



**Puppy Love:** It's a ... GIRL! Meet Issie, Lyle House's new pug puppy. The ladies of Lyle House named sweet Issie and are enjoying endless puppy cuddles. Life is good!



## KDHE amends travel quarantine list

TOPEKA – The Kansas Department of Health and Environment (KDHE) has amended its travel quarantine list to include two states – New York and New Jersey. Two countries have also been added - State of Palestine and Estonia while one has been removed, Seychelles. Several countries remain on the list including Mayotte, Czechia, San Marino and Montenegro. A comprehensive list of those individuals needing to quarantine includes visitors and Kansans who have:

- Traveled on or after March 12 to New Jersey or New York.
- Traveled on or after March 12 to State of Palestine or Estonia.
- Traveled on or after Feb. 26 to the countries of Mayotte, Czechia, San Marino or Montenegro.
- Attendance at any out-of-state mass gatherings of 500 or more where individuals do not socially distance (6 feet) and wear a mask.
- Been on a cruise ship or river cruise on or after March 15, 2020.

The travel quarantine period is seven days with a negative test result or 10 days without testing, with release from quarantine on Day 8 and Day 11, respectively. Further information on quarantine periods can be found on KDHE's website.

For those traveling internationally, the Centers for Disease Control and Prevention (CDC) is requiring testing within three days of flights into the U.S. For further information on this and other requirements, visit their website.

**See QUARANTINE, page 4**

## EVENTS & OPPORTUNITIES

### Reminder: Insurance Cards

Please remember to take your current insurance cards when going to off-campus medical appointments. This helps the local medical offices to complete your billing accurately and in a timely fashion.

### BUNCO Group Sign-Up

***The group still needs four more players for BUNCO!*** 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).

If you love BUNCO and are interested in meeting on a weekly basis, for two hours at a time, either on Tuesday, Wednesday, or Thursday afternoons, please sign up today! Weekly meet-ups will take place in the Manhattan Room, at Prairie Star Restaurant.

The sign-up sheet is available 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

***The group still needs one more participant for 10-Point Pitch,*** a popular card game that is often played with four or more players. 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.

### 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. 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 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.

### Shopping Trip: Wal-Mart & Dillons

***Wednesday, March 31, at 10 a.m.***

The next shopping trip to Wal-Mart and Dillons is set for Wednesday, March 31. Meadowlark Transportation will be provided to these two stores 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 occur every Wednesday and are free of charge. A sign-up sheet is located in the Blue Book at the Hospitality Desk.

### Parkinson's Education Group

***Thursday, April 1, at 2 p.m.***

Join the monthly meeting of the Parkinson's Education Group at 2 p.m. in the Event Center at Meadowlark on Thursday, April 1.

**Compassion is  
an action word  
with no  
boundaries.**



This month's program is titled, "Dental Hygiene & Safe Swallowing," presented by Michelle Haub, SLP-CCC.

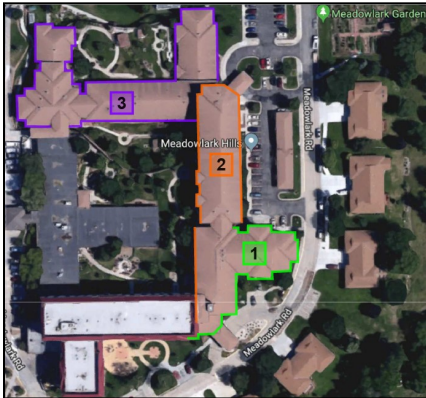
Parkinson's affects many systems that can interfere with good dental hygiene and overall health. Optimal oral health strategies will be discussed, ranging from daily routines to visits with your dental hygienist and/or dentist. Additionally, dysphagia, difficulty swallowing, can interfere with oral and pulmonary health.

The mechanics of swallowing and symptoms of dysphagia will be a feature of this program as well.

Attendees may attend in person or virtually through Zoom. Contact Michelle Haub, Special Programs Leader, for the Zoom log-in information.

## Building Caulking Project

**Monday, April 5**



The building caulking project will begin Monday, April 5. Crews will be working on the area labeled "2" in the image to the left.

## Pest Control

**Monday, April 5, & Monday, May 3**

On April 5, pest control will start up again in the independent living tower apartments. On Monday, May 3, pest control will be administered to the independent living duplexes and cottages.

Any resident that doesn't want their apartment treated can call Mike Davis, Environmental Services Leader, at (785) 323-3851 and he will put them on a do-not enter list.

# WHO AM I?

*Throwback Thursday!*

Do you know the Meadowlark resident who is featured in this image? If you have a guess, send it to Sarah at [sguge@meadowlark.org](mailto:sguge@meadowlark.org) or submit your guess to the Hospitality Desk. Check out next week's Messenger to learn more!



## Contemporary God Talk

**Monday, April 5, at 1:30 p.m.**

Contemporary God Talk will not meet Monday, March 29. The next meeting for this group will be Monday, April 5, at 1:30 p.m. in the Bison Room. All who are interested are invited to attend.

## Church Ladies

**Friday, April 9, at 7 p.m.**

Meadowlark welcomes back the Church Ladies on Friday, April 9, at 7 p.m. in Prairie Star Restaurant's Even Center!

The harmony-based acoustic trio from the Manhattan area, have been performing together for five years and the group enjoys coming to Meadowlark. Members include: Mary Louise Stahl on upright bass and mandolin, Joan Nelson on 12-string guitar, and Cindy Carlyon on melodica, upright bass, and kazoo! Their musical selections include secular and non-secular music, bluegrass, gospel, country, and folk.

## April's Theme BINGO Night

**Monday, April 12, at 7p.m.**

April's Theme BINGO night, Tutti Fruitti, will occur on Monday, April 12, at 7 p.m. in the Event Center! To celebrate this theme, we will be honoring National Peach Cobbler Day, and there will be exciting decorations, and prizes to fit the theme, such as delicious fruity desserts that lucky players can take home to enjoy! Player buy-in will be \$1 for the use of two playing cards. BINGO nights occur on the second Monday of the month. No advanced sign-ups are necessary.

## On Insurance

*submitted by Ron Williams*

Today my phone rang and when I answered a person spoke saying they were from my insurance United Health Care, which I get through AARP. After my pause they began to talk about services which I was not getting and Medicare would pay for. They talked about hearing services, eyesight services, and a whole list, much like the Joe Namath advertisements on TV. They said that if I wanted these service to call an 800 number.

Instead, I called United Health Care and found out that they NEVER make those kind of recruitment calls. Please understand. The products they are trying to talk you into participating in are legitimate, but have problems. They are very restrictive and you have to agree to a certain group of physicians, and a certain direction for all medical services. It does lead you to some of the things they promise, but to certain selected providers, and in some cases, at a higher price.

The advice of the insurance industry is, and I have found it to be true: If you hear a TV commercial on insurance you find attractive, call up an insurance broker, and talk to them about it, and take their advice. Insurance brokers do not make money on you. DO NOT call the number you are given by the voice on the phone. IT WILL COST YOU. Insurance brokers are there to guide you to money saving possibilities.

## QUARANTINE, from page 1

The travel quarantine list is determined using a formula to evaluate new cases over a two-week period, then adjusted for population size to provide a case rate per 100,000 population. This provides a number that can then be compared to the rate in Kansas. Locations with significantly higher rates -- approximately 3x higher -- are added to the list. For more information on COVID-19, please visit the KDHE website at [www.kdhe.ks.gov/coronavirus](http://www.kdhe.ks.gov/coronavirus).

# EASTER LUNCH

April 4th 11:00-2:00

Prairie Star Restaurant

## CHOICE OF STARTER

Mixed Green with Dressing  
Chicken & Cream Cheese Soup  
Mixed Fresh Fruit

\$15

## CHOICE OF ENTREE

Grilled Cilantro Lime Chicken  
with Mango Salsa  
Citrus Rice  
Vegetable Medley

\$17

Seared Salmon  
with Lemon Butter Sauce  
Loaded Mashed Potatoes  
Vegetable Medley

\$19

Roast Prime Rib  
with Au Jus  
Loaded Mashed Potatoes  
Vegetable Medley

## CHOICE OF DESSERT

Strawberry Pie  
Toffee Angel Food Cake

RESERVE YOUR SPOT AT PRAIRIE STAR

(785) 323-3820

## It's Alive!

*submitted by Jeanne Lundin*

Flowers and plants got me through the pandemic, they were alive, they needed my help to keep them alive. I was needed.

I bemoaned the fact last April that I wouldn't be able to go out to buy plants to sit on my balcony for the summer of 2020. Then all five of my children each sent me a plant for my birthday in the middle of April.

One was a Hibiscus plant, it was loaded with tiny buds and soon started blooming saucer-size blossoms of deep rose. It bloomed all summer. It was still loaded with buds when time for frost so I

pulled it into the house and it bloomed through February. It bloomed one, two or three blossoms every few days all during this COVID when we were shut in and could not go anywhere nor have visitors. But those blossoms brought me much cheer and happiness!

Greenery is good for the environment. I have it growing and vining on top of the china cabinet, Grandfather clock and curio cabinet. In another room Philodendron vines in a corner with a White Sails plant. A slower growing English Ivy in a hanging pot. I love greenery and it needs my love and attention. It gives me something to look at—it's alive!



## April Birthdays



### Skilled Nursing

4/3 George Karr  
4/4 Carl Didas  
4/9 Virginia Snodgrass  
4/20 Judy Jensen  
**4/25 Kathlyn Londeen**  
4/30 Betty Jameson

### Assisted Living

4/2 Donna Sesler  
4/3 Gary Jantz  
**4/22 Susan Scott**

### Independent Living

4/7 Jackie Frintrup  
4/9 Janet Anders  
4/9 Cam Beatty  
4/12 Evelyn Lady  
4/13 Larry Parsons  
4/17 Jeanne Lundin  
4/17 Bob Johnson  
4/17 Bob Snell  
4/18 Stephanie Upson  
**4/19 Warren Prawl**  
4/20 Nancy Bowen

4/23 Carolyn Pulford  
4/23 Jim Reed  
4/27 Dorothy Bitler  
4/29 Karen Matthews

### Employees

4/1 Anna Huffman  
4/3 Jennifer Roudybush  
4/3 Steve Schreiner  
4/4 Crystal Staddon  
4/5 Patty Brown-Barnett  
4/5 Autumn DeLettera  
4/5 Leann Haug  
4/6 Jennifer Schoenhofer  
4/7 Nicolle Barth  
4/8 Dee Renner  
4/9 Concha Campa  
4/9 Jessica Mies  
4/9 Mark Morton  
4/10 Greg Brown  
4/11 April Ascher  
4/11 Bob Speer  
4/14 Jennifer Garrett  
4/14 Rita Harsch  
4/14 Kesiah Winter

4/15 Lauren Erickson  
4/15 Monte Spiller  
4/17 Malary Tajchman  
4/19 Maddie Johns  
4/19 Geoffrey Jones  
4/20 Chris Loehr  
4/20 Kari Wilson  
4/22 Kyle Hynek  
4/22 Stephanie Kerr  
4/23 Shelby Lierz  
4/23 Reagan Moege  
4/23 John Shapel  
4/24 Cassie Russell  
4/25 Emily Weatherly  
4/26 Saif Alankarli  
4/26 Kenzie Cramer  
4/26 Maddie Cramer  
4/27 Gillian Falcon  
4/28 MyKayla Burgess  
4/28 Abdul Naeem  
4/29 Brook Marcotte  
4/29 Amanda Stanzel  
4/30 Helena Zavala-Chase

**Bold denotes milestone birthdays of 70, 80, 90, or 100+ !**

# Work That Brain!

## Easter

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

RABBIT  
HOP  
CHOCOLATE  
MARCH  
HUNT  
EGGS  
FIND  
BASKET  
SPRING  
HOLIDAY  
EASTER  
CANDY  
SUNDAY  
BUNNY

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

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

Meadowlark Grocery Service

(785) 323-3820

Additional items available upon request.

| Food                    |         |                       |        |
|-------------------------|---------|-----------------------|--------|
| Activia.....            | \$4.50  | Hazelnut Spread.....  | \$9.00 |
| Almonds.....            | \$7.00  | Ice Cream .....       | \$4.50 |
| Banana Chips .....      | \$3.00  | Jelly.....            | \$4.50 |
| BBQ Sauce.....          | \$3.00  | Juice.....            | \$4.50 |
| Beans .....             | \$1.50  | Ketchup .....         | \$2.00 |
| Boost.....              | \$12.00 | Miracle Whip .....    | \$5.50 |
| Bread .....             | \$4.00  | Mixed Fruit.....      | \$4.50 |
| Brownie Mix.....        | \$3.00  | Mixed Nuts .....      | \$9.00 |
| Butter.....             | \$4.00  | Muddy Buddy .....     | \$6.00 |
| Cake Mix .....          | \$1.50  | Mustard .....         | \$2.00 |
| Campbell's Soup .....   | \$1.00  | Oatmeal .....         | \$4.50 |
| Candy Bars.....         | \$1.50  | Olives .....          | \$2.50 |
| Canned Fruit .....      | \$2.50  | Orange Juice.....     | \$5.50 |
| Canned Vegetables ..... | \$1.50  | Oreos .....           | \$4.50 |
| Cashews.....            | \$9.00  | Pancake Mix.....      | \$4.50 |
| Cereal.....             | \$4.50  | Pasta .....           | \$1.50 |
| Cheez-It.....           | \$4.50  | Peanuts .....         | \$6.00 |
| Chex Mix .....          | \$4.50  | Pickles .....         | \$3.00 |
| Chili .....             | \$3.00  | Pop Tarts.....        | \$4.00 |
| Chips .....             | \$5.00  | Pretzels.....         | \$3.00 |
| Chips Ahoy.....         | \$4.50  | Pringles.....         | \$2.50 |
| Chocolate Chips .....   | \$4.50  | Prunes.....           | \$5.00 |
| Club Crackers .....     | \$4.50  | Raisins.....          | \$4.50 |
| Completes .....         | \$4.50  | Ravioli .....         | \$1.50 |
| Cream of Wheat.....     | \$6.00  | Rotel.....            | \$2.00 |
| Distilled Water .....   | \$1.50  | Salad Dressing.....   | \$2.50 |
| Dove Chocolates .....   | \$7.50  | Salsa .....           | \$4.00 |
| Eggs.....               | \$1.50  | Saltine Crackers..... | \$3.00 |
| Fig Newton's .....      | \$6.00  | Snack-pack .....      | \$1.50 |
| Flour.....              | \$2.00  | Spaghetti Sauce ..... | \$4.00 |
| Folgers Coffee.....     | \$6.00  | Sugar.....            | \$3.00 |
| Folgers Instant.....    | \$10.50 | Tomato Paste.....     | \$1.50 |
| Fruit Snacks .....      | \$4.50  | Tortilla Shell .....  | \$4.50 |
| Goldfish Crackers.....  | \$4.00  | V8.....               | \$5.50 |
| Graham Crackers.....    | \$4.00  | Vegetable Oil.....    | \$3.00 |
| Granola Bars .....      | \$4.50  | Wafers.....           | \$5.50 |
| Hamburger Helper .....  | \$2.50  | Wheat Thins.....      | \$4.50 |

| Household                |         |
|--------------------------|---------|
| All Purpose Cleaner..... | \$4.50  |
| Batteries .....          | \$7.50  |
| Bounce.....              | \$7.50  |
| Cascade .....            | \$7.50  |
| Downy .....              | \$7.00  |
| Glass Cleaner .....      | \$3.00  |
| Hand Soap.....           | \$2.50  |
| Hand Towels.....         | \$4.50  |
| Kleenex .....            | \$2.50  |
| Napkins.....             | \$3.50  |
| Paper Towels.....        | \$2.00  |
| Plastic Wrap.....        | \$4.50  |
| Purex.....               | \$7.50  |
| Tide.....                | \$9.00  |
| Toilet Bowl Cleaner..... | \$3.50  |
| Toilet Paper.....        | \$10.00 |
| Trash Bags- Small.....   | \$4.50  |
| Trash Bags- Large .....  | \$12.00 |
| Ziploc Bags.....         | \$4.00  |
| Medicine                 |         |
| Acetaminophen.....       | \$6.00  |
| Allergy Medicine .....   | \$6.00  |
| Anti-Diarrheal .....     | \$4.50  |
| Aspirin (325/81mg) ...   | \$6.00  |
| Cough Drops .....        | \$2.50  |
| DayQuil .....            | \$10.50 |
| Ibuprofen .....          | \$6.00  |
| Icy Hot .....            | \$6.00  |
| Neosporin .....          | \$7.50  |
| NyQuil.....              | \$10.50 |
| Tums .....               | \$7.50  |
| Vicks VapoRub .....      | \$8.50  |
| Personal Care            |         |
| Body Wash .....          | \$3.00  |
| ChapStick.....           | \$2.00  |
| Deodorant .....          | \$4.50  |
| Dove Soap.....           | \$2.50  |
| Listerine .....          | \$9.00  |
| Lotion.....              | \$7.00  |
| Poise Pads-Large .....   | \$15.00 |
| Poise Pads-Small.....    | \$7.00  |
| Shampoo .....            | \$3.00  |
| Shaving Cream.....       | \$4.50  |
| Toothpaste .....         | \$4.50  |



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

The **line** is probably the most basic art element the artist uses to create an image. It is versatile too! The artist's choice to make a line vertical or horizontal, straight, zigzag or curvy, wide or thin, smooth or rough can determine what the viewer sees and how they interpret the picture.

As you look at the painting below, what lines do you notice? What direction are they going? Are they wide, thin, smooth or rough? Do they appear in harmony or divergent? Do they influence how your eye moves around the composition?

John Frederick Helm Jr.  
*Promontory Point*, ca, 1958  
Gouache on paper

KSU, Marianna Kistler Beach Museum of Art,  
gift of Mary Helm Pollack, 1998.24



### Re: What are they doing?

by Helen Roser

I love the picture of the men we are asked to say what we think is going on!

My thoughts are influenced by my work as a government paralegal.

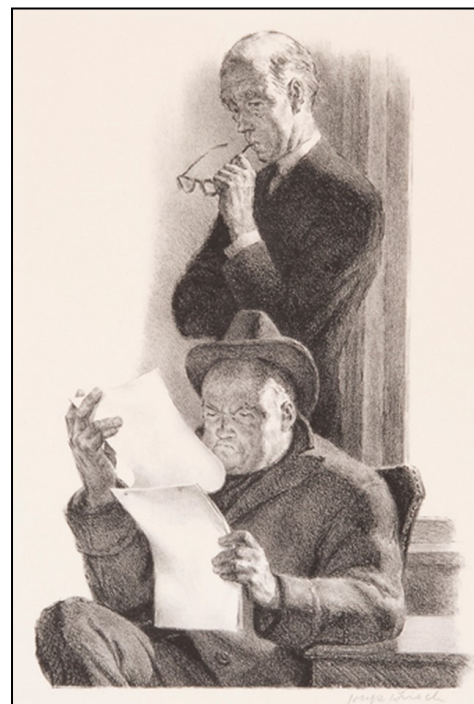
The man is trying to wade through what he calls "Government Gobbeldygook." His attorney (standing behind him) has told him he must "come in to sign" something. He couldn't understand the mumbojumbo his attorney was saying, so the attorney handed it to him to read.

His attorney is trying to tell him about "limited rights" when you own land. In some places (including his), you don't own what is beneath the surface. He could not dig a well to

create a little lake for his cows to get a drink.

He did, breaking a bunch of laws and ordinances and is in a ton of trouble. His attorney is hoping he will save himself a lawsuit and a lot of money by signing this paper that tells the government he will fill up his well and not dig again.

He still has his hat on because coming in "to sign something" wouldn't take long. His attorney's thoughts? "I knew this would happen. Hope I can keep him out of court."







# PRAIRIE STAR

Dine • Drink • Gather

**(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 28 ~ Lunch \$12   | Dinner \$12   |
|         | Grilled Raspberry Chicken<br>Roasted Fingerling Potatoes<br>Vegetable du Jour | Chicken Fried Steak<br>Mashed Potatoes & Gravy<br>Vegetable du Jour   |
| MONDAY  | March 29 ~ Lunch \$10   | Dinner \$12   |
|         | Southwestern Pulled Chicken Panini<br>Potato Chips<br>Choice of Vegetable     | Meatloaf stuffed with Fresh Mozzarella<br>& Marsala Sauce<br>Roasted Fingerling Potatoes<br>Vegetable du Jour |
| TUESDAY | March 30 ~ Lunch \$10   | Dinner \$13   |
|         | Swedish Meatballs<br>over Noodles<br>Choice of Vegetable                      | BBQ Pork Tenderloin<br>with Blackberry BBQ Sauce<br>Au Gratin Potatoes<br>Vegetable du Jour                   |
| WED.    | March 31 ~ Lunch \$10   | Dinner \$13   |
|         | BBQ Brisket Sandwich<br>Coleslaw<br>French Fries                              | Sautéed Chicken<br>with Brie Sauce<br>Sun-Dried Tomato Mashed Potatoes<br>Vegetable du Jour                   |
| THURS.  | April 1 ~ Lunch \$10  | Dinner \$14   |
|         | Asian Orange Chicken<br>with Stir Fry Vegetables & Rice                       | Sautéed Sole<br>with Lemon Butter<br>Rice Pilaf<br>Vegetable du Jour  |
| FRIDAY  | April 2 ~ Lunch \$10  | Dinner \$14   |
|         | Fish & Chips<br>Coleslaw  | Shrimp & Grits<br>Vegetable du Jour   |
| SAT.    | April 3 ~ Lunch \$10  | Dinner \$13   |
|         | Philly Beef Steak Sandwich<br>Potato Salad<br>Choice of Vegetable             | Beef Stroganoff<br>over Noodles<br>Vegetable du Jour  |

# Weekly Opportunities Calendar *March 28 to April 2*

## Sunday • March 28

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

## Monday • March 29

9:30 a.m. ~ Seated Strength, CR  
10:30 a.m. ~ Weights 101, CR  
11:30 a.m. ~ CFA Watch Party, EC  
11:30 a.m. ~ Sit & Be Fit, CR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
1:00 p.m. ~ PD Care Partner Support Grp, WCR  
1:45 p.m. ~ Parkinson's Voice Class, CR  
6:00 p.m. ~ Memory Matters Symposium, CR  
7:00 p.m. ~ BINGO Night, EC

## Tuesday • March 30 *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 31

9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE  
10:00 a.m. ~ Memory Care Partner Group, WCR  
10:30 a.m. ~ Weights 101, CR  
11:30 a.m. ~ Sit & Be Fit, CR  
1:00 p.m. ~ Memory Café, CR  
3:00 p.m. ~ Rock Steady Boxing, CR  
6:30 p.m. ~ UFM Class: Leadership in WWII, EC

## Thursday • April 1

9:00 a.m. ~ Messenger Team, KSU CL  
10:30 a.m. ~ Steady Yourself, CR  
10:30 a.m. ~ Mandy Thursday Service, EC  
11:15 a.m. ~ Chair Yoga, CR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
2:00 p.m. ~ PD Education Group, EC  
3:00 p.m. ~ Rock Steady Boxing, BF  
5:30 p.m. ~ Meadowlark Circle Dinner, BR

## Friday • April 2

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



## 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](mailto:michelle.haub@meadowlark.org) for log-in information unless otherwise noted below.

## Monday, March 29

|            |  |
|------------|--|
| 10:30 a.m. | Mindful Memoirs Group  |
| 1 p.m.     | Parkinson's Exercise Class   |
| 1:45 p.m.  | Parkinson's Voice Class  |
| 2 p.m.     | Change & Loss Support Group<br>Email <a href="mailto:kspearman@meadowlark.org">kspearman@meadowlark.org</a> for log-in info. |
| 6:00 p.m.  | Memory Matters Symposium   |

## Tuesday, March 30

|        |                         |
|--------|-------------------------|
| 2 p.m. | Memory Activities Class |
|--------|-------------------------|

## Wednesday, March 31

|         |   |
|---------|---|
| 10 a.m. | Memory Care Partner Support Group<br>Contact Bridget for the log-in info by calling (785) 323-3837. |
| 1 p.m.  | Memory Café   |

## Thursday, April 1

|        |                            |
|--------|----------------------------|
| 1 p.m. | Parkinson's Exercise Class |
|--------|----------------------------|

## Friday, April 2

|           |                       |
|-----------|-----------------------|
| 10:30a.m. | Mindful Memoirs Group |
|-----------|-----------------------|



# CHANNEL 1960 Entertainment Guide

## Sunday, March 28

|            |   |
|------------|---|
| 9:00 a.m.  | Sweat It Out Exercise Class                                       |
| 10:30 a.m. | <b>NEW</b> Worship Service with Chaplain Patty Brown-Barnett      |
| 12:00 p.m. | <b>(Re-run)</b> Meadowlark Update with Lonnie Baker, CEO          |
| 2:00 p.m.  | <b>(Re-run)</b> 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 29

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

## Tuesday, March 30

|            |                                |
|------------|--------------------------------|
| 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 31

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

## Thursday, April 1

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

## Thursday, April 1

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

## Friday, April 2

|            |  |
|------------|--|
| 9:30 a.m.  | Seated Strength Exercise Class   |
| 10:30 a.m. | Weights 101 Exercise Class   |
| 11:15 a.m. | Sit & Be Fit Exercise Class  |
| 12:00 p.m. | <b>NEW!</b> Channel 1960 News<br><b>NEW!</b> 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.  | <b>(Re-run)</b> Channel News<br><b>(Re-run)</b> Meadowlark Update with Lonnie Baker, CEO |

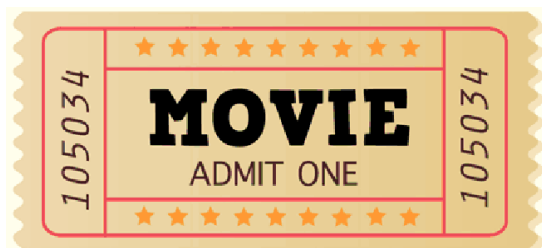
## Saturday, April 3

|           |  |
|-----------|--|
| 9:15 a.m. | <b>(Re-run)</b> 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. | <b>(Re-run)</b> Meadowlark Update with Lonnie Baker, CEO |

## Solution from 3/18.

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





## 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 28

***EASTER PARADE (1948)*** NR, 1 hr. 43 min. *Musical, Romance*

Cast: Judy Garland, Fred Astaire, & Peter Lawford

A nightclub performer hires a naïve chorus girl to become his new dance partner to make his former partner jealous and to prove he can make any partner a star.

### MUSICAL MONDAY: March 29

***MARY POPPINS RETURNS (2018)*** PG 2 hr. 10 min. *Animation, Comedy, Family*

Cast: Emily Blunt, Lin-Manuel Miranda, & Ben Whishaw

A few decades after her original visit, Mary Poppins, the magical nanny, returns to help the Banks siblings and Michael's children through a difficult time in their lives.

### TRUE TUESDAY: March 30

***EASTER ISLAND UNSOLVED (2018)*** TV-14, 44 min. *Documentary, Historical*

Cast: Peter Demeo

Easter Island is one of the most isolated inhabited islands on Earth, and a riddle. What happened to the Rapa Nui who populated this ancient Eden? They carved giant statues, the moai, and created a culture of cooperation. Then something failed. Modern explorers investigate labyrinthine cave systems, finding grim clues. Now another sad fate may be in the island's future—total disappearance.

### WESTERN WEDNESDAY: March 31

***BITE THE BULLET (1975)*** PG, 2 hr. 11 min. *Action, Adventure, Western*

Cast: Gene Hackman, Candice Bergen, & James Coburn

A group of ex-rough riders, an ex-prostitute, and a gunfighter enter a horse race in the desert.

### THRILLER THURSDAY: April 1

***SHIMMER LAKE (2017)*** TV-MA 1 hr. 26 min. *Mind-bending, Suspenseful, Thriller*

Cast: Benjamin Walker, Rainn Wilson, & Rob Corddry

Unfolding in reverse time, this darkly comic crime thriller follows a local sheriff hunting three bank robbery suspects, one of whom is his brother.

### FEATURE FRIDAY: April 2

***PASSION OF THE CHRIST (2004)*** R *for sequences of graphic violence*, 2 hr. 7 min. *Religious*

Cast: Jim Caviezel, Monica Bellucci, & Maia Morgenstern

Depicts the final twelve hours in the life of Jesus of Nazareth, on the day of his crucifixion in Jerusalem.

### SWEET SATURDAY: April 3

***HOP (2011)*** PG, 1 hr. 35 min. *Family, Comedy*

Cast: James Marsden, Russell Brand, & Kaley Cuoco

A jobless slacker finds himself beyond busy after he runs over the Easter Bunny and has to take over the rabbit's duties so the holiday can continue.