

Spring is well on its way to Meadowlark's campus! Take advantage our beautiful Courtyard and other outdoor spaces to soak up some sunshine, catch up with a friend, and get back to living the best lives possible! #liveyourway

Prairie Star Restaurant, delivery fee update

Effective Friday, March 5, the \$2 delivery fee will be re-instated for lunch and dinner. Breakfast options from Prairie Star Restaurant will continue to be offered delivery-only and the fee will be waived.

iCAN, PD Education Series

Meadowlark Parkinson's Program's new learning opportunity titled, "iCAN with PD: Confidence about Nutrition, Swallowing, Activities of Daily Living (ADLs), and Emotional Wellness with PD Education Series," is an eight-week course designed to support people with Parkinson's disease and their care partners. Nutrition is important for health, well-being, and self-perception, but most individuals with PD, newly diagnosed or acute, typically aren't aware of how nutrition impacts many facets of their lives.

Every week of the course, a specific nutrition topic will be covered. At least one cooking, baking, and/or meal preparation demonstration will be included during each class. Participants will be able to learn and implement new healthy skills, techniques, or tools to improve nutrition. One of the featured instructors is Dr. Kelly Lyons, Research Professor in the Department of Neurology at KU Medical Center, which is a Parkinson's Foundation Center of Excellence. Dr. Matt Floersch, Meadowlark Medical Director and Advisor for the Parkinson's Program, will also speak during the series along with several other healthcare professionals.

iCAN with PD Education Series will begin March 23 and meet every Tuesday from 11:30 a.m. to 1 p.m. through May 11. Classes will be held virtually, with the potential for an in-person option depending on COVID-19 restrictions at that time. In addition to presentations from a variety of experienced professionals, participants will receive complimentary items such as a resource book, a pill box, recipes, and ingredients to use in their own homes.

Registration for this free learning opportunity is open now and will close Monday, March 8. Sign up today by visiting www.meadowlark.org or call (785) 323-3899 for more information.

EVENTS & OPPORTUNITIES

Massage Therapy Services

Massage 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.

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.

Neighborhood and floor meals are back!

Floor and Neighborhood meals make their valiant return this week. If you plan to attend your floor or neighborhood supper or luncheon, please sign up in the Blue Book located at the Hospitality Desk. All meals will be served in the Bison Room.

- ~ ML Circle Supper, March 4, at 5:30 p.m.
- ~ Tuttle Creek Neighborhood Supper, March 8, at 5:30 p.m.
- ~ ML Valley Luncheon, March 8, at 11:30 a.m.
- ~ Kimball Ave. Neighborhood Luncheon, March 9, at 11:30 a.m.
- ~ 4th Floor Luncheon, March 10, at 12 p.m.
- ~ Eastside Neighborhood Supper, March 10, at 5:30 p.m.
- ~ 5th Floor Supper, March 15, at 5:30 p.m.
- ~ 2nd Floor Supper, March 16, at 5:30 p.m.
- ~ 3rd Floor Supper, March 23, at 5:30 p.m.
- ~ 1st Floor Supper, March 24, at 5:30 p.m.

Friday Night Entertainment:

Live Music with the Do Right Daddies

Friday, March 5, at 7 p.m.

Meadowlark is excited to welcome back the Do Right Daddies, also known as Dave Zefas and Karl Zefas! The father-son duo will perform at 7 p.m. Friday, March 5, in the Event Center. Grab a beverage and enjoy the fun! No prior registration is required.

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.

Diana: The Royal Truth

March 9 & 11 at 9:30 a.m.; March 12 at 10 a.m.

Diana: The Royal Truth will play in Grosh Cinema for three special showings. This film was originally planned to air on Channel 1960, however, due to unforeseen technical issues, it did not play. See this hour-long documentary film in Grosh Cinema Tuesday, March 9, or Thursday, March 11 at 9:30 a.m.; or Friday, March 12, at 10 a.m.

The film is a captivating first-hand account of the life of one of the most iconic figures of the 20th Century, Diana Princess of Wales, by the man who lived through it all.

From innocent dreamer to divorced change-bringer, the turbulent life of Diana rocked the world. With exclusive insight and anecdotes, prepare to uncover the heartbreaking true story of the most photographed woman in the world and the mother of the future King.

This full feature film is rated TV-PG and was released in 2017. The movie will contain commercial breaks.

Friday Night Entertainment:

Live Music with Nate Hernandez

Friday, March 12, at 7 p.m.

Invite your neighbors and come on down to Prairie Star Restaurant's Event Center to enjoy a fun evening of live music by the talented Nate Hernandez! Nate will perform at 7 p.m. Friday, March 12. No prior registration is required.

Party for Lost Time:

A Post Pandemic Celebration

Saturday, March 13, at 2 p.m.

Nearly one year ago at 2 p.m. Friday, March 13, Meadowlark began the process of implementing

COVID-19 precautions and procedures, including canceling all campus activities and ceasing to allow visitors into the main building.

The global pandemic took a lot from us in 2020, including our annual celebrations of some of our favorite holidays. Mark your calendar for Saturday, March 13, at 2 p.m.—exactly one year later to the hour—for the **Party for Lost Time: A Post Pandemic Celebration**.

During this joyous event, attendees will have the opportunity to celebrate many 2020 holidays that we missed, including St. Patrick's Day, Easter, the 4th of July, Halloween, Christmas, and New Year's Eve. The Party for Lost Time will be in Prairie Star Restaurant and Event Center and will feature live entertainment, themed food and beverages, and social time with friends and neighbors.

This event is limited to independent living residents and there is no cost to attend. Registration is not required to attend the party.

Support Manhattan Area Habitat for Humanity

Celebrate Pi(e) Day

MAHFH has partnered with the following local bakeries for a fundraiser in support of Build #30:

THERAPIE

LITTLE BATCH BAKERY

BOURBON & BAKER

PICCALILLI FARMS

ARROW COFFEE CO.

How to Participate:

1. Order a pie from a local baker participating in our (Pi)e Day Celebration
2. Indicate you are ordering for (Pi)e Day & schedule the pie to be picked up the weekend of 3/14
3. Enjoy a sweet treat and support our upcoming home build!

KEEP OUR HOME BUILDS REPEATING

Wine & Dine

MARCH 20

5:30

Appetizer

Chili Lime Shrimp Cup

Salad

Dirty Martini Salad

Entree

Veal Chop

stuffed with Ricotta Cheese,
Spinach and Tomato

Potato Latkes

Matchstick Vegetables

Dessert

Cherries Jubilee
over Cherry Ice Cream

Prairie Star Event Center
Reserve Your Spot Now!

\$27



LEADER OF THE PACK

Congratulations to Colyn Heimerman, Meadowlark's Leader of the Pack for March 2021! Colyn is a CNA in Collins House who goes above and beyond for residents. He has a take-charge attitude with a heart of gold and is adored by the residents he serves. Colyn is hardworking, efficient, kind, loving, giving, and overall just a great human. Meadowlark appreciates having Colyn as a part of the family—thank you for all you do!

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 be 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 during the month of March are listed below.

~ **Commerce on the Kaw: Exploring the History of Manhattan's Main Street - Allana Parker, RCHM**, Thursday, March 25, at 1 p.m.

~ **Leadership in World War II - Robert Smith**, Wednesday, March 24, 31, & April 7; 6:30 to 8 p.m.

My Valentine's Present

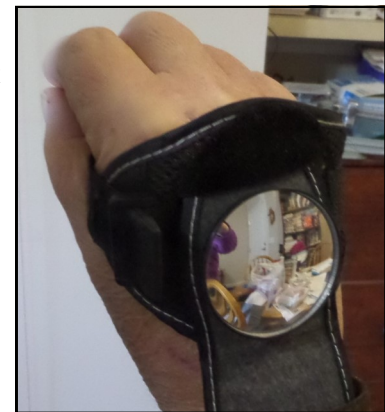
submitted by Ron Williams

When I took my training to drive my power wheel chair (that took a long time) the Occupational Therapist told me to purchase a small mirror that I could hold and see what was behind me, like a rear view mirror. I bought one and taking it lasted about two trips.

My wife has a wonderful memory of my needs. She looked through catalogues and

searched Amazon, particularly in the area of bicycle equipment, but you cannot find anything that sticks out to the side (small doors). Then one night she came up smiling and purchased my Valentine present.

It is a bicycle rear view mirror that attaches to your wrist like a wrist watch, when backing up, you need to hold



up your arm up and you can see. The mirror is like your car rearview mirror, in that you can see a broad scene behind you. It is relatively inexpensive (\$13.99). You can find it at Amazon, bicycle department, and it really work for me.

February Gifts to Meadowlark Foundation

Gifts benefiting the Good Samaritan Fund and Meadowlark Parkinson's Program. were received by Meadowlark Foundation during the month of February 2021.

Memory of

Una Allen	Scott Love
Burke Bayer	Mildred Macy
Avis Bidwell	Ila Pultz
Betty Broderson	Michael Strobe
Vern Gannon	Jane Westfall

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



Feb. 25 Mystery Revealed!

If you read last week's Messenger and guessed **Dotty Blacker** as the resident in the *Throwback Thursday: Who Am I?* photograph, then you were correct! She was an American Airlines stewardess from 1957 until 1958 and the photo last week was Dotty in her uniform. She was stationed in Tulsa and flew round trips to New York and Los Angeles.

Her opportunity as a stewardess was just the beginning of the adventure that fueled her love of flying. She later received her private pilot license in 1961 and was the first woman to get a license in the San Antonio area. A news outlet came by to do a story on her since women who were pilots were such a rare occurrence. She often took part in flights during her time in the aero club at the

Lackland Air Force Base. Her husband enlisted in the Air Force and they traveled the world together, visiting places like Lichenstein, Tanzania, Hong Kong, and the Soviet Union. Dotty has lots of adventurous tales to tell, so be sure to catch up with her over cup of coffee!

Twenty-four guesses from residents, staff, and community members were

*submitted at the Hospitality Desk and via Meadowlark's Facebook page. Of those, 10 were correct! Out of the correct answers, the team randomly selected one winner. Congratulations to **Brook Marcotte** on being this week's Who Am I Winner—please collect your prize by visiting the Hospitality Desk.*

Play *Throwback Thursday: Who Am I?* again next week! Watch for the March 11 Messenger's next challenge.

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I. PRIVATE PILOT			III. CERT. NO.			1510602			
RATINGS AND LIMITATIONS									
II. AIRPLANE SINGLE ENGINE LAND									
III.									
SIGNATURE OF HOLDER			X.			VIII. ADMINISTRATOR			
DATE OF ISSUE:			FEDERAL AVIATION AGENCY						

Solutions from 2/25.

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

Work That Brain!

I Love Lucy

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

ARNAZ
 FRIENDSHIP
 COMEDY
 MRS. TRUMBULL
 MERTZ
 RICKY
 JAMESTOWN
 REDHEAD
 MAGILLACUTTY
 ETHEL
 RICARDO
 DRUM
 FRED
 DESI
 NEW YORK
 BUBULU
 BALL



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			7				8	
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		7					9	6

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					
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42			43						44					
		45						46				47	48	49
50	51					52	53					54		
55						56					57			
58						59					60			
61						62					63			

ACROSS

1. Box
5. Be in trouble with
10. Snip
14. Scrabble piece
15. Cent
16. Start over
17. Precision
19. Matured
20. Direction
21. Lift
22. False front
23. Large spotted feline
25. Originates in
27. Frozen
28. Unsuitable match
31. Large long-necked wading bird
34. Bottle stoppers
35. Caviar
36. Laboratories
37. Footwear
38. Corridor
39. In the past
40. African antelope
41. Reef material
42. Sunshades
44. Type of snake
45. Drive forward
46. Welcome mat
50. An evil spirit
52. Habituate
54. Anagram of "Ail"
55. Analogous
56. Showy bloom
58. Territory
59. Swift
60. Dirty air
61. Colors
62. Put off
63. Not in danger

DOWN

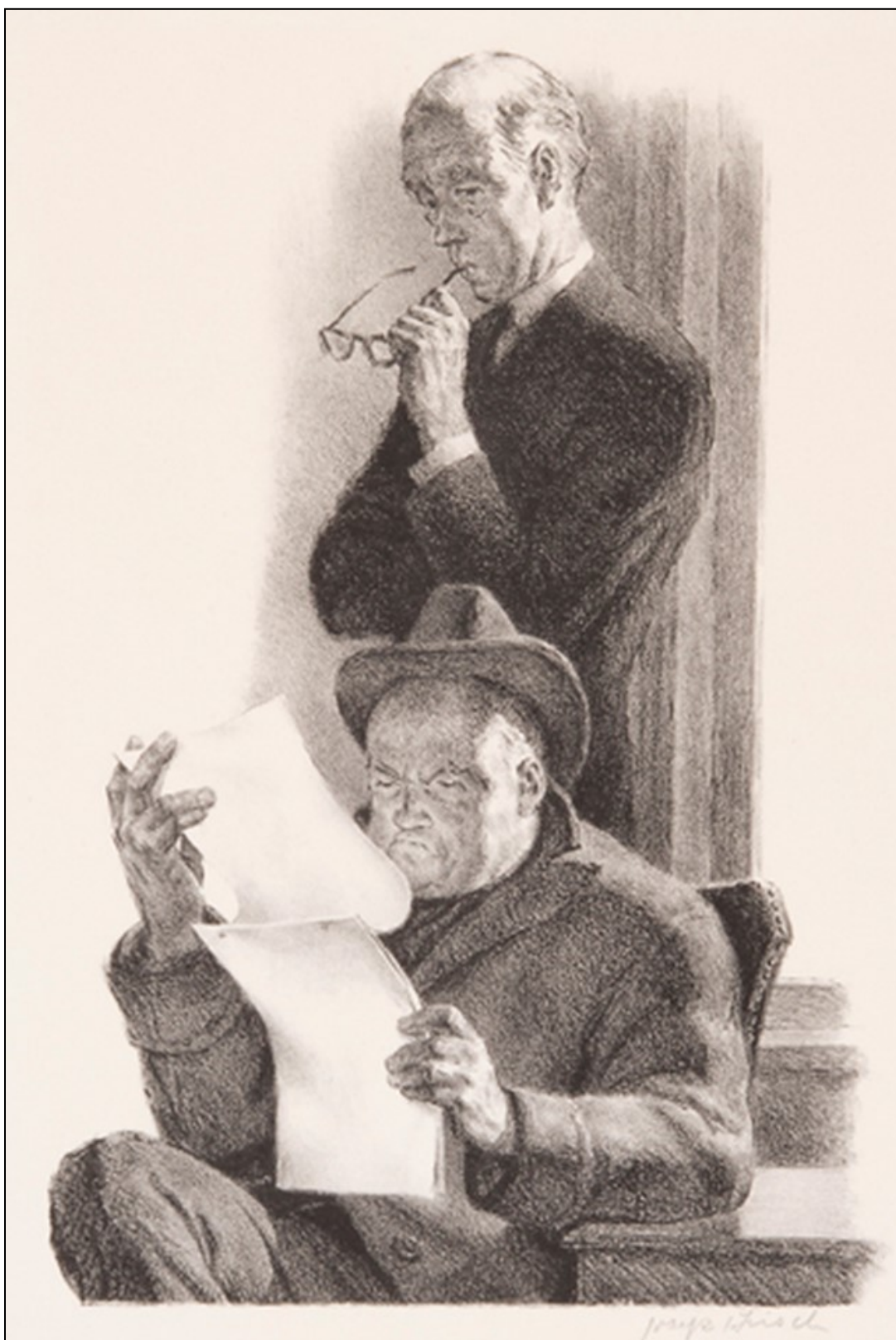
- | | | |
|---------------------|---------------------------|------------------------------|
| 1. Pilfer | 18. Small amount | 40. Catch a glimpse of |
| 2. Sprite | 22. Precious stones | 41. One who murmurs lovingly |
| 3. San Antonio fort | 24. Skittles | 43. Atonement |
| 4. Record (abbrev.) | 26. Sounds of disapproval | 44. Boundary line |
| 5. Bee house | 28. Natural satellites | 46. Double |
| 6. Malodorous | 29. Soft drink | 47. Lava |
| 7. Burden | 30. Satan's territory | 48. Offish |
| 8. Unwanted | 31. Applaud | 49. Slight color |
| 9. Alkaline liquid | 32. Indian music | 50. Hairless |
| 10. Wound | 33. Native Australian | 51. Alright |
| 11. Recorder | 34. Dispute | 53. Childlike |
| 12. Midmonth date | 37. Blackthorn | 56. Unhappy |
| 13. Style | 38. Rime | 57. Donkey |

Art Engagement *from the* Beach Museum of Art

What is going on? Take a long moment to look closely at this image.

Then ask yourself, *what is going on in this picture?* Any thoughts you have about this image are worth mentioning. Ask yourself, what do you see that gives you these ideas?

More to think about—what kind of conversation might these two figures have next?



Jot down your thoughts...

Artist information
included on page 11.

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 charged for **breakfast**. A \$2 delivery fee will be assessed for lunch and dinner orders starting **Friday, March 5**. 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	March 7 ~ Lunch \$13	Dinner \$14
	Pot Roast with Carrots, Onions, & Celery Mashed Potatoes & Gravy Vegetable du Jour	Coconut Shrimp Twice Baked Potato Vegetable du Jour
MONDAY	March 8 ~ Lunch \$10	Dinner \$13
	Pulled BBQ Chicken Panini Pasta Salad Choice of Vegetable	Swiss Steak Mashed Potatoes Vegetable du Jour
TUESDAY	March 9 ~ Lunch \$10	Dinner \$13
	Sweet & Sour Chicken Rice Choice of Vegetable	Sauteed Pork Tenderloin with Blackberry Sauce Roasted Red Potatoes Vegetable du Jour
WED.	March 10 ~ Lunch \$10	Dinner \$12
	Butternut Squash & Chicken Chili Cheesy Biscuit Choice of Vegetable	Chicken Fairmont with Hunter's Sauce Wild Rice Vegetable du Jour
THURS.	March 11 ~ Lunch \$10	Dinner \$12
	Ham Loaf Au Gratin Potatoes Choice of Vegetable	Shepherd's Pie Vegetable du Jour
FRIDAY	March 12 ~ Lunch \$10	Dinner \$12
	Salmon Patty with Cream Peas Herb-Roasted Potatoes Choice of Vegetable	Beef & Sausage Lasagna Garlic Toast Vegetable du Jour
SAT.	March 13 ~ Lunch \$10	Dinner \$12
	Turkey Reuben Sweet Potato Fries Choice of Vegetable	Chicken Marsala Wild Rice Vegetable du Jour

Weekly Opportunities Calendar *March 7 to March 13*

Sunday • March 7

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

Monday • March 8

9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 11:30 a.m. ~ Meadowlark Valley Luncheon, BR
 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
 5:30 p.m. ~ Tuttle Creek Neighborhood Supper, BR
 7:00 p.m. ~ THEME BINGO Night, EC

Tuesday • March 9 *Trash & recycling pick-up*

9:30 a.m. ~ Diana: The Royal Truth, GC
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 12:00 p.m. ~ Kimball Neighborhood Lunch, BR
 2:00 p.m. ~ Memory Activities Class, CR

Wednesday • March 10

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
 12:00 p.m. ~ 4th Floor Luncheon, BR
 1:00 p.m. ~ ARTful Memories, EC
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-Along Social, EC
 5:30 p.m. ~ Eastside Neighborhood Supper, BR

Thursday • March 11

9:00 a.m. ~ Messenger Team, KSU CL
 9:30 a.m. ~ Diana: The Royal Truth, GC
 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 12

9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Diana: The Royal Truth, GC
 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
 7:00 p.m. ~ Friday Night Entertainment:
 Live Music with Nate Hernandez, EC

Saturday • March 13

2:00 p.m. ~ Party for Lost Time: A Post Pandemic Celebration, EC & PS

Room Abbreviations

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



E-mail Michelle at michelle.haub@meadowlark.org for log-in information unless otherwise noted below.

Monday, March 8

10:30 a.m.	Mindful Memoirs Group
1:45 p.m.	Parkinson's Voice Class
2 p.m.	Change & Loss Support Group Email kspearman@meadowlark.org for log-in info.

Tuesday, March 9

1 p.m.	Parkinson's Exercise Class
2 p.m.	Memory Activities Class

Wednesday, March 10

10 a.m.	Memory Care Partner Support Group Contact Bridget for the log-in info by calling (785) 323-3837.
1 p.m.	ARTful MEMories

Friday, March 12

10:30a.m.	Mindful Memoirs Group
1 p.m.	Parkinson's Exercise Class



CHANNEL 1960 Entertainment Guide

Artist info: Joseph Hirsch, The Brief, published 1951, Lithograph on paper, KSU, Marianna Kistler Beach Museum of Art, bequest of Raymond & Melba Budge, 1992.163

Friday, March 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

Saturday, March 6

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, March 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 Kathleen Spearman, LMSW
3:30 p.m.	Chair Yoga

Monday, March 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, March 9

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 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, March 11

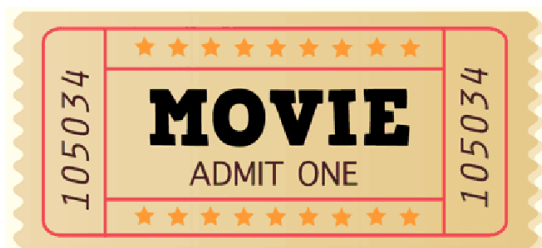
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class

Friday, March 12

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, March 13

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



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: March 7

THE IRISHMAN (2019) R (*pervasive language & strong violence*), 3 hr. 29 min. *Gritty, Drama*

Cast: Robert DeNiro, Al Pacino, & Joe Pesci

Hit man Frank Sheeran looks back at the secrets he kept as a loyal member of the Bufalino crime family in this acclaimed film from Martin Scorsese.

MUSICAL MONDAY: March 8

LES MISERABLES (2012) PG-13, 2 hr. 37 min. *Emotional, Dark, Musical*

Cast: Hugh Jackman, Russel Crowe, & Anne Hathaway

A struggle for freedom in 19th century France. A great man who was a thief, and a policeman obsessed with his capture.

TRUE TUESDAY: March 9

DOLLY PARTON: HERE I AM (2019) TV-14, 1 hr. 29 min. *Documentary, Heartfelt, Inspiring*

Cast: Dolly Parton

Dolly Parton leads a moving, musical journey in this documentary that details the people and places who have helped her shape her iconic career.

WESTERN WEDNESDAY: March 10

NO COUNTRY FOR OLD MEN (2007) R (*strong violence & language*), 2 hr. 2 min. *Suspenseful*

Cast: Tommy Lee Jones, Javier Bardem, & Josh Brolin

While hunting in the desert, Llewelyn Moss stumbles upon a drug deal gone bad and takes off with \$2 million in cash. With a psychotic hit man hot on his trail, a deadly game of cat and mouse ensues.

THRILLER THURSDAY: March 11

LOST GIRLS (2020) R (*language*), 1 hr. 35 min. *Mystery, Thriller, Dark*

Cast: Amy Ryan, Gabriel Byrne, & Thomasin McKenzie

Desperate to find her missing daughter, a mother fights to uncover the truth—and helps expose a string of unsolved murders. Based on a true story.

FEATURE FRIDAY: March 12

TALL GIRL (2019) TV-PG, 1 hr. 42 min. *Swoonworthy, Heartfelt, Inspiring*

Cast: Ava Michelle, Griffin Gluck, & Sabrina Carpenter

After years of slouching through life, 6-foot-1 teen Jodi resolves to conquer her insecurities and gets caught up in a high school love triangle.

SWEET SATURDAY: March 13

GOD BLESS THE BROKEN ROAD (2018) PG, 1 hr. 51 min. *Sentimental, Heartfelt, Emotional*

Cast: Lindsay Pulsipher, Makenzie Moss, & Andrew W. Walker

After a young mother is widowed by war, her faith is tested as she struggles to stay afloat financially and raise her daughter.