

First World War: Letters Coming Home

by Michele Riter, Community Relations Assistant

After a regular morning exercise class, a surprise was organized to present a special gift to Warren and Nancy Prawl, Meadowlark residents. A few guests arrived and as they stood at the front of the room, Warren recognized them, but still did not know their reason for visiting.

About a year ago, Warren approached the Kansas State University Military Affairs Innovation Center for help with a bundle of letters and documents. These letters were from a young man's journey, 102 years ago, during World War I. It included about 40 original items from Warren's uncle, John D. Prawl, that were sent to family at the time of the war. Kept by the Prawl family, the letters made their way to Warren. He had them organized by chronological order and categorized, allowing pieces of a story to unfold from beginning to end.

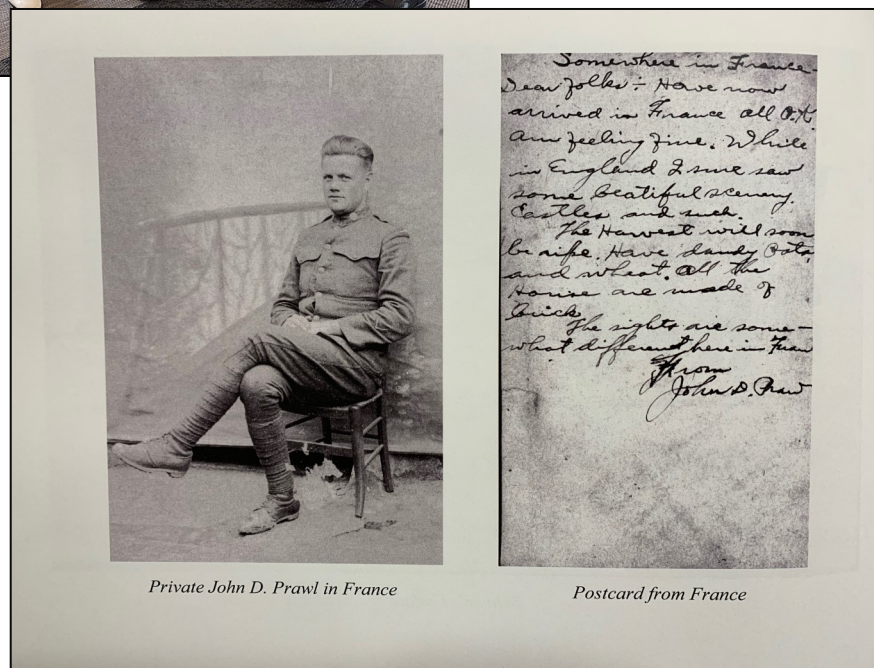
Members of the Military Affairs Center's team, Retired Lieutenant Colonel Dr. Art DeGroat; Antonio Pipkin, retired US Army Soldier; and Jed Dunham, Consultant and Researcher, instantly knew they must do something with these items, but were not sure what that would be, at the beginning.

All were highly intrigued and recognized the value of the information—details that could fill the gaps of other records. The simple, but profound, moments in the daily life of a private in WWI. "We were honored that Mr. [Warren] Prawl



took a family treasure and entrusted it to our office," Dr. Art DeGroat stated. The first step the Military Affairs Center wanted to take was to preserve the letters. Antonio Pipkin worked to scan each letter, envelope, postcards, and other items in the bundle to create digital files. Now, research libraries can have access to the files for further research and writing.

After noticing some spots of poor legibility in Private Prawl's handwriting, Jed Dunham took many months



Portrait photo of John D. Prawl and postcard from France

[top photo, from left to right] Jed Dunham, Nancy and Warren Prawl, and Dr. Art DeGroat

See LETTERS, page 2

LETTERS, from page 1

to transcribe and type each piece. Many jargon phrases and time/place-specific references were used that needed to be researched. This process, and his strong interest in the letters, led him and his team to realize there was more they could do.

"You could really get a sense that this was real living history written on this 102-year-old paper. There is a huge story here." - Dunham.

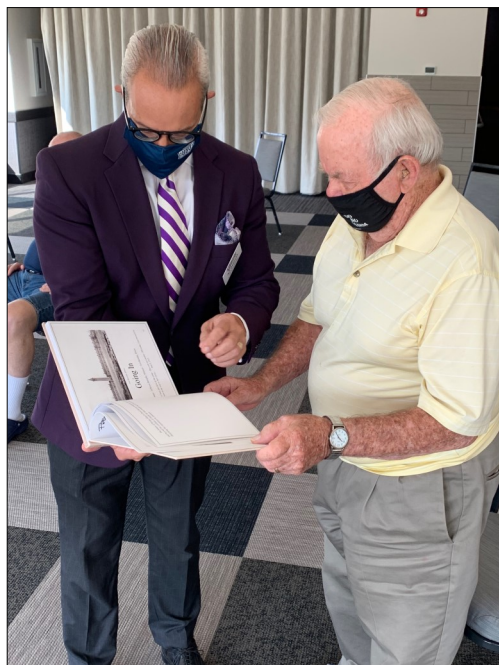
Again, remember—the continuation of the Military Affairs Center's work was a surprise to Warren. The visitors, Dunham, Dr. DeGroat, and his fiancé, Terry Duke, came to share the latest development of Private Prawl's letters.

Warren & Nancy were given two hard-cover, color printed books titled *I'll Be Home Tomorrow, Mama: The World War Letters of Private John D. Prawl*. After continuing to research more about Private Prawl's unit and their movement throughout the war, DeGroat, Pipkin, and Dunham self-published this biographical book.

The book contains 167 pages full of war-time photos, images and transcriptions of the letters, while adding in information about Private Prawl, his unit, and the war's efforts. By filling the gaps of the letters, they created a story—a true story of a young man's journey for people to reflect on.

Private Prawl began his journey in 1918, going from his home of Topeka, Kan. to Jefferson Barracks in Missouri. Next, to Fort Sheridan, Illinois. Then on to Camp Merrit in New Jersey. His letters at this time depicted a time of waiting,

unsure of when he would be assigned to a convoy. Shortly after arriving to Camp Merrit, which typically served more as a pit stop rather than a long-term stay, Private Prawl left for England and made his way



to France. He was in the 78th Division, a national army division made up of both draftees and enlistees. Once discharged after the war had ended, Private Prawl returned to Kansas in late spring of 1919.

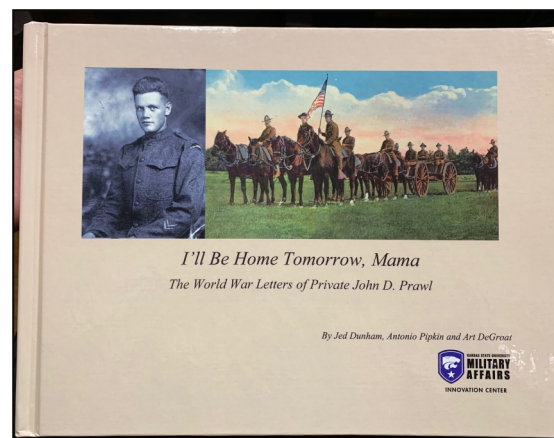
A common theme in his letters became his hesitation to reveal the true dangers, even during his time at the hospital during the Influenza Pandemic. His remarks were simple and usually written in a positive tone. One letter, dated July 29, 1918 said, "...don't worry about me. I am all O.K. and will be home soon..."

A legacy that may have easily been forgotten and lost in time, like so many other soldiers', has been preserved. This book not only shares the story of Private John D. Prawl, but represents the experiences of all who fought bravely for our country in the World War.

"Today we are left with an enormous gap in our nation's history, the American experience during the First World War. What did those young men and women endure? ... There exists simply a time before and a time after, what happened within often remains a mystery. ... It is these letters which today have become a treasure for they illustrate the experience of the common soldier ... which provides the meaning and endurance of war." - Jed Dunham, from the "Introduction" to *I'll Be Home Tomorrow, Mama: The World War Letters of Private John D. Prawl*.

Thank you to Warren and his family for recognizing the importance of these letters and sharing them for others to learn from and witness the sacrifices of the United States' military.

Editor's Note: We will acquire a copy for Meadowlark's library as soon as we are able.



[above] Front cover of the original copy published by the Kansas State University Military Affairs Innovation Center

Art Appreciation ~ 3rd annual event boosts Memory Program

by Becky Fitzgerald, Development Director

"You won!" These two words appeared on phone screens around Manhattan this past Saturday when bidding closed at a virtual event benefiting Meadowlark Memory Program. Twenty pieces of art, jewelry, fine wine, and hand-crafted items found new homes during Art Mingle: Online Bid & Give. This 3rd annual online auction attracted nearly 60 participants from six states and generated about \$17,600 for the Memory Program. This total includes net auction revenue, sponsorships, donations, and gift-in-kind contributions.

Here's a look at the event by the numbers:

- Registered participants: 57
- Featured artists: 2
- Donated or provided items: 20
- Fund-a-Need items: 2 (MP3 Players and Art Kits for use by Memory Program participants)
- Winning bidders: 11
- Fund-a-Need participants: 6
- Fund-a-Need purchases: \$2990
- Auction item revenue: \$5580
- General donations: \$680
- Sponsorships: \$8000
- Gift-in-kind contributions: \$3974
- Gift-in-kind contributors: 17

Thank you to those represented in the numbers above who ensured the success of this event!

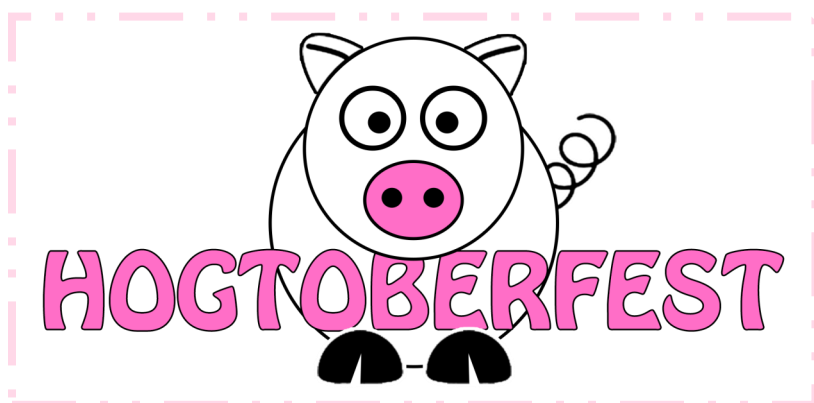


Penny Alonso, Mortgage Loan Specialist at KS State Bank, is the proud high bidder for four Art Mingle items. She is holding "Winter Tallgrass," a photo by James Nedresky. Penny bought three of the fine art pieces to give as gifts and appreciates being able to support the Memory Program with her bids.



LEADER OF THE PACK

Congratulations to Meadowlark's October Leader of the Pack, Chelsea Jacobson, Honstead House Coordinator! Chelsea is extremely positive and willing to do anything that is needed. She has been motivated to jump right in to help in the household. Thank you, Chelsea, for all of your hard work and everything you do for Meadowlark!



It's HOGtoberfest season! Cox Bros. BBQ again is our host for this 7th annual event planned from 11 a.m. to 9 p.m. Thursday, Oct. 29. A portion of the proceeds from the sales will benefit Meadowlark Good Samaritan Fund, so plan now to enjoy lunch or dinner from Cox Bros. later this month.

There will be a pork and chicken slider buffet at lunch time, and hog roast buffet beginning at 5 p.m. In keeping with virus precautions, the event will offer recorded music rather than a live band. Dave Lewis of Dave Lewis Entertainment will keep the atmosphere lively with polka and other styles of music fitting for a fall Oktoberfest-style party.

There are a few ways you can get into the HOGtoberfest spirit prior to the big day. Following the 2020 trend of change and adaptation during COVID-19, there have been a few updates to longtime features of the event.

1. Purchase **Cash & More Raffle** tickets. For \$5 a ticket, buyers will have the opportunity to win the following prizes (sponsored by Manhattan Appliance & Sleep Source, GTB Custom Meats in Riley, Kan., and HCI Hospitality):

1st prize: \$2000 cash
 2nd prize: Traeger "Ranger" Portable Pellet Grill, valued at \$430
 3rd prize: 40-Pound Pork Bundle, valued at \$160
 4th prize: \$50 gift cards to Cox Bros. BBQ, Coco Bolos, and Powercat Grill,
 Tickets are available now at the Hospitality Desk or by contacting a

Meadowlark board member. Tickets will be available for purchase online. Help us reach our goal of selling 1500 tickets!

2. Reserve a custom **HOGtoberfest face mask**. Meritrust Credit

Union, a longtime sponsor of the event, has ordered the must-have accessory of the season. These re-usable, three-layer, antimicrobial masks feature a filter pocket and a hidden nose clip to form a comfortable fit to the face. There is a limited supply. Cost per mask: \$5.

3. A small number of **HOGtoberfest T-shirts** are available in either a short- or long-sleeve option. Reserve a short-sleeve shirt for \$15, and a long-sleeve for \$18.

To purchase either a mask or T-shirt, visit or call the Hospitality Desk at (785) 323-3847.

All proceeds support the Good Samaritan Fund, which assists residents in a Meadowlark healthcare household who have outlived their financial resources.



Ambassador's Annual Clothing Drive

It's time for the Ambassador's Annual Clothing Drive! On Thursday, Oct. 15, from 10:30 a.m. to 2:30 p.m., Meadowlark Ambassadors will be on hand to help sort and package clothing and greet donors in the Community Room.

Donations this year will be going to The Budget Shop which is a community run thrift store in Manhattan operated entirely by volunteers. Profits from the shop are given to charities around Manhattan, including the Flint Hills Community Clinic and Shepard's Crossing.

IL Residents who live in the Community Center

are encouraged to drop off clothing donations in the Community Room on the day of the event. Cottage/Duplex residents are asked to call the Hospitality Desk at least one day prior to the event to arrange for an employee to pick up their item(s). Donations will be collected outside a cottage/duplex resident's door the day of the event (weather permitting).

Items must be clean and in either new or gently-used condition. For questions, please call Jana at (785) 323-3847.

Virtual Programming

Virtual Programming Opportunities are available through the online platform Zoom, accessed via smartphone, tablet, or computer. If you are unfamiliar with Zoom, let us know and we can provide a quick tutorial.

Monday, Oct. 12

1:30 p.m.	Parkinson's Voice Class URL: us02web.zoom.us/j/82844488642 Meeting ID: 828 4448 8642
2:00 p.m.	Change & Loss Support Group Email Kathleen at kspearman@meadowlark.org for the log-in information.

Wednesday, Oct. 14

10:00 a.m.	Memory Care Partner Support Group Contact Bridget Larkin, LMSW for the log-in information by calling (785) 323-3837.
1 p.m.	ARTFul Memories URL: https://ksu.zoom.us/j/92215181862 Meeting ID: 922 1518 1862

Fitness Equipment

Cardiovascular fitness equipment is available to use in the Community Room. Exercise sessions will be 30 minutes, with only two people allowed into the Community Room per session.

Sign up for a session time by calling the Hospitality Desk at (785) 323-3847. Before entering the Community Room for your session, check in with the Hospitality staff. Sessions are available from 7 a.m. to 7 p.m. daily, **however, the equipment cannot be reserved on Wednesdays between 9 a.m. and 12 p.m.** Times will be limited to 30 minutes per session, with a 15 minute gap between sessions to sanitize equipment.

Use the disinfectant spray and rags to wipe down equipment after use. Following campus protocol, participants must wear a mask while in the Community Room.

Equipment cannot be reserved on Thursday, Oct. 15, from 10 a.m. to 3:15 p.m.



BINGO Theme Nights!

If you thought BINGO couldn't get any more exciting, think again! Once a month, we will be having BINGO theme nights! During the second Monday of each month, special themes will be planned. Game play will resume as normal, with the added excitement of decorations, music, and prizes to fit the theme!

The first BINGO theme night starts at 7 p.m. Monday, Oct. 12, in the Event Center. The theme will be *Hawaiian Luau*, so feel free to break out your bright colors and tropical shirts and dress for the occasion! Residents should sign up in advance and only 20 spots are available. Sign-ups will open for the October theme night on Tuesday, Oct. 6.

Player buy-in is \$1 for the use of two playing cards. Monthly themes will be announced in the Messenger. For questions, please call Jana at (785) 323-3847. Aloha!

September Gifts to Meadowlark Foundation

Gifts to Meadowlark Foundation during the month of September were given in memory/honor of the following persons to benefit the Good Samaritan Fund, Parkinson's Program and Memory Program.

Memory of

Mike Babcock	Helen Janes
Bob Clore	Penny Socolofsky
Lynda Ewert	Donna Vanier
Reed Hoffman	John Vogt

Ernie Welti

Honor of

Don Rickley

If you have questions regarding Meadowlark Foundation, please contact Becky Fitzgerald, at (785) 323-3843.

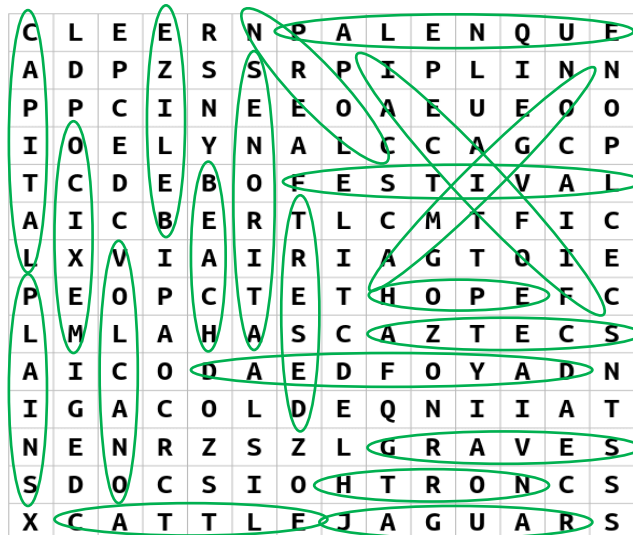


Card Shower for Brook

Help celebrate Brook Marcotte, Dining and Event Services Leader, with a card shower! Brook is expecting Mini Marcotte No. 2 this month!

If you would like to have a card delivered to her and her family, please bring one to the Hospitality Desk by Monday, Oct. 19. No gifts please.

Mexico Word search solution from 10/1



Special Programs on Campus

The Special Programs team began phasing back into in-person programming this week! Michelle Haub, Special Programs Leader, and Bridget Larkin, Social Services Leader, will now be offering a couple of face-to-face opportunities. Each program will meet in Prairie Star Restaurant's Even Center. No prior sign up is required, but space is limited.

Parkinson's Exercise will meet Tuesdays and Fridays at 1 p.m. A weekly Memory Activities Class will be offered at 2 p.m. on Tuesdays. Memory Café will meet at 1 p.m. every other Wednesday.

ARTful Memories will meet in the Event Center Wednesday, Oct. 14, at 1 p.m. Join Kim Richards from the Beach Museum of Art as she leads the group in Visual Thinking Strategies.

Additionally, Michelle will be featured in the Staff Spotlight Thursday, Oct. 15, at 1 p.m.

Voice Class and Memory Care Partners Support Group will remain virtual at this time. Please see page 5 of this Messenger for dates, times, and log-in information. If you have questions regarding Meadowlark Parkinson's Program and/or Meadowlark Memory Program, please contact Michelle at (785) 323-3899.

Courtyard Maintenance

The Courtyard will be power washed Friday, Oct. 9, and Monday, Oct. 12. Following the cleaning, the painter will work in the Courtyard to apply stain on Thursday, Oct. 15, and Friday, Oct. 16. Residents and staff should remain out of the Courtyard on these days. The scheduled maintenance is weather dependent.

2021 Part D Open Enrollment

submitted by Rita Harsch, Financial Counselor

As in years past, Meadowlark has hosted Part D Open Enrollment, but this year is different for sure. Here is some information that I hope helps each of you to make a decision on your Part D plans for the year 2021.

Each year, you have from Oct. 15 to Dec. 7 to review your current Part D plan to see if this current plan will meet your prescription needs in 2021. Please review any information you may have received in the mail letting you know what your new monthly premium will be in 2021.

If you need assistance with reviewing your drug plan for 2021, please contact the following:

- ~ North Central Area Agency on Aging (Manhattan), 785-776-9294
- ~ Riley County Extension Office (Manhattan), 785-537-6350.

Work That Brain!

Autumn Fun

N	R	P	U	O	S	I	R	A	K	E	S	O	Q
R	E	F	S	Q	U	A	S	H	E	A	E	T	G
U	H	A	Y	R	I	D	E	S	N	S	A	R	O
H	E	W	L	R	F	O	O	T	B	A	L	L	U
L	H	A	L	L	O	W	E	E	N	L	I	V	R
E	T	S	E	V	R	A	H	R	Y	U	A	S	D
A	E	E	C	N	S	L	E	R	R	I	U	Q	S
V	C	R	K	S	N	R	O	C	A	A	E	E	E
E	I	K	S	A	I	B	O	N	F	I	R	E	S
S	D	T	H	A	N	K	S	G	I	V	I	N	G
N	E	S	D	L	W	O	R	C	E	R	A	C	S
D	R	S	C	A	N	D	Y	C	O	R	N	R	U
S	T	R	I	H	S	T	A	E	W	S	W	N	N
C	P	U	M	P	K	I	N	S	K	T	P	S	S

HALLOWEEN
BONFIRES
PUMPKINS
CANDY CORN
SCARECROW
ACORNS
SQUASH
THANKSGIVING
LEAVES
SWEATSHIRTS
FOOTBALL
SOUP
CIDER
HARVEST
SQUIRRELS
HAY RIDES
GOURDS
RAKE

Football Word Scramble

- GURAD _____
- ULHDED _____
- CREENT _____
- ILETMHAF _____
- UNPT _____
- NALICBEKRE _____
- AUACRETQBKR _____
- WODN _____
- ECORS _____
- IVDER _____

Sudoku solution from 10/1

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

ACROSS

- 1. Top of the head
- 6. Hood
- 10. Astringent
- 14. Female demon
- 15. Region
- 16. Solitary
- 17. Birdlike
- 18. Mend
- 19. Brass instrument
- 20. In deplorable condition
- 22. Iridescent gem
- 23. Demure
- 24. Type of beer
- 26. 7 member group
- 30. Ancient Greek unit of length
- 32. Hello or goodbye
- 33. Runabouts
- 37. Anger
- 38. Intimidate
- 39. Transport in a vehicle
- 40. Mineral
- 42. Left-hand page
- 43. Alleviated
- 44. Type of shorebird
- 45. Monster
- 47. Petroleum
- 48. Young cow

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21					22			
				23					24	25				
26	27	28	29				30	31						
32						33						34	35	36
37						38					39			
40					41						42			
				43						44				
	45	46						47						
48						49	50	51				52	53	54
56						57					58			
59						60					61			
62						63					64			

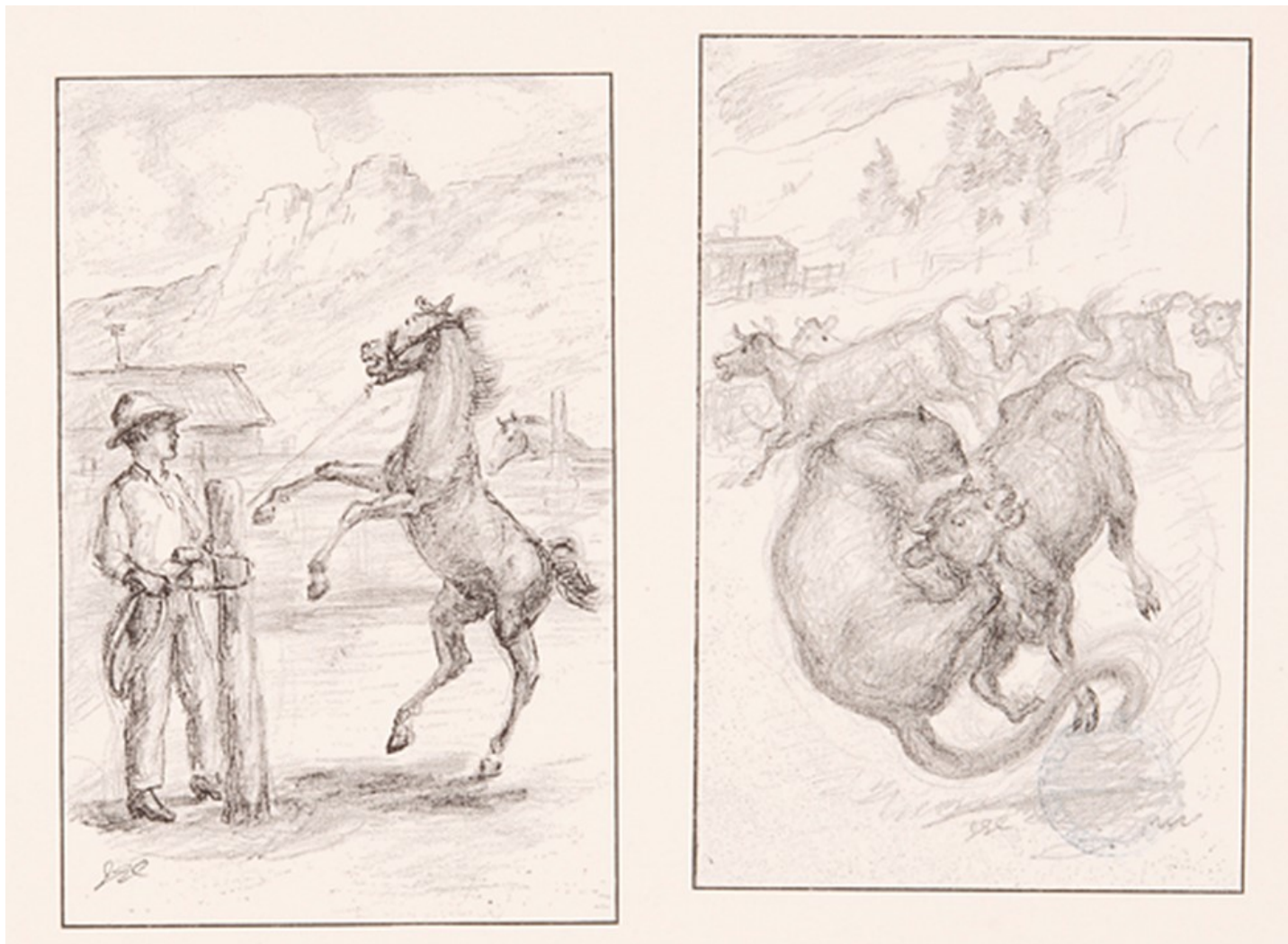
- 49. Designed to be filled with air
- 56. Death notice
- 57. Weight to be borne
- 58. To untwist
- 59. Was a passenger
- 60. Prospector's find
- 61. Way to go
- 62. One who accomplishes
- 63. Black, in poetry
- 64. Dog-__

DOWN

- 1. Thick piece
 - 2. Grotto
 - 3. Twixt
 - 4. Teller of untruths
 - 5. Goddess of healing
 - 6. Cheerful (Scottish)
 - 7. By mouth
 - 8. Used to be
 - 9. Woman who rents out homes
 - 10. Fully
 - 11. Jeweler's glass
 - 12. Anagram of "Urban"
 - 13. Lunch or dinner
- 21. Snagged
 - 25. Commercials
 - 26. Indian dress
 - 27. Dash
 - 28. Jump up and down
 - 29. From that time on
 - 30. Not fluid
 - 31. After-bath powder
 - 33. Graphic symbol
 - 34. Nobleman
 - 35. Ploy
 - 36. Not fast
 - 38. Famous French prison
- 41. Petrol
 - 42. Raptor
 - 44. Spy agency
 - 45. Hindu for "Mister"
 - 46. Leave out
 - 47. Bygone
 - 48. Unit of cut wood
 - 50. Newbie (slang)
 - 51. Portuguese folksong
 - 52. Dwarf buffalo
 - 53. Make unclear
 - 54. Tardy
 - 55. Gave the once-over

National Coffee Day Matching Game: Solution from 10/1: Good to the last drop—Maxwell House / It's happiness in a cup—Dunkin Donuts / The best part of waking up, is Folgers in your cup / Coffee at its Best—Nescafe / Fill it to the rim with Brim Decaffeinated Coffee / Life is Short, Stay Awake for it—Caribou Coffee Everything You Love about Coffee—Sanka Coffee

What happens next... These images are two drafts for book illustrations. Usually the story is written first and given to the artist to illustrate. However, what if you are the writer and these are the scenes you are given to write your story around. Choose one to write about or you can tell a friend. What do you think happened in the story to lead up to one of these scenes? What would you write next?



John Steuart Curry
My Friend Flicka page proofs (Ken and Colt/ Wildcat Attacks Heifer), ca. 1941
Photoengraving on paper
KSU, Marianna Kistler Beach Museum of Art, bequest of Kathleen G. Curry, 2002.640

Grosh Cinema Movies

Sunday, Oct. 11 — Saturday, Oct. 17

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

Sunday, Oct. 11— Mary Poppins Returns (2018)

Mary Poppins helps the Banks family remember the joy of being a child. Together with her friend Jack the lamplighter, fun is brought back to the streets of London in a celebration that everything is possible... even the impossible.

Co-Starring: Emily Blunt, Lin-Manuel Miranda & Ben Whishaw; Rated PG; 2 hr. 10 min.

Monday, Oct. 12— Angel Has Fallen (2019)

A Secret Service agent is framed for the attempted assassination of the president and forced to flee from his colleagues as he races to stop terrorists from seizing control of Air Force One.

Co-Starring: Gerard Butler, Morgan Freeman & Danny Huston; Rated R for violence; 2 hr.

Tuesday, Oct. 13— Addams Family Values (1993)

The members of the odd Addams family are back and up to more antics. Celebrating the arrival of a new baby boy, but the siblings aren't too happy.

Co-Starring: Anjelica Huston, Raul Julia & Christopher Lloyd; Rated PG-13; 1 hr. 34 min.

Wednesday, Oct. 14— Enola Holmes (2020)

Her mother? Vanished. Her brother, Sherlock and Mycroft? Useless. To solve this mystery, she'll go it alone.

Co-Starring: Millie Bobby Brown, Henry Cavill & Sam Claflin; Rated PG-13; 2 hr. 3 min.

Thursday, Oct. 15— The Bounty Hunter (2010)

A bounty hunter finds his latest assignment downright satisfying as he learns that the bail-jumper he must chase down is his ex-wife, Nicole -- who has no intention of getting nabbed without a fight.

Co-Starring: Jennifer Aniston, Gerard Butler & Jason Sudeikis; Rated PG-13; 1 hr. 50 min.

Friday, Oct. 16— To Catch a Thief (1955)

Suspected in a series of gem heists in the French Riviera, reformed thief John Robie sets out to catch the real culprit with the help of pampered heiress Frances Stevens. Robie's plan backfires, but

Frances, who believes him guilty, plots an escape.

Co-Starring: Cary Grant, Grace Kelly & Jessie Royce Landis; Not Rated; 1 hr. 46 min.

Saturday, Oct. 17— Zookeeper (2011)

When an unlucky-in-love zookeeper confides in animals in the zoo, the critters speak up and advise him how to win the heart of the beautiful woman who got away. But will their advice work?

Co-Starring: Kevin James, Rosario Dawson & Leslie Bibb; Rated PG; 1 hr. 42 min.

*Seating in the Cinema will be spread and masks are required for the duration of the movie.
If two people from the same household attend the movie, staff can move two chairs together.
Otherwise, chairs should not be moved. No prior sign up is required.*

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	Oct. 11 ~ Lunch \$13	Dinner \$12
	London Broil Garlic Mashed Potatoes Vegetable du Jour	Baked Ham <i>with Balsamic Cherry Sauce</i> Au Gratin Potatoes Vegetable du Jour
MONDAY	Oct. 12 ~ Lunch \$10	Dinner \$13
	Fried Chicken Sandwich Sweet Potato Fries Choice of Vegetable	Chicken Marsala Wild Rice Vegetable du Jour
TUESDAY	Oct. 13 ~ Lunch \$10	Dinner \$14
	Bacon & Egg Salad Croissant Potato Chips Coleslaw	Shrimp Fettucine Alfredo Garlic Toast Vegetable du Jour
WED.	Oct. 14 ~ Lunch \$10	Dinner \$12
	Beef Enchilada Refried Beans Rice	Fried Pork Cutlet Mashed Potatoes & Cream Gravy Vegetable du Jour
THURS.	Oct. 15 ~ Lunch \$10	Dinner \$12
	Grilled Chicken Bruschetta Open Faced Sandwich Pasta Salad Choice of Vegetable	Roast Turkey <i>with Dressing</i> Mashed Potatoes & Gravy Vegetable du Jour
FRIDAY	Oct. 16 ~ Lunch \$10	Dinner \$15
	Cheeseburger Macaroni Choice of Vegetable	Mediterranean Baked Cod <i>with Lemon & Garlic</i> Polenta Vegetable du Jour
SAT.	Oct. 17 ~ Lunch \$10	Dinner \$14
	Turkey Reuben French Fries Coleslaw	Braised Short Ribs Oven Browned Potatoes Vegetable du Jour

Weekly *Face-to Face* Opportunities Calendar Oct. 9 to Oct. 16

Friday • Oct. 9

9:30 a.m. ~ Seated Strength, PS EC
11:00 a.m. ~ Weights 101, PS EC
1:00 p.m. ~ Parkinson's Exercise, PS EC

Saturday • Oct. 10

3:00 p.m. ~ KSU Football Watch Party, PS EC & Pub

Sunday • Oct. 11

10:30 a.m. ~ Worship Service, PS EC

Monday • Oct. 12

9:30 a.m. ~ Seated Strength, PS EC
11:00 a.m. ~ Weights 101, PS EC
7:00 p.m. ~ Bingo, PS EC

Tuesday • Oct. 13

Trash & recycling pick-up

9:30 a.m. ~ Sit & Be Fit, PS EC
11:00 a.m. ~ Steady Yourself, PS EC
1:00 p.m. ~ Parkinson's Exercise, PS EC
2:00 p.m. ~ Memory Activities Class, PS EC

Wednesday • Oct. 14

9:30 a.m. ~ Seated Strength, PS EC
11:00 a.m. ~ Weights 101, PS EC
1:00 p.m. ~ ARTFul Memories, PS EC

Thursday • Oct. 15

9:30 a.m. ~ Sit & Be Fit, PS EC
11:00 a.m. ~ Steady Yourself, PS EC
1:00 p.m. ~ Staff Spotlight: Michelle Haub, PS EC
5:30 p.m. ~ Dinner Theater, PS EC

Friday • Oct. 16

9:30 a.m. ~ Seated Strength, PS EC
11:00 a.m. ~ Weights 101, PS EC
1:00 p.m. ~ Parkinson's Exercise, PS EC

Face-to-Face Opportunities are open to independent living residents in the new Prairie Star Restaurant Event Center (PS EC). When entering the main building for events, residents must be screened. Masks are required.

Update with Lonnie Baker

A new Meadowlark update with Lonnie Baker, CEO, will air on Channel 1960 at 12:30 p.m. tomorrow, Oct. 9, following the regularly scheduled News.



Meadowlark Entertainment Guide

Friday, October 9

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	Channel 1960 News
12:30 p.m.	Update with Lonnie Baker
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</i>
5:30 p.m.	Update with Lonnie Baker, <i>Re-run episode from 12:30 p.m.</i>

Saturday, Oct. 10

9:15 a.m.	Update from Lonnie Baker <i>Re-run episode from 10/9</i>
9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class
3:15 p.m.	Update from Lonnie Baker, CEO <i>Re-run episode from 10/9</i>

Sunday, Oct. 11

9:00 a.m.	Sweat It Out Aerobics
10:30 a.m.	Worship Service <i>Re-run episode from 10/7</i>
11:00 a.m.	Explained: <i>Why Women are Paid Less, Re-run from 10/6</i>
12:00 p.m.	Update from Lonnie Baker <i>Re-run episode from 10/9</i>
2:00 p.m.	Worship Service <i>Re-run episode from 10/7</i>
2:45 p.m.	Guided Meditation
3:00 p.m.	Chair Yoga—NEW!

Monday, Oct. 12

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class