 1960.

The Louvre is not only one of the best art museums in the world, it's also one of the biggest. There are 35,000 objects on display out of a collection of 380,000. This walking tour features part two of the Louvre Museum. Enjoy a wonderful display of Egyptian antiquities and its sarcophagus and statues. This exhibit will be followed by a room view from the time of Louis XIV—XVI, which includes the Napoleon Apartments.

Relaxation: Walking Tour in Transylvania

Come on this virtual walking tour in Transylvania and spend the day in Sibiu Romania. A visit to this spectacular city is a must do! The tour will show what you can see in a day, including taking in many of the most important sites like The Grand Square and the Bridge of Lies. This walking tour also features relaxing natural city sounds. Tune into this 30-minute virtual experience at 3 p.m. Sunday, May 3, on Channel 1960.

Special Edition Happy Hour with J-Mix

Let's celebrate Cinco de Mayo with J-Mix, Amateur Mixologist, at 4:30 p.m. Tuesday, May 5. She will lead us in making magnificently delicious Margaritas!



Tuesday, May 5

1:00 p.m.	Change & Loss Group with Bridget Larkin, LMSW & Kathleen Spearman, LMSW
2:00 p.m.	Steady Yourself Exercise Class
3:00 p.m.	MEOW (Memory Education)
4:30 p.m.	SPECIAL EDITION: Happy Hour with J-Mix, Margaritas

Wednesday, May 6

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.	Church Service with Chaplain Patty Brown-Barnett Re-run episode from 5/3
2:00 p.m.	Weights 101 Exercise Class
3:00 p.m.	Comedy Club: Afternoon Funny
3:15 p.m.	Cooking with Lisa: No Bake Energy Balls Re-run episode from 5/4

Work That Brain!

Across

1. Mud brick
6. Copycat
10. Plant's beginning
14. Evil spirit
15. Actor's desire
16. Concern
17. Alter
18. Quiz
19. Utilizes
20. Da Vinci's "____ Lisa"
21. "Grapes of Wrath" author
23. Butter unit
26. Uses the oven
27. Largest desert
30. Passed effortlessly
32. Philanthropic
34. Castro's land
38. Major artery
39. Mexican waterway
40. Fragment
41. Category
42. Between 40 and 60 (hyph.)
44. Flank
45. Burstyn and DeGeneres
46. Decree
50. Under the weather
51. Sweats
55. Snacks
59. Woe is me!
60. A la ____
61. Start
62. Green fruit
63. Between continents
64. Spry
65. EMT's word
66. Fasting season
67. Kingdom

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
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41						42				43				
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46	47	48	49						50					
51						52	53	54			55	56	57	58
59						60					61			
62						63					64			
65						66					67			

Down

- | | | |
|------------------------|-----------------------------|-------------------------|
| 1. Eve's partner | 24. Met solo | 43. Flower wreath |
| 2. Floor model | 25. Make lace | 44. Drink slowly |
| 3. Warning sign | 27. Begone! | 46. Iridescent gems |
| 4. Napoleon ____ | 28. Nautical call | 47. Kindled again |
| 5. Terminate | 29. Angelic instrument | 48. Serious play |
| 6. Liberal ____ | 30. Reside | 49. Resource |
| 7. Rhyme creator | 31. Oaf | 52. Fragrant flower |
| 8. Different | 33. Dry | 53. Adam's abode |
| 9. Person on a pension | 34. Test of one's abilities | 54. Bench |
| 10. ____ diver | 35. Desire | 56. Vietnam's continent |
| 11. Soothes | 36. Existed | 57. Tattle |
| 12. Build | 37. Tacks on | 58. Rose stalk |
| 13. Writing tables | 40. Auction off | 61. Rowing implement |
| 22. Head movement | 42. Least possible | |

Compare and contrast! Spend a few moments looking carefully at these two paintings.
What do you see that is the same and/or different between them?



Mosaic of Old Facades, 1953, J. Richard Sorby, pyroxylin on panel, KSU Marianna Kistler Beach Museum of Art, Fourth Biennial Exhibition of Regional Art (1956) Purchase Award, acquired with funds provided by K-State Department of Housing (Women's Residence Halls)



Houses in Malaga, Spain, Sue Jean Covacevich, 1955, oil on canvas KSU, Marianna Kistler Beach Museum of Art, gift of Teresa Covacevich Grana

Notes from the Readers

Regarding the 4/23/2020 Messenger

submitted by Pam Oehme

I thoroughly enjoy it and have only finished reading through page 6! I had to stop reading, and write my thoughts before getting busy with other things.

Yes, enough good things cannot be said for people making masks, pages 1 and 2. Thank you, again, for all you do to keep us safe and protected. I loved the picture of the colorful masks. The fabric choices make serious medical equipment seem whimsical.

Then, there's the TV programming on Meadowlark's Channel 1960, pages 3 and 10. It is impressive with its variety of information and entertainment. There are too many favorite moments for me to mention all of them, but... If you pressed me, I would have to say that I really enjoy the videos with employees in them. For example, Sarah Duggan comments on Meadowlark News, Chris Nelson tells jokes during the Comedy Club, and, Monte Spiller recites poetry he writes. Many other employees contribute all kinds of talent!

Next, are pictures and descriptions of Meadowlark's "Wellness Warriors", pages 2-5. They are Michelle Haub, Becky Fitzgerald, Kathleen Spearman, and Bridget Larkin. How fun to see them in their homes with family, including pets! I am especially impressed with their employment longevity, the scope and variety of their service, and how happy they appear.

And, on page 6 (the farthest I've read, today) is an article that "called forth" a lifetime of outdoor and nature-oriented experiences and, it validated feelings I've had with most every outdoor/nature encounter. My outdoor and nature experiences are good stories... They would be as spiritual as Nathan Bole's articles but less scientific. I will think about that.

In summary, the "Meadowlark Messenger" brings us information about Meadowlark, Self Care suggestions, a variety of entertainment and more.

Thank you for providing the *Meadowlark Messenger*, a Meadowlark benefit.

The View from My Deck

submitted by Kay Shanks

What I see from my deck is Spring coming to life.

Right now for the first time I am aware of the lilacs budding. I'll have to go for a walk in a day or so, so I can smell them.

I see thick beautiful green grass and although the mulch Mark has so skillfully placed around all the trees isn't a plant, it certainly enhances their beauty. Thanks, Mark!

When I look to the left and down I see a crabapple tree draped in wonderful mauve pink blooms. Across the drive to the north is another crabapple that tried to bud out too early and the frost got the blooms. Now it is leafing out to bear the band and its round shape is a blessing to behold.

I've so enjoyed the early tulips and daffodils, but they are gone now.

And the big tree across Meadowlark Road that now blocks my view of the front door to my friend Pam Oehme's duplex has now lost its cover of white blossoms and has completely leafed out so it gracefully waves in the wind.

The flocks just below my deck are spread out like a carpet of purple.

I await their iris blooms to come.

Aren't I lucky to be a resident of Meadowlark?

On Expert Cook

submitted by Helen Roser

I was a war bride (WWII). I learned to cook while my husband was flying 38 missions. The war was over, and he was coming home.

While he was gone, I learned to cook the important things: pies and cakes. I could make a terrific lemon meringue pie, crust and all. Also I mastered chocolate cake, with frosting in swirls.

Meat didn't interest me. You either threw it in the oven, or in a pan of grease and fried it until it looked done.

For his first dinner, cooked by me, I headed to the grocery meat counter and said: "I want the biggest chicken you've got, cut up." The butcher looked at me kinda funny, then shrugged and said: "Okay."

I took the package home and dumped the pieces in a skillet of grease and fried it until it looked

done. I served fried chicken, baked potatoes, and salad. It looked nice.

My husband had trouble chewing the chicken. Finally, he gave up, with apologies.

A friend visited and saw the chicken. She checked with the butcher. I had asked for the biggest chicken he had, so he sold me a rooster.

She told everyone and they had a big laugh. I have never understood why. Isn't a rooster a chicken?

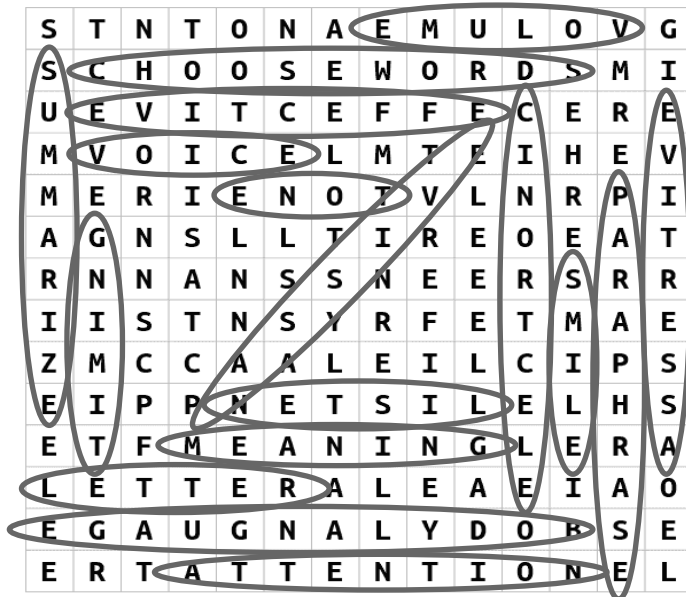
Masked Mystery

Who am I?
Take a guess
at which
Meadowlark
employee is
behind the
mask. The
answer will
be revealed
May 4!



Puzzle solution from 4/23.

Communication



Day 6 of Quarantine: C-Section went smooth. The Cuties are in great shape and mother is recovering



Who You Gonna Call?

- Finance Department (785) 323-3819
- Food & Grocery Delivery (785) 323-3820
- Hospitality Desk (785) 323-3847
- Housekeeping Request (785) 323-3847
- IT Help Request (785) 323-3847
- Maintenance Request (785) 323-3847
- Meadowlark Home Health (785) 537-9497

If you are sick, please contact your doctor via phone for further instruction. After contacting your doctor, please call Jayme Minton at (785) 313-0454 to update the Meadowlark team on your status.

PRAIRIE STAR RESTAURANT

Restaurant Hours
 Breakfast is available from 7 to 10 a.m.
 Monday to Saturday, 10:30 a.m. to 7 p.m.
 Sunday, 10:30 a.m. to 7 p.m.

CALL (785) 323-3820 FOR MEAL & GROCERY ORDERS.

Delivery fee has been waived. All specials include beverage, starter and dessert.
 Lunch specials without a starter or dessert can be requested and will cost \$7 each.
 Refreshments will not be offered in the Game Room. Coffee by the cup will be available for delivery.
 Alcohol also will be available for delivery if purchased by the bottle.

SUNDAY	May 3 ~ Lunch \$10	Dinner \$11
	Chicken & Noodles Mashed Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	May 4 ~ Lunch \$9	Dinner \$12
	Tater Tot Casserole Choice of Vegetable	Beef & Italian Sausage Lasagna Garlic Toast Vegetable du Jour
TUESDAY	May 5 ~ Lunch \$10	Dinner \$12
	Beef & Bean Burrito Black Beans Spanish Rice	Carnitas Tacos Cilantro Lime Rice Mexican Corn Salad
WED.	May 6 ~ Lunch \$10	Dinner \$12
	Fried Chicken Sandwich Sweet Potato Fries Choice of Vegetable	Herb-Crusted Pork Tenderloin <i>with Red Wine Vinaigrette</i> Risotto Vegetable du Jour
THURS.	May 7 ~ Lunch \$10	Dinner \$12
	Sweet & Sour Pork Rice Choice of Vegetable	Balsamic Braised Chicken Quarters Wild Rice Vegetable du Jour
FRIDAY	May 8 ~ Lunch \$10	Dinner \$14
	Catfish Po' Boy French Fries Coleslaw	Shrimp & Crab Fettucine Alfredo Garlic Toast Vegetable du Jour
SAT.	May 9 ~ Lunch \$10	Dinner \$13
	Chicken & Mushroom Merlot <i>over Noodles</i> Choice of Vegetable	Braised Beef Brisket <i>with Wild Mushroom Sauce</i> Loaded Mashed Potatoes Vegetable du Jour

Meadowlark Virtual Wellness Olympiad Scorecard



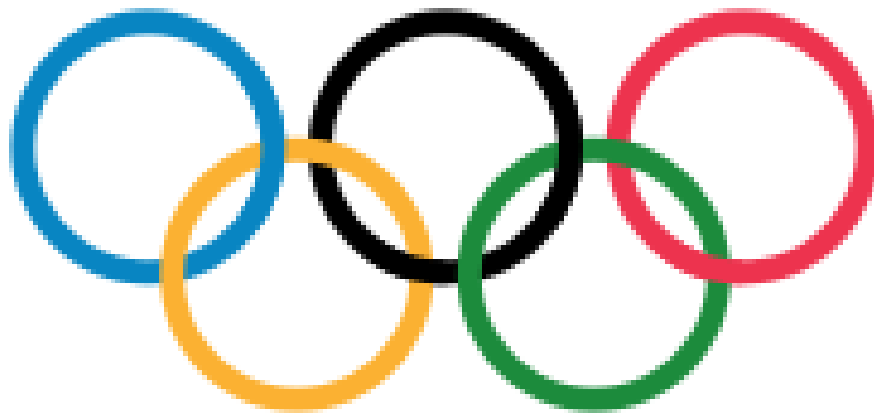
Name: _____

Place a ✓ or an X once completed. Return you completed form to the Hospitality Desk after May 17.

DATE	ACTIVITY	COMPLETED	
Monday, 5/4	Complete any exercise video on Channel 1960		
Tuesday, 5/5	1. Take a walk (inside or outside) <i>and ...</i> 2. Mindfulness Activity (@ 12:30 p.m. – Channel 1960)	1	2
Wednesday, 5/6	Nutrition Activity (@ 3:30 p.m. – Channel 1960)		
Thursday, 5/7	1. Complete the Steady Yourself Exercise Class (Channel 1960 @ 10:30 a.m. or 2 p.m. <i>and ...</i> 2. Take a Walk (inside or outside)	1	2
Friday, 5/8	Mindfulness Activity (@ 3:30 p.m. – Channel 1960)		
Saturday, 5/9	Complete the Band Bust Exercise Class on Channel 1960		
Sunday, 5/10	1. Nutrition Activity (@ 1:00 p.m. – Channel 1960) <i>and ...</i> 2. Take a Sunday Stroll (inside or outside)	1	2
Monday, 5/11	Trivia Challenge (@3:30 p.m.—Channel 1960)		
Tuesday, 5/12	1. Complete the Chair Yoga (@ 11:30 a.m.—Channel 1960) <i>and ...</i> 2. Mindfulness Activity (@ 3:30 p.m. – CH 1960)	1	2
Wednesday, 5/13	Take a Wednesday Walk (inside or outside)		
Thursday, 5/14	1. Art Challenge <i>and ...</i> 2. Mindfulness Activity (@ 3:00 p.m. - CH 1960)	1	2
Friday, 5/15	Complete any exercise video on Channel 1960		
Saturday, 5/16	1. Complete the Band Bust Exercise (@ 9:30 a.m. or 2:00 p.m.—Channel 1960) <i>and ...</i> 2. Nutrition Activity (12:00 p.m. – CH 1960)	1	2
Sunday, 5/17	Take a Sunday Stroll (inside or outside)		

Cut here

Meadowlark's Virtual Wellness Challenge



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Keep moving and have fun!