



Deck the Walls

Two- and three-dimensional works of art add color, interest to Prairie Star spaces

“Frozen Field” by Meadowlark resident Oscar Larmer (center back) adorns the west wall of the new Bison Room, along with a Jean Terry pastel, a Larmer watercolor, and **“Buffalo Xing”** by Nathan Novack. **“Summer Moon”** by Kristin Goering (inset) hangs near Prairie Star’s fireplace.

by Becky Fitzgerald

Prior to opening the renovated Prairie Star to residents on Feb. 8, Meadowlark’s leadership team couldn’t help but notice the blank canvas of the neutral-painted walls. Everyone agreed that the new spaces would benefit from the color and interest that works of art lend to our environments.

Jayme Minton and Becky Fitzgerald, staff liaisons to Meadowlark’s resident Art

Committee, accepted the task of decking the walls, and they started with paintings already in Meadowlark’s art collection.

Minton, Support Services Director, plucked Diana Werts’ **“Wild Things”** from the wall next to the west elevators and hung it near the restaurant entrance.

“That painting says ‘Prairie Star’ to me,” Minton said. “It’s colorful and has movement. The prairie grasses seem to be blowing

with the breeze.”

She also opted to take the large Zac Barnes painting that had hung above the Hospitality Desk and placed it in the entrance to the event space.

“The vibrant scene depicted in that painting seems to be indicative of all the fun and interactions we’ll have at Prairie Star,” Fitzgerald said. “I think it really sets the tone for what to

See ART, page 2



With an anonymous donation, Meadowlark purchased 44 ceramic plates for an installation on the north wall of the former Manhattan Room. The plates were created by Bo Bedilion, who received a master's in ceramics from Kansas State. He is now an assistant professor at Columbia (Mo.) College. The plates were arranged and installed by Jayme Minton and Becky Fitzgerald.

ART, from page 1

expect when someone enters through the glass doors.”

Additional paintings that the pair repurposed at Prairie Star include a large, colorful abstract called “Through a Spring Window” by Jane Booth, landscapes by Cally Krallman and Judith Mackey, two figurative oils by Joseph Lorusso, a bright two-canvas work depicting iconic Manhattan landmarks by Jacob Luke, and abstract landscapes by Lisa Grossman and the late Bill McCall. Bronze sculptures by Phil Epp now sit in one of the pebbled planter areas.

If you’re counting, that’s 13 works of art, but there were many more vacant walls and two more long planters that demanded attention. Several Internet searches, two gallery visits, one auction, and one visit to a Prairie Star cottage later, another 57 pieces were added.

Forty-four of the new arrivals (see photo above), ceramic plates in colors of black, red, rust, ecru,

Collectible folk art

Two windmill counterbalance weights were added to Prairie Star’s décor after CEO Lonnie Baker was the top bidder at a recent auction in Portis, Kan. The weight shown above is similar to ones produced by a windmill manufacturing company in Beatrice, Neb. It stands near the steps to the Bison Room beside a weight likely made in Wisconsin. (The “W” was turned upside down to appear as an “M” for Meadowlark.)



According to information at Farm Collector, a website dedicated to the preservation of vintage farm equipment, the weights are highly collectible because of their folk art appeal.

A counterbalance weight, perched at the end of a wood beam, guides a bladed wheel into the wind. Such weights were produced from the 1880s into the 1930s.

and white, were thoughtfully placed above three tables for two. The darkest plates are in the center, with the lighter tiles on the outer ends of the installation. Fitzgerald and Minton were excited to see that shapes resembling the birds in the Meadowlark logo appear on five of the plates.

Artist and resident Oscar Larmer donated the large centerpiece to a four-painting grouping in the Bison Room, a private meeting/dining space in the restaurant’s southwest corner. The scene depicts a spot east of Tuttle Creek Reservoir, he said.

Larmer added that he thinks his landscape teams well with three bison paintings on the room’s west wall. A Larmer watercolor called “Grazing Bison” joins a pastel by Jean Terry and a tall acrylic called “Buffalo Xing” by Nathan Novack. *(See cover photo.)*

“I had been creating several rural structures with this impressionistic pixel(dots)

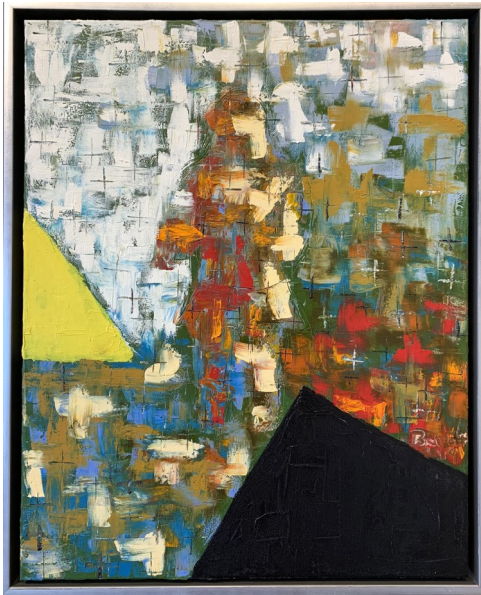
background, so I wanted to try it with an animal and have always been intrigued by

bison. They are so majestic and firm standing their ground,” said Novack of Holcombe. My goal was to capture one up close.

Keeping with the bison theme, Minton selected three hand-built and thrown ceramic sculptures by Brian Horsch, who lives near Stull, Kan. His works joins a glazed ceramic bison in shades of black and green in one of the planter “boxes.” This fine fellow was donated by resident bison fanatic Duane Miksch.

“Little Ones Count Too,” (*at right*) an abstract oil by Johannes Boekhoudt, hangs by the bar. Boekhoudt, born on the Dutch Caribbean island of Curacao, now lives in Houston and is represented by SNW Gallery & Custom Frames. The catastrophic event of Sept. 11, 2001, inspired him to work toward his dream, to be an expressionist artist and raise his voice through his paintings.

“Little Ones Count Too’ is inspired by little kiddos. At many times their voices are not heard and their rights can be violated or ignored,” Boekhoudt wrote in an email to Fitzgerald. “As you can see, a child is running toward you so you cannot forget them.”



Although Strecker Nelson West Gallery primarily represents regional artists, Boekhoudt’s work intrigued gallerist Alyn West when the now Texas resident approached West last summer.

“Johannes has a different style than the other artists we carry, and to be honest, he brings a diversity that we are sorely lacking,” she added.

Boekhoudt’s painting also helped achieve Minton’s and Fitzgerald’s goal to add variety to the pieces selected for Prairie Star. His art is one of four new, colorful abstract pieces joining the landscapes and figurative works.

Nancy Teague’s “Exit to Adventure,” on a wall west of the event space, reflects her fondness for energetic strokes and playfulness. Paintings by Jerry Moon and MJ Rigby add brightness to the cozy banquette seating areas of the pub.

EVENTS & OPPORTUNITIES

Bridge Group Sign Up

Pam Oehme and Marilyn Fagot are looking for two more players to join their weekly bridge group. They are the non-competitive type looking for similar-minded players who like to have fun. They plan to meet on a weekly basis on either Wednesday, Thursday, or Fridays, for about two hours.

If you are interested in playing with their intermediate group, or being a part of a new beginner group, please sign up in the Blue Book at the Hospitality Desk.

Shopping Trip: Wal-Mart & Dillons Wednesday, March 3, at 10 a.m.

Starting, Wednesday, March 3, Meadowlark Transportation will be provided to Wal-Mart and Dillons for grocery shopping. The bus will depart from the Village Entrance at 10 a.m. and return around 11:30 a.m. These shopping trips will occur every Wednesday and is free of charge. A sign-up sheet is located in the Blue Book at the Hospitality Desk.



Shamrock Shenanigans: Bingo!

Monday, March 8, at 7 p.m.

Break out your green attire and four leaf clovers! March’s BINGO Theme Night is Shamrock Shenanigans starting at 7 p.m. Monday, March 8, in the Event Center. Players buy-in will be \$1 for the use of two playing cards. There will be exciting decorations, and prizes to fit the theme, such as special pots of gold to a lucky few! No advanced sign up is necessary. Theme BINGO nights occur on the second Monday of the month.

Cultivating a Growth Mindset

by Kathleen Spearman, LMSW

The aging population is continually facing dismissive stereotyping in the news, media, and pop culture. Whether this happens through excessive “anti-aging” marketing strategies involving makeup and skincare or in a sit-com where the only older character is portrayed as less capable, the stereotyping is frustrating. The truth is, research has shown time and time again that “levels of life satisfaction are highest among older adults compared to all other segments of the population” and that the degree of this “life satisfaction” is highly influenced by a type of mindset: “Growth Mindset” (Domonell, 2018).

Growth mindset, as opposed to a “fixed mindset” is the idea that a person believes they are capable of making a difference in their lives despite potential challenges. For example, consider a person receiving a life-altering diagnosis such as diabetes or Parkinson’s. Someone with a fixed mindset might be more apt to making less health changes or even ignoring the illness completely. In contrast, someone with a growth mindset would seek medical advice to learn all they could about what medications, lifestyle changes, and support could help alter their long-term outcome for

the better (Marquet, Chasteen, Plaks, & Balasubramaniam, 2018).

The best news of all, is that even though some of us are born with a naturally strong growth mindset, this mindset can also be cultivated and improved upon over time no matter your age or stage of life. An article published on *silversneakers.com* discusses ways older adults can actively build their growth mindset. First— **ignore stereotypes!** The author, Kristen Domonell, states, “Once you understand that the stereotypes aren’t true, it can open your eyes to more possibilities and help nudge your mindset in the growth direction.”

Take up meditation, yoga, or other mindfulness practices.

The author argues that these practices encourage adults to become more in tune with their thoughts and emotions, which can lead to higher levels of self-confidence and positivity as you age. Check out the Channel 1960 schedule to find meditation and yoga practices right here at Meadowlark. Additionally, there are websites and smartphone applications that have pre recorded mindfulness exercises too!

Develop and maintain an exercise habit, making realistic goals to accomplish along the

way. As you begin to reach small, achievable goals, this helps your brain acknowledge that growth is possible. Again, there are many opportunities to build an exercise regimen right here at Meadowlark - Channel 1960, in-person classes, and personal training!

Ask for help when you need it. Sometimes we are feeling down and it is hard to work on changing your mindset towards growth on your own. Whether reaching out to a trusted friend or a professional counselor, asking for help is literally acknowledging that change is possible; and that is so empowering.

Challenge: In an effort to begin fostering a growth mindset this week, consider trying something new! Whether it's meditation or exercise like discussed above, or the new Mindful Memoirs Group focused on drama therapy, train your brain to recognize that growth is always possible! And remember, there is no need to begin something new already being “perfect” at it. Simply showing up is more than enough.

Sources:

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6230032/>

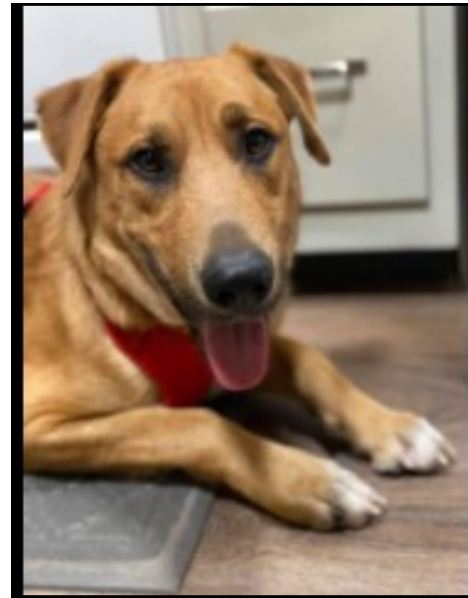
<https://www.silversneakers.com/blog/age-gracefully-growth-mindset/> (**I love the "Ignore stereotypes" item!!**)

<https://www.psychologytoday.com/us/blog/click-here-happiness/201904/15-ways-build-growth-mindset> (**I like the "embrace imperfection" item here. Could be fun to promote things like art class or drama therapy within this too. You don't need to show up perfect, just show up.**)



Massage Therapy Services are available to independent living residents!

To make an appointment, contact Kate Cashman at (785) 537-1911 or Sara Hillard at (208) 949-5297.



[above] Meet Ducky!
 Ducky is available for adoption and is a two year old, male retriever/terrier mix looking for his forever home. For more information on Ducky, and other adoptable pets, please visit www.purple-paws.org

Ambassadors pose with finished products. If you would like to be involved with the Meadowlark Ambassadors, please contact Jana for more information at 323-3847.

Purple PAWS Service Project

by Jana Armfield, Volunteer Engagement Specialist

Last week, many of the Meadowlark Ambassadors met to complete a special service project. In honor of National Random Act of Kindness Day, Feb. 17, and National Love Your Pet Day, Feb. 20, the Ambassadors made DIY water bottle crunch toys to benefit Purple PAWS. A total of 32 toys were created using socks and water bottles. These often forgotten about items became recycled items that were given a new purpose! Amanda Hutchinson, Purple PAWS Public Relations Coordinator, said, "These toys will be distributed to the homes where their foster families live."

Amanda shared that Purple PAWS takes in dogs and cats facing euthanasia in kill-shelters in Kansas, Oklahoma, and beyond. She said they currently have more than 75 volunteer

fosters and these toys are always a big hit with the pets!

Purple Paws rescues learn about family life—have medical needs taken care of, are rehabilitated behaviorally if necessary, and are then found adoptive homes. She said their non-profit organization does this without any city or government funding and that they are one hundred percent volunteer-based, relying on donations from people who believe in their mission to pay for vet care, food, professional training, transportation, and supplies.

Last year alone, Purple PAWS saved and found successful homes for 730+ dogs and cats. Amanda said, "We are thankful for donors and volunteers who make it all possible." For those who may be interested in donating to their cause, donations and supplies can be dropped off at the local PetSmart in Manhattan, across from Home Depot, who collects donations on their behalf.



March Birthdays



Skilled Nursing

3/2 Harold Couchman
 3/4 Janice Ruiz
 3/9 Rosella Mallon
3/9 Carrol Whisnant
 3/10 Doris Givens
3/20 Norma Adams
3/27 Emily Given
3/29 Marilyn Vossman
3/30 Ruby Silva

Assisted Living

3/7 Carol Arnett
3/7 Phyllis Deckert
 3/17 Sally Lansdowne

Independent Living

3/1 Jean Beatty
 3/1 Vera Williams
 3/4 Verlyn Richards
3/4 Janet Walters
 3/6 Vicky Auman
 3/10 Darlene Reeves
 3/10 Beth Pannbacker
 3/12 Charlie Deyoe

3/12 Sherry Reed
 3/17 Dennis Graham
 3/19 Steve Owens
 3/20 Betty Braaten
 3/22 Sue Bayer
 3/23 Sandy Emley
 3/24 Marie Stanton
 3/25 Ruth Friedmann
 3/28 Jan Vanderbilt

Employees

3/2 Jeanette Wagner
 3/3 Will Gold
 3/3 Ellissa Stringfellow
 3/5 Marisa Dillard
 3/6 Brittney Ellermann
 3/7 Narwette Thornton
 3/7 Kashaya Zukowske
 3/9 Daniel Rubio
 3/9 Sara Snell
 3/9 Tameka Wallace
 3/10 Kristen Martin
 3/10 Joy Underwood
 3/11 Anastasia Brown
 3/11 Johnathan Dallman

3/12 Teresa Berens
 3/14 Aimee Causey
 3/14 Alexa Goforth
 3/16 Cassidy Crites
 3/16 Loir Uffman
 3/17 Jaclyn Camarotti
 3/17 Courtney Jones
 3/17 Shannon Sak
 3/18 Morgan Johnson
 3/18 Madison Schmidt
 3/19 Mariah Childs
 3/19 Sharon McBride
 3/19 Lynn Roberts
 3/20 Julia Burlingame
 3/20 Mackenzie Ritter
 3/21 Kenedee Yosick
 3/22 Joyceanne Scudder
 3/23 Molly Killilea
 3/23 Makenzie Meggers
 3/23 Carlie Thompson
 3/24 Conni Scherff
 3/28 Jon Bechtel
 3/31 Tracy Gagnon
 3/31 Emma Wilson

Bold denotes milestone birthdays of 80, 90, or 100+ !



Solution from 2/18.

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

Work That Brain!

Oh, Nuts!

A	I	A	N	E	C	N	T	T	P	H	P	Z	H
U	U	U	N	T	L	L	H	U	P	A	E	P	A
T	M	O	I	A	M	N	A	N	A	O	C	A	Z
A	P	I	N	E	N	U	T	T	A	I	A	B	E
I	A	P	O	I	E	S	P	S	S	H	N	R	L
M	I	W	A	L	N	U	T	E	L	C	M	A	N
A	W	A	L	U	U	D	M	H	A	A	A	Z	U
D	H	M	T	C	Z	U	U	C	L	T	P	I	T
A	T	U	N	A	L	O	K	N	M	S	C	L	U
C	T	P	E	P	I	T	A	E	O	I	W	N	A
A	N	R	O	I	C	U	U	M	N	P	A	U	K
M	B	C	O	C	O	N	U	T	D	A	M	T	I
U	T	P	E	A	N	U	T	O	T	C	O	T	N
M	N	A	T	B	W	E	H	S	A	C	H	A	N

- PEPITA
- MACADAMIA
- PINE NUT
- CASHEW
- KOLA NUT
- CHESTNUT
- WALNUT
- HAZELNUT
- BRAZIL NUT
- PISTACHIO
- ALMOND
- PEANUT
- PECAN
- COCONUT

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

Art Engagement *from the Beach Museum of Art*

When the days start to feel “Spring-like” doesn’t it make you want to prepare your home and life for the coming season? Perhaps you begin some spring cleaning or outdoor repairs. Maybe you ready your containers for some deck gardening or gather together your fishing gear. Before you organize your spring activities, take some time to compare and contrast the two prints shown here. What do you notice that is the same or different between the two?



Thomas Hart Benton, *The Fence Mender (Fence Mender)* published 1940, Lithograph on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Robert F. and Dorothy R. Adams, 1993.18



Clare Leighton, *Net Menders*, 1933, Woodcut on paper, KSU, Marianna Kistler Beach Museum of Art, acquisition made possible with funds provided by the Friends on the Beach Museum of Art, 2000.203

Throwback Thursday! Do you know the Meadowlark resident who is featured in these images? If you have a guess, send it to Sarah at sguge@meadowlark.org or submit your guess to the Hospitality Desk. Check out next week’s Messenger and find out the answer!

WHO AM I?



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.

Reservations are not required, but can be placed up to a week in advance.

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 4 p.m.

SUNDAY	Feb. 28 ~ Lunch \$12	Dinner \$12
	BBQ Chicken Swiss & Green Onion Scalloped Potatoes Vegetable du Jour	Chicken Lasagna Garlic Toast Vegetable du Jour
MONDAY	March 1 ~ Lunch \$10	Dinner \$12
	Fried Pork Tenderloin Sandwich French Fries Choice of Vegetable	Fried Pork Cutlet Mashed Potatoes & Gravy Vegetable du Jour
TUESDAY	March 2 ~ Lunch \$10	Dinner \$13
	Spaghetti & Meat Sauce Garlic Toast Choice of Vegetable	Wild Mushroom Chicken Roulades <i>with Sherry Sage Sauce</i> Wild Rice Vegetable du Jour
WED.	March 3 ~ Lunch \$10	Dinner \$14
	Grilled Ham & Cheese Sandwich Cream of Tomato Soup	Salmon Rigatoni <i>with Sundried Tomato Sauce</i> Garlic Toast Vegetable du Jour
THURS.	March 4 ~ Lunch \$10	Dinner \$12
	Beef Burgundy Crepes Wild Rice Choice of Vegetable	Pork Ragu <i>over Creamy Polenta</i> Vegetable du Jour
FRIDAY	March 5 ~ Lunch \$10	Dinner \$14
	Beef & Bean Burrito Rice Beans	Crab Cakes <i>with Remoulade Sauce</i> Citrus Rice Vegetable du Jour
SAT.	March 6 ~ Lunch \$10	Dinner \$15
	Goulash Garlic Toast Choice of Vegetable	Grilled Ribeye Baked Potato Vegetable du Jour

Weekly Opportunities Calendar Feb. 28 to March 5

Sunday • Feb. 28

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

Monday • March 1

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
 1:30 p.m. ~ Contemporary God Talk, BR
 1:45 p.m. ~ Parkinson's Voice Class, CR
 7:00 p.m. ~ BINGO Night, EC

Tuesday • March 2 *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

Wednesday • March 3

9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Walmart/Dillon's Shopping Trip, VE
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Memory Café, EC
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-Along Social, EC

Thursday • March 4

9:00 a.m. ~ Messenger Team, KSU CL
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 3:00 p.m. ~ Rock Steady Boxing, BF

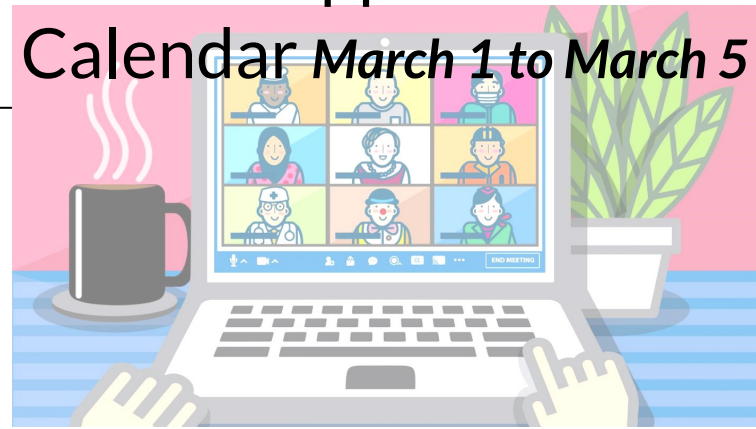
Friday • March 5

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, BF
 1:00 p.m. ~ PD Care Partner Support Group, BF

Room Abbreviations

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

Zoom Opportunities Calendar March 1 to March 5



Monday, March 1

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, March 2

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, March 3

10 a.m.	Memory Care Partner Support Group Contact Bridget for the log-in info by calling (785) 323-3837.
1 p.m.	Memory Café URL: us02web.zoom.us/j/88903923826 Meeting ID: 889 0392 3826

Friday, March 5

10:30 a.m.	Mindful Memoirs Group See above for log-in information.
1 p.m.	Parkinson's Exercise Class See above for log-in information.



CHANNEL 1960 Entertainment Guide

Friday, Feb. 26

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

Saturday, Feb. 27

9:15 a.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO
9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class
3:15 p.m.	(Re-run) Meadowlark Update with Lonnie Baker, CEO

Sunday, Feb. 28

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

Sunday, Feb. 28

2:00 p.m.	(Re-run) Worship Service with Chaplain Patty Brown-Barnett
3:00 p.m.	Progressive Muscle Relaxation with Bridget Larkin, LMSW
3:30 p.m.	Chair Yoga

Monday, March 1

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, March 2

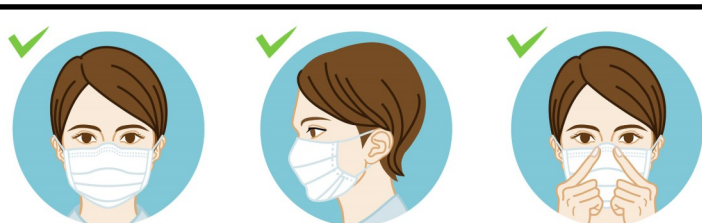
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class

Wednesday, March 3

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

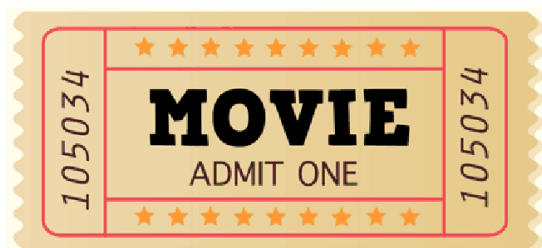
Thursday, March 4

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



Masks are required when outside of your home.
Continue to social distance when around others.
Wash hands well and often.

The past,
present, and future
walked into a bar.
It was tense.



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.

SEASONAL SUNDAY: February 28

BROOKLYN (2015) PG-13, 1 hr. 51 min. *Emotional, Romantic, Heartfelt*

Cast: Saoirse Ronan, Domhall Gleeson, & Emory Cohen

After emigrating from Ireland, Eilis Lacey readily adapts to the vastly different New York City, where she falls for a young Italian. But when tragedy pulls her back to her hometown, she finds her loyalties divided between two nations — and two men.

MUSICAL MONDAY: March 1

ROGERS & HAMMERSTEIN'S CINDERELLA (1997) G, 1 hr. 25 min. *Musical, Family, Comedy*

Cast: Brandy Norwood, Whitney Houston, & Whoopi Goldberg

A prince, a pumpkin, a glass slipper ... history's most enduring fairy tale returns with a thoroughly modern twist, featuring an all-star cast.

TRUE TUESDAY: March 2

BETTY WHITE: FIRST LADY OF TELEVISION (2018) TV-14, 55 min. *Documentary, Feel-Good*

Cast: Betty White, Valerie Bertinelli, & Georgia Engel

This documentary on actress and television producer Betty White traces her decades-long career as a woman breaking new ground in entertainment.

WESTERN WEDNESDAY: March 3

THE BALLAD OF LEFTY BROWN (2017) R (*violence & language*), 1 hr. 51 min. *Western, Gritty*

Cast: Bill Pullman, Kathy Baker, & Jim Caviezel

After his longtime partner is assassinated, a slow-footed cowboy sets out to find his killer and uncovers a conspiracy engineered by some powerful men.

THRILLER THURSDAY: March 4

THE COMPANY YOU KEEP (2012) R (*language*), 2 hr. 1 min. *Political Thriller, Suspenseful*

Cast: Robert Redford, Shia LaBeouf, & Julie Christie

Jim Grant, a lawyer and single dad, has to go on the run after a reporter identifies him as a long-sought US terrorist. As the journalist locates more of Grant's old contacts, his guilt begins to appear less certain.

FEATURE FRIDAY: March 5

HUMMINGBIRD PROJECT (2018) R (*language*), 1 hr. 50 min. *Drama, Offbeat*

Cast: Jesse Eisenberg, Alexander Skarsgard, & Salma Hayek

After discovering a shortcut that gives them a technological advantage, two cousins look to earn their big score by outracing a massive corporation.

SWEET SATURDAY: March 6

SEARCHING FOR BOBBY FISCHER (1993) PG, 1 hr. 50 min. *Sentimental, Heartfelt, Feel-Good*

Cast: Max Pomeranc, Joe Mantegna, & Joan Allen

When a father learns that his 7-year-old son is a whiz at speed chess competitions, he hires an implacable chess master to coach the boy for competitions.