



[top] Our Kimball Avenue entrance was closed Thursday, March 19, 2020.

The Check-Point Station at Tuttle Creek Boulevard was activated April 1, 2020. No fooling!

Bye-Bye Barricades!

by Sarah Duggan

The Kimball Avenue entrance to Meadowlark's campus will officially open tomorrow, March 19, after being closed for a year as a COVID-19 safety precaution. Additionally, the cones at the Tuttle Creek entrance will be removed. Visitors will no longer be required to screen at the Check-Point Station. Mask-wearing remains a requirement on Meadowlark's campus.

Effective tomorrow, March 19, visitors will be allowed in the common spaces in the Community Center at Meadowlark, including Prairie Star Restaurant and the Courtyard. Community members are not to visit the campus if they are experiencing symptoms of illness, have a current or suspected COVID-19 diagnosis, or have had recent contact with someone who has tested positive or is under investigation for COVID-19.

See **BYE-BYE**, page 5

Meadowlark honored for services to community; Watch Party set for March 29!

by Becky Fitzgerald

Meadowlark is one of a few local or area not-for-profit organizations that will be recognized with a Non-Profit Service Award during a virtual Community Foundation Awards ceremony. The streaming show, presented by Greater Manhattan Community Foundation on March 29, features videos highlighting the efforts of individuals, businesses, and organizations who are dedicated to improving the Manhattan area community.

"Like many events of the past year, the CFA's were postponed until we could meet in person safely. Well, we are tired of waiting," said Vern Henricks, GMCF's president and CEO. "It's time to recognize the time, talent, and treasure that make our community such a great place to live."

Independent living residents and Passport members are invited to join Becky Fitzgerald, Development Director, for a CFA Watch Party at Prairie Star's Event Space. The fun begins at **11:30 a.m. Monday, March 29**, with a plated entree served at 11:50 a.m. prior to the show's start at noon, which we'll watch on the room's large screen. The CFA program includes a video, created in early 2020, which features information about several of Meadowlark's FREE outreach programs, including our Caregiver Support, Falls Prevention, Meadowlark Memory, and Meadowlark Parkinson's programs.

Attendees will see familiar Meadowlark faces during the video. Remember! Interviews and footage of classes and other daily interactions on our campus were recorded prior to the pandemic. Several residents, employees, and Passport members were captured on camera.

In addition to highlighting Meadowlark's

See **WATCH PARTY**, page 3

EVENTS & OPPORTUNITIES

BUNCO Group Sign-Up

Karen Matthews recently moved to Meadowlark, and she is interested in meeting new people! She loves to play BUNCO, a popular dice game. This game is typically played with 12 players at a time who move from table to table throughout the game (with three tables of four people).

Karen is looking for 11 more players who are interested in meeting on a weekly basis, for two hours at a time, either on Tuesday, Wednesday, or Thursday afternoons. Weekly meet-ups will take place in the Manhattan Room, at Prairie Star Restaurant.

This opportunity is open to beginners, as she is willing to teach those who may be new to the game and are wanting to have fun! Those who are interested should sign up in the Blue Book at the Hospitality Desk. If you have any questions about this opportunity, feel free to contact Karen at (785) 691-6016.

Register for 10-Point Pitch

10-Point Pitch is a popular card game that is often played with four or more players. Steve Owens and Karen Matthews are Independent Living residents who enjoy taking part in this activity and are interested in growing their card group. They are looking for three more players to join the fun! The 10-Point Pitch group will meet on a weekly basis each Tuesday from 2 to 4 p.m. in the Game Room. If you are interested in joining this group, please sign up in the Blue Book at Hospitality Desk. Contact Steve Owens for more information at (785) 565-1939.

Saturday Shopping Trip: Hobby Lobby & Dollar Tree

Saturday, March 20, at 10:30 a.m.

Starting, Saturday, March 20, transportation will be provided to Hobby Lobby & Dollar Tree for resident shopping. The bus will depart from the Village Entrance at 10:30 a.m. with a return time set for 11:45 a.m.. This shopping trip will occur every third Saturday of the month, and the cost is \$3 per resident. A sign-up sheet is located in the Blue Book at the Hospitality desk.

Diabetes Support Group

Wednesday, March 24, at 1:30 p.m.

The Diabetes Support Group will meet at 1:30 p.m. Wednesday, March 24, in the KSU Classroom with Registered Dietitian Lisa Schwarz. All are invited to attend.

Commerce on the Kaw: Exploring the History of Manhattan's Main Street

Thursday, March 25, at 1 p.m.

The next UFM class available to Meadowlark residents at no cost will meet at 1 p.m. Thursday, March 25, in Prairie Star's Event Center. To sign up for this opportunity, please call UFM at (785) 539-8763. If no one answers, please leave a message; someone will return your call. Passport members may attend Meadowlark-sponsored UFM Lifetime Learning courses via Zoom with a 20-percent discount.

Friday Night Live Entertainment: Manhattan Area Music Teachers Assoc.

Friday, March 26, at 7 p.m.

Meadowlark welcomes the Manhattan Area Music Teachers Association (MAMTA) at 7 p.m. Friday, March 26, in the Event Center.

MAMTA is a group of professional music educators from Manhattan Kansas and the surrounding area that strives to advance the value of music study and music-making for our diverse community while supporting the professionalism of music teachers and the promotion of a high standard of music among its members. Teachers and students are excited to perform for us!

Memory Matters Symposium

Monday, March 29, at 6 p.m.

Meadowlark Memory Program will present the Memory Matters Symposium from 6 to 8 p.m. Monday, March 29. This education opportunity is available to IL residents in the Community Room for in-person attendance. Participants may also join via Zoom call.

The first presenter will be Dr. Ryan Townley, assistant professor in the Department of Neurology at the University of Kansas Medical Center and Alzheimer's Clinical Trials Consortium

Associate Director. Dr. Townley also is the Primary Investigator at the University of Kansas Alzheimer's Disease Center. The second presenter is Heather Sloan, APRN with Meadowlark Medical Professionals and CenterPointe Physicians.

The goal of this program is provide outreach and education about dementia and Alzheimer's, while also helping to encourage engagement and understanding; ultimately helping to de-stigmatize cognitive decline and/or changes.

Reservations are not required for this free event. For more information or to access the Zoom meeting information, please contact Michelle Haub at (785) 323-3899.

WATCH PARTY, from page 1

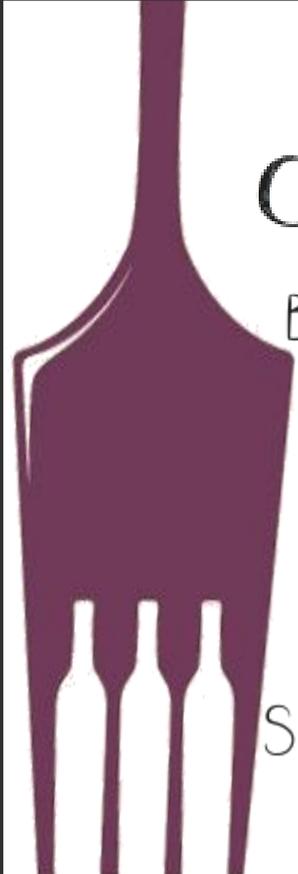
efforts, awards in four categories – Rising Star, Distinguished Volunteer, Civic Philanthropy Project, and Business Philanthropist -- will be announced. Two Passport members are among three local residents nominated for the 2020 Distinguished Volunteer Award: Debbie Nuss and Norman Schlesener.

Nuss said her service as chair of the Flint Hills Wellness Coalition Board of Directors and six years of organizing the annual Everybody Counts event fueled her nomination. Schlesener has been a volunteer for decades, serving local, national, and international organizations. He was nominated by Flint Hills Discovery Center, where he is an interpreter (docent).

Watch Party guests may sit wherever they wish in the Event Space, and persons who'd like to share a table do not need to arrive together. Dessert and champagne/sparkling juice are complimentary for each guest. A plated lunch, including a salad and entrée, is optional and costs \$10. (See full menu at right.)

Reservations, whether or not you'd like the meal, are requested by Saturday, March 27, and may be made by registering in the Blue Book. Following Riley County's guidelines, attendees must wear a mask until seated at a table.

The Community Foundation Awards started in 2014 as an addition to the Greater Manhattan Community Foundation's annual meeting. The meeting was opened to the



MENU CHANGE

Beef Tenderloin Purse
*with wild mushroom
burgundy reduction*

Rissolle Potatoes
Matchstick Vegetables

Seats are still available **\$27**

entire community, and prior to COVID-19 precautions, about 600 attendees gathered in March for the event in the Manhattan Conference Center.

Watch Party Menu

Rolls & Butter
Mixed Greens Salad topped with Asparagus and Raspberry Vinaigrette
Bourbon-Pecan Chicken
Wild Rice
Honey-Glazed Carrots
Mint Chocolate Cheesecake



Who Am I? Mystery Revealed!

by Jana Armfield

What was your guess for the *Throwback Thursday: Who Am I* photographs from last week? If you believe it to be **Jim Jorns**, you are correct!

The first photograph (*below*) shows Jim at his family farm in south central Kansas, proudly displaying his 4-H Beef Project steers he would later show at his county fair that year. The second photo is from his days as a vocational ag teacher. Jim had a passion for agriculture, so it was no surprise that this became his area of study at K-State from 1950 until his graduation in 1954.



During undergrad at K-State, Jim met Edith, or Edie, as many fondly knew her. “Edie was a doer, and *can’t* was not in her vocabulary,” Jim said, affectionately. They were married on June 5, 1955. After seven years of teaching high school Vo-Ag, Jim and Edie, along with their three young children, Mark, Ann, and James, embarked on an adventure to Central America. In August of 1964, they moved to the area of Zacapa, Guatemala, as agricultural missionaries with the

Lutheran Church on a three-year assignment. They soon realized the need for education was high because of the lack of schools and teachers in the rural villages. They believed every child had the right to a proper education. Jim and Edie, along with their Guatemalan Pastor, had a calling to build a boarding facility near the church’s grade school in Zacapa. The school had been built almost a decade prior and was supported by the Lutheran Church.

Their boarding facility provided the opportunity for many village children who lived in a rural area to learn in a safe space and receive the care they needed. Because of this new project, Jim and Edie asked to extend their time in Guatemala to gather support and make their dream a reality. In April of 1968, the boarding facility opened. Nearly 100 students went to the school, and of those, 30 were able to live and board there.

Three months later, Jim and his family moved back to Kansas. He and Edie formed an organization to sustain their vision called the Children’s Christian Concern Society (CCCS).

Around this same time, Jim went back to school and received his graduate degree in Adult Extension Education from North Carolina State University in 1971.



Soon after, he accepted a job at K-State. He worked with the K-State Extension Department, facilitating staff development, and later became the Assistant Director of the K-State International Ag program’s office. Edie also continued her education and received her master’s in Social Work at the University of North Carolina, Chapel Hill. She was instrumental in establishing the social work program in the Manhattan Public School system.

Jim and Edie stayed involved with the organization throughout this time, and the years following, in a variety of leadership roles

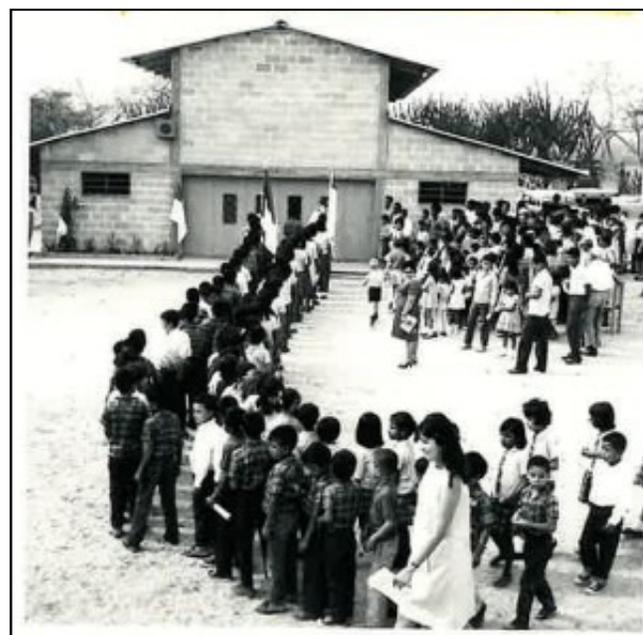


Photo from Jim and Edie Jorns’ time in Guatemala in the 1960s.

until they eventually passed the baton in 2005. CCCS grew and funded many new projects. The organization had a name change in 2013 to LeadaChild. Currently in 18 countries and with over 70 independent projects and programs, LeadaChild is all over the globe, in locations such as South East Asia, Haiti, Central and South America, and West Africa. You can go to leadachild.org to learn more about this amazing organization that first took root because of the Jorns and their inspiring vision.

*Twenty-seven guesses from residents, staff, and community members were submitted at the Hospitality Desk, via email, and on Meadowlark's Facebook page. Of those, 20 were correct! Out of the correct answers, the team randomly selected one winner. Congratulations to employee **Christine Norris**, this week's Who Am I Winner. Please collect your prize at the Hospitality Desk.*



Jim and Edie Jorns pictured above.

On Ben Franklin's Words

by Helen Roser

I never expected to disagree with Mr. Franklin, but I did. I received a letter from a friend in politics. He wrote that some citizens feel they are losing their liberty for the sake of medical regulation.

My friend quoted Benjamin Franklin: "When liberty is lost for a little security, neither is deserved."

I disagree. When survival is at stake, neither liberty nor security can be enjoyed much if you are dead.

The matter of building for outdoor dining came up. I think it is dumb. My plan: Let diners each bring their own chair or sit on the curb. They can hold their dinner in their lap.

If the city adopts my suggestion, I will ask them to be sure to say that I live at Meadowlark. (A little free publicity.)

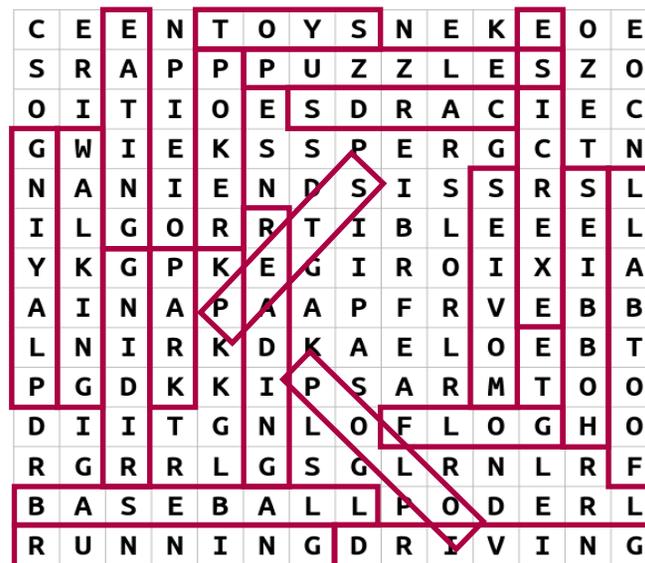


BYE-BYE, from page 1

Visitation to licensed areas, which includes skilled nursing households, assisted living households, and post-acute care (Bramlage House) must still be scheduled with a Household Leader. Residents living in independent living areas of Meadowlark have been able to accept visitors to their homes since Tuesday, Feb. 8, 2021.

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

Solution from 3/11.



Work That Brain!

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		
55					56						57			
58					59						60			
61					62						63			

ACROSS

1. Resist
5. Month before April
10. Acted like
14. Found in some lotions
15. Ancient Roman magistrate
16. Scottish hillside
17. A type of craftsman
19. Thorny flower
20. Anger
21. Pontiffs
22. Channels
23. Car shelter
25. French for "Storehouse"
27. Frozen
28. Skeptics
31. Instruct
34. Puts on
35. Twosome
36. Rodents
37. Heart artery
38. Domesticated ox
39. Arrive (abbrev.)
40. Graphic symbols
41. Made from apple juice
42. Slowpokes
44. Indian bread
45. Iron
46. Transverse flute
50. Community spirit
52. Bumbling
54. Container
55. Large open farm wagon (archaic)
56. Drowsiness
58. Type of sword
59. A person who is owned by someone
60. Small island
61. Back talk
62. Banana oil, e.g.
63. Red vegetable

DOWN

- | | | |
|-----------------------------|-------------------------|---------------------------|
| 1. Introductory | 18. Historical period | 40. Midmonth date |
| 2. Extreme | 22. Applies lightly | 41. Desert plants |
| 3. One who murmurs lovingly | 24. Photos | 43. Pilotless planes |
| 4. Barbie's beau | 26. Brass instrument | 44. Child |
| 5. Retentiveness | 28. Mends | 46. Annoy |
| 6. Attune | 29. Yokel | 47. Overweight |
| 7. Ascend | 30. Not sweet | 48. Fine thread |
| 8. End of business sales | 31. Snare | 49. Beginning |
| 9. Female chicken | 32. Nobleman | 50. Female sheep (plural) |
| 10. Rude | 33. Withers | 51. The thin fibrous bark |
| 11. Continued | 34. Doorsteps | 53. Tidy |
| 12. Where the sun rises | 37. Cards with 1 symbol | 56. South southeast |
| 13. D D D D | 38. Brass component | 57. Pen part |



SENIOR CARE HERO APPRECIATION FUND



Community Foundation launches new campaign in support of senior care workers

by Becky Fitzgerald

Residents and others who follow Meadowlark on Facebook may have seen the image above, and at least one resident approached Becky Fitzgerald, Development Director, with questions about this effort. Here's a recap of that conversation and a bit more information.

Has Meadowlark launched a new fundraising campaign? No, but thank you! While Meadowlark Foundation appreciates an effort to recognize senior care employees in Manhattan, no one currently associated with Meadowlark proposed this Appreciation Fund.

Is this campaign a scam? No. Greater Manhattan Community Foundation is promoting this campaign, collecting and recording donations, and sending gift receipts. Meadowlark shared one of GMCF's Facebook posts on its Facebook page.

Vern Henricks, GMCF's president and CEO, offered the following information to local skilled nursing communities:

Senior care workers throughout the Manhattan area have been working tirelessly to ensure that our assisted living facilities are as safe as can possibly be. Their perseverance and hard work has not gone unnoticed. Thanks to a generous challenge by Mary Vanier and Ward & Brenda Morgan, GMCF was able to start the Senior Care Hero Appreciation Fund. Gifts made to this fund will be granted out to local assisted living facilities, such as Ascension Living Via Christi Village, Meadowlark, and Stoneybrook Assisted Living to an estimated 540 employees.

The funds will then be used to purchase items in support of the wellbeing of all senior care workers. These items may include food, snacks, gifts cards, etc., throughout the next few months to show each of these employees just how much their continued work means to us. Gifts will be matched at 100% if made before March 31 thanks to Mary Vanier and Ward & Brenda Morgan.

The idea for the fund came from a five-member group of local Manhattan business women and men, two of which previously worked at Meadowlark. Ashley Urban, who previously was one of Meadowlark's Household Coordinators, contacted Annie Peace, Health Services Director, asking her what tokens of appreciation would be meaningful to skilled care employees.

Urban, a co-founder, principal, and independent agent with The Alms Group Insurance, said there has been much discussion about and praise for the work of doctors, nurses, and teachers during the pandemic, but she believes the compassionate efforts of persons providing skilled nursing care have been largely overlooked.

"People haven't understood what the staff has gone through during this last year," Urban said, referring to long hours spent in personal protective equipment and maintaining residents' physical and mental health despite the stress and isolation of virus protocols. "Their work is hard on an easy day. Our hope is that the community will recognize their work and support this project."

Urban and others connected to the project see the Appreciation Fund as a way to say thank you to selfless senior care heroes, while also supporting local businesses. Contributions are expected to be used, in part, to purchase gift cards from restaurants, which may have struggled during COVID-19 restrictions.

Interested persons may donate by visiting the GMCF website at www.mcfks.org.

Art Engagement *from the* **Beach Museum of Art**

The weather is getting warmer and the afternoons are perfect for a walk. If you were walking down the path in the drawing below what colors do you think you would see? Is the building freshly painted or faded? Are the bushes flowering? Maybe you discover some flowers along the edge or a small animal crossing the path. Spend some time jotting down what you see. Be sure to add the colors and objects you spot, the smells you experience and how the air feels around you. **Or**, capture what you imagine by coloring this image.



Robert James Hunt
Behind Boswell, 1987
Charcoal on paper

KSU, Marianna Kistler Beach Museum of Art, gift of the Jim Hunt Estate and the Mulvane Art Museum, 1997.86



PRAIRIE STAR

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(785) 323-3820

Dine In, Delivery, & Carry Out
Reservations optional

Restaurant Hours

Delivery-only Breakfast

Daily from 7 to 10 a.m.

Lunch & Dinner

Daily from 10:30 a.m. to 7 p.m.

Espresso Drinks

7 a.m. to 4 p.m.

All specials include a starter and dessert.

SUNDAY	March 21 ~ Lunch \$12	Dinner \$12
	Baked Cornflake Ranch Chicken Smoked Gouda Scalloped Potatoes Vegetable du Jour	Baked Ham <i>with Pineapple Sauce</i> Roasted Red Potatoes Vegetable du Jour
MONDAY	March 22 ~ Lunch \$10	Dinner \$13
	Chicken Salad Melt Choice of Vegetable	Almond-Crusted Pork Tenderloin <i>with Balsamic Cherry Sauce</i> Wild Rice Vegetable du Jour
TUESDAY	March 23 ~ Lunch \$10	Dinner \$13
	Ham & Cheese Quiche Rice Pilaf Choice of Vegetable	Sautéed Chicken Breast Supreme Rice Pilaf Vegetable du Jour
WED.	March 24 ~ Lunch \$10	Dinner \$12
	Beef & Bean Burrito Rice & Beans	Fried Catfish <i>with Tartar Sauce</i> Roasted Red Potatoes Coleslaw
THURS.	March 25 ~ Lunch \$10	Dinner \$14
	Turkey & Provolone Panini <i>with Roma Tomatoes & Pesto Mayo</i> Potato Chips Choice of Vegetable	Beef Brisket <i>with Wild Mushroom Sauce</i> Zucchini Potato Pancakes Vegetable du Jour
FRIDAY	March 26 ~ Lunch \$10	Dinner \$14
	Tater Tot Casserole Choice of Vegetable	Shrimp Fettucine Alfredo Garlic Toast Vegetable du Jour
SAT.	March 27 ~ Lunch \$10	Dinner \$15
	Reuben Bake Choice of Vegetable	Steak Baked Potato Vegetable du Jour

Weekly Opportunities Calendar *March 21 to March 27*

Sunday • March 21

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

Monday • March 22

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, EC

Tuesday • March 23 *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
 5:30 p.m. ~ 3rd Floor Supper, BR

Wednesday • March 24

9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:30 p.m. ~ Diabetes Support Group, KSU CL
 3:00 p.m. ~ Rock Steady Boxing, CR
 5:30 p.m. ~ 1st Floor Supper, BR

Thursday • March 25

9:00 a.m. ~ Messenger Team, KSU CL
 10:30 a.m. ~ Steady Yourself, CR
 1:00 p.m. ~ UFM Class: Commerce on the Kaw, EC
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 3:00 p.m. ~ Rock Steady Boxing, BF

Friday • March 26

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
 7:00 p.m. ~ Friday Night Entertainment:
 Manhattan Area Music Teachers Assoc., EC

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	



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

Monday, March 22

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 23

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

Wednesday, March 24

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 26

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

Solutions from 3/11.

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



CHANNEL 1960 Entertainment Guide

Sunday, March 21

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

Monday, March 22

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:15 a.m.	NEW! Sit & Be Fit Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Tuesday, March 23

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 24

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	(Re-run) Worship Service with <i>Chaplain Patty Brown-Barnett</i>
1:00 p.m.	NEW! Sit & Be Fit Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Thursday, March 25

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

Thursday, March 25

1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class

Friday, March 26

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:15 a.m.	NEW! Sit & Be Fit 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 News (Re-run) Meadowlark Update with Lonnie Baker, CEO

Saturday, March 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

EASTER LUNCH

April 4th 11:00-2:00

Prairie Star Restaurant

RESERVE YOUR SPOT AT PRAIRIE STAR





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 21

CHOCOLAT (2000) PG-13, 2 hr. 1 min. *Feel-good, Romantic, Emotional*

Cast: Juliette Binoche, Lena Olin, & Johnny Depp

A single mother and her young daughter move to a peaceful French village and open a chocolate shop during the height of Lent. The shop's sensuous desserts scandalize the town, but villagers soon savor the sweetness.

MUSICAL MONDAY: March 22

A STAR IS BORN (2018) R for language & some sexuality, 2 hr. 16 min. *Romantic, Emotional*

Cast: Bradley Cooper, Lady Gaga, & Sam Elliott

Seasoned musician Jackson Maine discovers and falls in love with struggling artist Ally. As Ally's career takes off, the personal side of their relationship is breaking down, as Jack fights a battle with his own internal demons.

TRUE TUESDAY: March 23

BECOMING (2020) PG, 1 hr. 29 min. *Documentary, Inspiring, Feel-good*

Cast: Michelle Obama

Join former first lady Michelle Obama in an intimate documentary looking at her life, hopes and connection with others as she tours with "Becoming."

WESTERN WEDNESDAY: March 24

OPEN RANGE (2003) R for violence, 2 hr. 19 min. *Action, Western, Violent*

Cast: Kevin Costner, Robert Duvall, & Annette Bening

Forced to defend their way of life, four free-grazing ranchers whose cattle meander close to a small town ruled by a greedy sheriff and his cronies, take on the corrupt leaders.

THRILLER THURSDAY: March 25

HIDDEN IN PLAIN SIGHT (2019) TV-14, 1 hr. 27 min. *Suspenseful, Thriller, Drama*

Cast: Victoria Barabas, Gino Anthony Pesi, & Jacke Allyn

A woman stages her own suicide but still lives in fear of her abusive ex-boyfriend tracking her down and stealing the son he never knew he had.

FEATURE FRIDAY: March 26

RESIDENT REQUEST

HOLIDAY IN THE WILD (2019) TV-PG, 1 hr. 26 min. *Feel-good, Romantic, Family*

Cast: Rob Lowe, Kristin Davis, & Fezile Mpela

When her husband abruptly ends their marriage, empty nester Kate embarks on a solo second honeymoon in Africa, finding purpose—and potential romance.

SWEET SATURDAY: March 27

RESIDENT REQUEST

A NEW LEAF (1971) PG, 1 hr. 42 min. *Witty, Goofy, Romantic*

Cast: Walter Matthau, Elaine May, & Jack Weston

Self-centered New York playboy Henry Graham schemes to marry a wealthy woman—and then kill her. But when his new bride proves to be an innocent klutz, Henry starts to change.