

Spheres are Here!

Successful Clean Air campaign brings biotechnology to Meadowlark



by Becky Fitzgerald, Development Director
Despite Punxsutawney Phil's prediction of six more weeks of winter on Groundhog Day 2021, Meadowlark residents and employees have the hope of a healthier spring as the six-week Meadowlark Clean Air campaign comes to a successful conclusion. As of Tuesday, Feb. 2, nearly 60 friends near and far had contributed toward the purchase of Dry Hydrogen Peroxide (DHP) technology, which has been proven to safely and effectively mitigate viruses, bacteria, mold, and insects, both in the air and on surfaces.

In early December, Meadowlark residents Duane and Pat Miksch offered to help equip Meadowlark's licensed living areas and community spaces with the Synexis Biodefense System. Synexis, a Lenexa, Kan.,

company, offers three devices to create DHP, and the company's engineers determined their Sphere unit is the best option for Meadowlark. For optimal air quality, Meadowlark plans to install 132 Spheres.

The Miksches' contribution coincided with \$50,000 each in matching funds from the Butler Family Community Foundation and the Howe Family Foundation, both of which are supporting organizations of Greater Manhattan Community Foundation. The team at GMCF helped publicize the campaign, and another 56 individuals, couples, businesses and foundations answered the

See SPHERES, page 4

RE-OPENING

Independent Living at Meadowlark

Note from the Editor: Re-opening timelines and procedures for regulated areas such as assisted living and healthcare are determined in accordance with federal and state requirements. They will differ from re-opening phases in independent living. Stay up to date on pre-cautions and changes by watching Channel 1960, reading the Meadowlark Messenger, and visiting www.meadowlark.org.

It has been nearly 11 months since Meadowlark closed its doors to visitors, canceled classes and events, and suspended all in-person dining opportunities. All of our self-isolation, masking, social distancing, and hard work led us to the incredibly successful vaccine clinics administered by Walgreens Pharmacy in January. Barring any unforeseen circumstances, Starting Saturday, Feb. 6, re-opening efforts in **independent living** will begin!

□ Effective Saturday, Feb. 6, independent living residents will no longer be expected to quarantine if they leave campus. IL residents can come and go from campus as they wish.

□ Weekly wellness calls from staff members to IL residents will be discontinued.

□ Visitors to independent living will be permitted effective Monday, Feb. 8. They will be required to wear a mask on Meadowlark's campus and will not be permitted to be in common spaces, including Prairie Star Restaurant. **Visitors must go straight to the resident's home upon arriving to campus.** They will be screened at the Entry Point Station located at the Tuttle Creek Boulevard entrance.

□ Transportation limitations will be lifted Monday, Feb. 8. At that time Meadowlark Transportation can be scheduled for any independent living resident needs.

□ Effective Monday, Feb. 8, all deliveries for independent living residents will **not** be received at the Entry Point Stations and will instead be directed directly to the specific residence. This will include, but is not limited to, pharmacy, UPS, FedEx, family drop offs, groceries, and outside food orders.

□ In-person dining at Prairie Star Restaurant for lunch and dinner will be available for independent living residents beginning Monday, Feb. 8. Reservations will be required and the party size is limited to six people.

Reservations can not be placed more than 48 hours in advance. **Masks must be worn when away from your table.** At that time carry-out service will resume. Delivery service for lunch and dinner will remain available, however, the \$2 delivery charge will **remain suspended at this time.** *Breakfast will remain delivery only.*



□ Prairie Star Restaurant's Pub will be open from 4 to 7 p.m. Monday through Saturday beginning Feb. 8. **Masks are required unless seated.** Pub seating is first-come, first-serve. Overflow seating will be available in the Game Room and Event Center. Dining will not be permitted in the Pub at this time.

□ Grosh Cinema will be open for movie showings starting Monday, Feb. 8. Movies and showtimes are on page 12. If you have requests, please send them to Sarah Duggan.

□ In-person fitness classes, special program opportunities, and events will resume beginning Sunday, Feb. 7, for IL residents.

□ Channel 1960 Programming will still be available but schedule and offerings will likely adjust. The schedule will continue to be printed in the weekly Messenger.

If you have questions regarding the re-opening updates, please contact Monte Spiller, Resident Services Leader, at (785) 323-3801 or Jayme Minton, Support Services Director, at (785) 313-0454.

Super Bowl Watch Party

Good for a Chiefs ... Touchdown! Super Bowl Sunday is Sunday, Feb. 7, and all independent living residents are invited to watch the defending Super Bowl Champions, the Kansas City Chiefs take on the NFC Champion, the Tampa Bay Buccaneers in **SUPERBOWL LV!**

The game starts at 5:30 p.m. Appetizers and drinks being served in Prairie Star Restaurant's Pub and Event Center at 5 p.m. and will include popcorn, cupcakes, soda, and sparkling cider. The bar will be open for residents to purchase adult beverages, including champagne.

Please wear a mask to the party. It will be required when you are not seated or eating and drinking. Practice social distancing from others. The party is limited to 50 independent living residents. Go Chiefs!

Monday Bingo: Mardis Gras Night

BINGO is back and will start off with a bang on Monday, Feb. 8 and Mardi Gras will be the theme of the night! Loyal gamers can count on BINGO to continue on the same day and time, Mondays from 7 to 8 p.m. in Prairie Star Restaurant's Event Center. Every week, player buy-in will be \$1 for use of two playing cards. No advanced sign up is necessary.

The monthly theme night will occur on the second Monday of each month and for those BINGO nights there will be exciting decorations, music, and prizes to fit the theme!

Creating Mindful Memoirs Group

Practice telling stories from your real life with K-State Drama Therapy students. The purpose of the group is to create connections with peers through

shared storytelling experiences. In this group, we will develop oral storytelling techniques, participate in relaxation and mindfulness activities, and explore questions that add meaning and depth to our stories and lives.

The group meets Mondays and Fridays, from 10:30 to 11:30 a.m. and will conclude April 26. Attendance at every meeting is not required. This opportunity is being sponsored by Meadowlark Special Programs. **This is a virtual class that will be offered via Zoom.**

Lifetime Learning opportunities

Meadowlark and UFM Community Learning Center are partnering to offer lifetime learning classes in Spring 2021. Meadowlark will be sponsoring select UFM Lifetime Learning classes.

UFM has a wide selection of courses and Charlene Brownson is your contact for questions or enrollment assistance. UFM brochures are available at the Hospitality Desk. Meadowlark residents may participate in the four classes held at/sponsored by Meadowlark at no cost **and attend live in Prairie Star Restaurant's Event Space.** Passport members may attend via Zoom with a 20-percent discount.

Classes are now open for enrollment. Call UFM at (785) 539-8763 and let them know you want to register. If the office is not open, leave a message and staff will call you back. Class size for Meadowlark courses is limited to 50 people.

Free classes available Meadowlark residents: True Stories of Adoptions & Reunions; A Drive Through Manhattan's African American History; Commerce on the Kaw: Exploring the History of Manhattan's Main Street; and Leadership in World War II.

Happy Anniversary!

Don and Bea Rasmussen will celebrate **60 years** of marriage on Friday, Feb. 5! Residents are invited to wish the Rasmussens a very happy anniversary with a phone call, card, or e-mail message.

"Marriage in a risk; I think it's a glorious risk, as long as you embark on the adventure in the same spirit." - Cate Blanchett



SPHERES, from page 1



Butler and Howe family challenge in a big way. As of Feb. 2, another \$110,000 had been donated or pledged, allowing Meadowlark to purchase all 132 Spheres and the replacement parts required to keep them

functioning properly in 2021, as well as help pay the electrician fees.

Most of Meadowlark's Spheres will be hung on walls near the ceiling, and a team of electricians began installing outlets to accommodate the Spheres in late January. Earlier this week, several Spheres could be seen in the Community Center, in the hallways of the east and west apartment towers, and in Wroten House. It's expected that all the Spheres will be in place and producing DHP in the next week or two.

Campaign contributors were a mixture of residents, employees, Passport members, family

members of current or previous residents, and concerned citizens. The donors' addresses included three Kansas cities and five additional states.

Representatives of Greater Manhattan Community Foundation and the Butler Family foundation expressed gratitude for the enthusiasm exhibited for Meadowlark Clean Air.

"Blessings to you all for making this happen," wrote Vernon Henricks, president and CEO of GMCF. "My heart warms to be around such generous individuals. May God bless you always."

Shared Brenda Butler, a director of her family's foundation: "Such amazing news. Success! Thanks for going along with our fast moving match game. What generosity. Congrats, and thank you to all of you at Meadowlark and GMCF."

The opportunity for matching dollars has ended, but gifts to the project are always welcome and would be used to pay ongoing maintenance or installation fees. If you'd like to donate by check, please pay to GMCF, write "Meadowlark Clean Air Fund" on the memo line, and mail to GMCF, PO Box 1127, Manhattan, KS 66505. Gifts also may be made online at the Community Foundation website: <https://www.mcfks.org/donate/Meadowlark-Hills-Clean-Air-Campaign>

Please contact Becky Fitzgerald at (785) 323-3843 with any additional questions.

NEW on Channel 1960

President Biden: Full Documentary

Feb. 5 at 6 p.m.

At 6 p.m. Friday, Feb. 5, Channel 1960 will air the Frontline PBS presentation of *President Biden*, a full documentary detailing how crisis and tragedy prepared Joe Biden to become America's next president. In the film, those who know Biden best describe the searing moments that shaped the President and what those challenges reveal about how he may govern the nation confronting multiple crises.

Beauty of the Past

Feb. 6 at 10:30 a.m.

At 10:30 a.m. Saturday, Feb. 6, tune in for the final session of the Osher Course, *Beauty of the Past*.

A re-run of the final session of *Beauty of the Past* will air at 9 a.m. Tuesday, Feb. 9.

January Gifts to Meadowlark Foundation

Gifts benefiting the Good Samaritan Fund, Lyle House, Helping Hands Fund, and Meadowlark Memory Program. were received by Meadowlark Foundation during the month of January 2021.

Memory of

Betty Broderson

Marjorie McKee

Dorothy Buller*

Ila Mae Pultz

Linda Hood

Jody Sondergard

Mike Strobe

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

** Tribute gifts as part of 10th annual Dollar-a-Day campaign.*

THE WEIGHT IS OVER!



If you borrowed weights or dumbbells to stay fit during the pandemic, please return these to the Community Room by Monday, Feb. 8, so we can use them during our in-person classes!

Rules of Civility

submitted by Ron Williams

As we are coming out of the intended isolation of the COVID-19 times, I pause this Ground Hog Day morning to pass along some *Rules of Civility*. The note below is by Curt Cooper, United Methodist Chaplain at Emporia State.

Shortly after the turn of the 18th Century, a young colonist by the name of George Washington developed what became known as the 110 Rules of Civility, which were based on and borrowed from Jesuit educators.

President Washington used these principles throughout his life to guide his disciplined style of leadership. These 110 handwritten rules heightened his successful Presidency and contributed to the shape of the Office of President.

We the students of the Theology, Civics, and Civility course at Saint Paul School of Theology, believe that civility in the tradition of Washington can spiritually transform society. Toward that end and because of a commitment to human dignity and Creation, we offer our 25 best suggestions as the following Rules of Civility.

- √ Let others go first.
- √ People have names—use them.
- √ Consider everyone's point of view; all voices have something to contribute.
- √ Avoid generalizations and blanket statements.
- √ Debate should end when the meeting is over; keep the conversation in the room.
- √ Consider your responses before acting; practice prudence.
- √ Be conscious of one's surroundings so as not to impose on others.
- √ Be proactive in hospitality.
- √ Acts of lying, cheating, stealing, and coveting are uncivil.



- √ Speak the truth in kindness when expounding a grievance.
- √ Use language that uplifts rather than language that degrades.
- √ Listen carefully to the words of others before distracting yourself with your own response.
- √ If you take initiative, take responsibility.
- √ Be willing to laugh at yourself and smile often.
- √ Let insults go unheeded—never kick a skunk.
- √ No finger pointing regardless of what finger you use.
- √ Endeavor to raise standards rather than lower them.
- √ Share all you can without resentment.
- √ Make sure everyone understands the rules and customs that will be followed.
- √ Play well with others—everyone gets a turn.
- √ Challenge uncivil behavior.
- √ Respect God's creation—all life depends on it.
- √ Recognize your own self worth and the value of others.
- √ Pursue physical, emotional, and spiritual health and wholeness.
- √ **Every rule has exceptions.**

As I looked over these rules, and reflected on the past year here at Meadowlark, I came to the conclusion that we did pretty well in the ways we have treated each other, and will continue to do so. I am pressed to ask, *Is there a Meadowlark Hills personality of kindness and respect?* I think so.

Class referenced above was taught by Emmanuel Cleaver, United State Congressional Representative, representing the Kansas City, MO area.

Work That Brain!

Find the missing number in each puzzle.

1.

www.mathinenglish.com

2.

Big City Life

B	I	L	L	B	O	A	R	D	S	A	S	H	G
O	L	I	G	H	T	S	W	D	E	E	S	C	S
C	S	D	S	G	N	I	H	T	O	L	C	R	K
B	R	C	E	T	T	R	N	H	H	R	A	U	N
T	E	N	G	R	O	C	E	R	S	D	S	H	A
E	D	C	O	B	S	R	C	L	U	B	S	C	B
E	I	Y	U	S	O	S	E	E	C	I	L	O	P
R	R	C	S	R	I	P	E	S	G	S	N	E	S
T	T	A	T	U	S	O	Y	L	O	O	G	I	K
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E	O	A	I	E	X	P	U	I	I	U	O	P	O
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| CLUBS | STREET |
| HOMELESS | BANKS |
| SHOES | PHARMACY |
| TAXI | CLOTHING |
| GROCER | LIGHTS |
| RIDERS | DETOURS |
| SIDEWALK | BUS |
| POLICE | BROADWAY |
| CHURCH | STATION |
| BILLBOARDS | STORES |

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17					18						19			
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50	51						52	53					54	
55							56						57	
58							59						60	
61							62						63	

ACROSS

1. Curse
5. Strange
10. Gangster's gal
14. Foment
15. Courtyards
16. District
17. Maternity
19. Auspices
20. Before, poetically
21. All tuckered out
22. Grind together
23. A forward on a soccer team
25. Large body of water
27. What we sleep on
28. Edifice
31. Snouted animal
34. Abstains from eating
35. Menagerie
36. Senile
37. Delay
38. Chancel
39. Detachable container
40. Crinkly
41. Center
42. Inciter
44. Prohibit
45. A type of tree
46. A communication
50. Slips
52. Potato state
54. Bleat
55. Change direction
56. Prodigious
58. Beers
59. Staggers
60. Axlike tool
61. Not idle
62. Something of value
63. Rind

DOWN

- | | | |
|-----------------------------------|------------------------------|-----------------------------|
| 1. Matrons | 24. Footnote note | 41. A worker of stone |
| 2. Cancel | 26. Large town | 43. Very small |
| 3. Gauge | 28. A machine for baling hay | 44. Bidding |
| 4. Greatest possible | 29. French for "Names" | 46. Official tree of Canada |
| 5. Distorted | 30. Satyr | 47. Hut |
| 6. Aromatic solvent | 31. The thin fibrous bark | 48. A type of bandage |
| 7. Press | 32. Eager | 49. Artist's workstand |
| 8. Exuberantly | 33. Toenail treatments | 50. Knife |
| 9. Pops | 34. Preferred choices | 51. Humdinger |
| 10. An unnaturally frenzied woman | 37. Figures | 53. Membership fees |
| 11. Coordinated | 38. Containers | 56. Calypso offshoot |
| 12. Wreaths | 40. Bankrolls | 57. Dab |

Art Engagement *from the Beach Museum of Art*

Abstract Expressionism is the spontaneous act of creating while expressing subjective and sometimes subconscious emotions. An artist creating in this style is not trying to show the viewer a realistic interpretation of the world. The experience is meant to share and evoke emotional expression. The painting shown here is by Jane Booth and she explains her process this way,

“When I begin to paint, if I can minimize or bypass interpretation and be devoted to the physical and emotional experience of being in and of the environment, then the painting reveals itself as an honest expression.” - Jane Booth, <https://janebooth.com/>

So, I invite you to take a look at the painting and jot down or voice three words that express your original reaction to the piece. Then look again. This time move your eye slowly across the image from left to right. What lines, patterns or colors do you see? Do you like this work? Think about the three words you used to describe your first reaction to the work. Would you use the same three words now?



Jane Booth, *Triptych - Monday Tuesday Wednesday*, 2012, Acrylic on canvas, KSU, Marianna Kistler Beach Museum of Art, gift of Ann Booth Wilson, 2016.42

Notes:

Solution from 2/1

	S	W	E	P	T			T	O	F	F	S				
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G	A	L	L	O	N			F	E	A	R	L	E	S		
A	L	F		D	E	C	U	P	L	E		A	S	A		
F	L	A	G			O	N	E	S		S	T	A	R		
F	O	R	A			P	U	C	E		A	C	H	Y		
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O	U	T	G	O	I	N	G			P	O	L	I	S	H	
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		R	E	S	T	S				S	T	I	L	E		

PRAIRIE STAR RESTAURANT

Restaurant Hours
 Delivery-only Breakfast from 7 to 10 a.m.
 Lunch & Dinner available
 Monday to Sunday 10:30 a.m. to 7 p.m.

Call (785) 323-3820 for reservations, carry-out and delivery meals, and grocery orders.
 No delivery fees will be assessed at this time. All specials include beverage, starter and dessert.
 Lunch specials without a starter or dessert can be requested and will cost \$7 each.
Espresso drinks can be ordered from Prairie Star Restaurant between 7 a.m. and 7 p.m.

SUNDAY	Feb. 7 ~ Lunch \$12	Dinner \$13
	Cornflake Chicken Smoked Gouda Scalloped Potatoes Vegetable du Jour	Beef Stroganoff over Noodles Vegetable du Jour <i>Full restaurant menu not available.</i>
MONDAY	Feb. 8 ~ Lunch \$10	Dinner \$13
	Goulash Garlic Toast Choice of Vegetable	Chicken Marsala Wild Rice Vegetable du Jour
TUESDAY	Feb. 9 ~ Lunch \$10	Dinner \$14
	Pulled BBQ Pork Panini with Carnalized Onions & Cheddar Cheese Potato Salad Choice of Vegetable	London Broil Loaded Mashed Potatoes Vegetable du Jour
WED.	Feb. 10 ~ Lunch \$10	Dinner \$12
	Chicken Quesadilla Black Beans Rice	Orange & Cumin Pork Loin Asparagus Risotto Vegetable du Jour
THURS.	Feb. 11 ~ Lunch \$10	Dinner \$15
	Bacon & Egg Salad on a Croissant Potato Chips Choice of Vegetable	Sauteed Cajun Shrimp with Andouille Gravy Red Beans & Rice Corn Pudding
FRIDAY	Feb. 12 ~ Lunch \$10	Dinner \$12
	Turkey Reuben Sweet Potato Fries Coleslaw	BBQ Chicken Au Gratin Potatoes Vegetable du Jour
SAT.	Feb. 13 ~ Lunch \$10	Dinner \$15
	Chili Dog French Fries Choice of Vegetable	Steak Baked Potatoes Vegetable du Jour

Weekly Opportunities Calendar *Feb. 7 to Feb. 13*

Sunday • Feb. 7

5:30 p.m. ~ Super Bowl Watch Party, EC & Pub

Monday • Feb. 8

9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:45 p.m. ~ Parkinson's Voice Class, CR
 7:00 p.m. ~ BINGO Night: Mardis Gras, EC

Tuesday • Feb. 9

Trash & recycling pick-up

10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 2:00 p.m. ~ Memory Activities Class, CR
 3:30 p.m. ~ UFM Lifetime Learning: *True Stories of Adoptions & Reunions* (prior registration required)

Wednesday • Feb. 10

9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ ARTful Memories, EC
 3:00 p.m. ~ Rock Steady Boxing, BF
 3:00 p.m. ~ Rock Steady Boxing, CR

Thursday • Feb. 11

8:30 a.m. ~ Messenger Team, KSU CL
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR

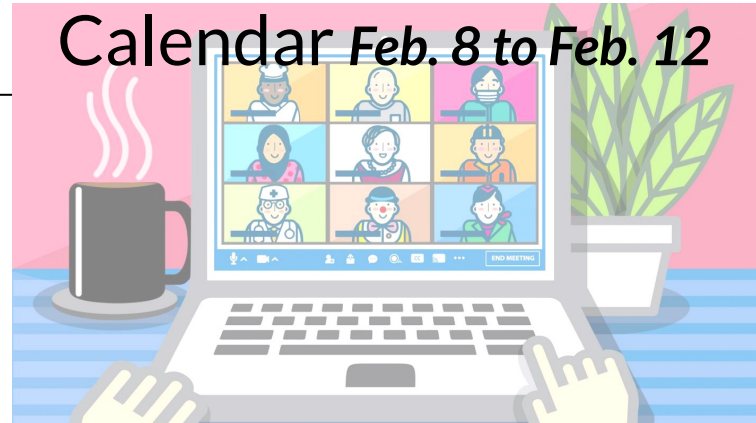
Friday • Feb. 12

9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR

Room Abbreviations

BF, Body First	GR, Game Room
CR, Community Room	HD, Hospitality Desk
CY, Courtyard	KSU CL, KSU Classroom
EC, Event Center	PS, Prairie Star Restaurant
GC, Grosh Cinema	VE, Village Entrance

Zoom Opportunities Calendar *Feb. 8 to Feb. 12*



Monday, Feb. 8

10:30 a.m.	Mindful Memoirs Group URL: https://ksu.zoom.us/j/94959978182 Meeting ID: 949 5997 8182
1:45 p.m.	Parkinson's Voice Class URL: https://us02web.zoom.us/j/82844488642 Meeting ID: 828 4448 8642
2 p.m.	Change & Loss Support Group Email kspearman@meadowlark.org for log-in info.

Tuesday, Feb. 9

1 p.m.	Parkinson's Exercise Class URL: us02web.zoom.us/j/87980256567 Meeting ID: 879 8025 6567
2 p.m.	Memory Activities Class URL: us02web.zoom.us/j/82043111342 Meeting ID: 820 4311 1342

Wednesday, Feb. 10

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

Friday, Feb. 12

10:30a.m.	Mindful Memoirs Group URL: https://ksu.zoom.us/j/94959978182 Meeting ID: 949 5997 8182
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Meadowlark Entertainment Guide

Friday, Feb. 5

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	NEW! Channel 1960 News NEW! Meadowlark Update with Lonnie Baker, CEO
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
5:00 p.m.	(Re-run) Channel 1960 News (Re-run) Meadowlark Update with Lonnie Baker, CEO
6:00 p.m.	Joe Biden: Full Documentary <i>Presented by Frontline PBS</i>

Saturday, Feb. 6

9:15 a.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
9:30 a.m.	Band Bust Exercise Class
10:30 a.m.	NEW! Osher Course – Beauty of the Past, <i>Session Three</i>
1:00 p.m.	(Re-run) The Judds: Docuseries, Ep. 6 – <i>Wynonna's Surprise</i>
2:00 p.m.	Band Bust Exercise Class
3:15 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO

Sunday, Feb. 7

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	NEW Worship Service with Chaplain Patty Brown-Barnett
12:00 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
2:00 p.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
3:00 p.m.	Guided Meditation with <i>Kathleen Spearman, LMSW</i>

Sunday, Feb. 7

3:30 p.m.	Chair Yoga
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Monday, Feb. 8

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

Tuesday, Feb. 9

9:00 A.M.	(Re-run) Osher Course – Beauty of the Past, <i>Session Three</i>
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class

Wednesday, Feb. 10

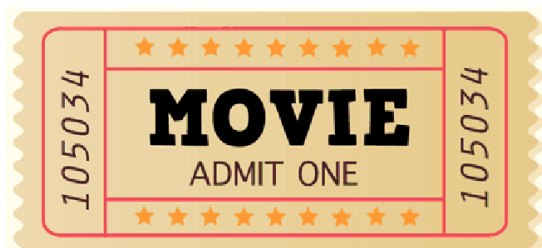
9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
2:00 p.m.	Weights 101 Exercise Class

Thursday, Feb. 11

10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class

When the quarantine is over and it's time to re-enter society





GROSH CINEMA SHOWTIMES

MONDAY TO SATURDAY 1:00 P.M. / 4:00 P.M. / 7:00 P.M.
SUNDAY 2:00 P.M. / 6:00 P.M.

MUSICAL MONDAY: February 8

I AM WOMAN (2019) TV-MA, 1 hr. 56 min. *Musical, Inspiring, Feel-Good*

In the 1960's, Australian singer Helen Reddy struggles with misogyny in the music business—until she records an anthem for the women's movement.

Cast: Tilda Cobham-Hervey, Danielle Macdonald, & Evan Peters

TRUE TUESDAY: February 9

MINIMASLISM (2016) TV-14, 1 hr. 18 min. *Documentary film, Inspiring*

People dedicated to rejecting the American ideal that things bring happiness are interviewed in this documentary showing the virtues of less is more.

Cast: Joshua Fields Millburn & Ryan Nicodemus

WESTERN WEDNESDAY: February 10

QUIGLEY DOWN UNDER (1990) PG-13, 1 hr. 59 min. *Western, Action, Heartfelt*

After traveling to Australia for a job, a sharpshooting cowboy becomes a target himself when he refuses an immortal assignment from a corrupt landowner.

Cast: Tom Selleck, Laura San Giacomo, & Alan Rickman

THRILLER THURSDAY: February 11

SELF/LESS (2015) PG-13, 1 hr. 56 min. *Psychological thriller, Sci-Fi, Suspenseful*

A dying tycoon has his consciousness transplanted into the body of a healthy young man, only to make a troubling discovery about the body's origin.

Cast: Ryan Reynolds, Natalie Martinez, and Matthew Goode

FEATURE FRIDAY: February 12

THE MIDNIGHT SKY (2020) PG-13, 1 hr. 58 min. *Drama, Sci-Fi, Ominous*

In the aftermath of a global catastrophe, a lone scientist in the Arctic races to contact a crew of astronauts with a warning not to return to Earth.

Cast: George Clooney, Felicity Jones, & David Oyelowo

SWEET SATURDAY: February 13

BENJI (2018) TV-PG, 1 hr. 27 min. *Family, Sentimental, Emotional*

A determined dog comes to the rescue and helps heal a broken family when a young boy and his sister stumble into some serious danger.

Cast: Gabriel Bateman, Darby Camp, & Kiele Sanchez