

Knockin' Out Pd

Meadowlark Parkinson's Program brings education, exercise, engagement to the ring

by Michelle Haub, Special Prog. Leader
National Parkinson's Awareness Month begins today, April 1. This marks a time to educate people in the world about the symptoms and treatment of Parkinson's disease (Pd). Parkinson's knows no limits. Age is not a factor. Occupation doesn't matter. But despite its prowess (including a lack of a cure), people can and do have ways to live well with Pd.

Living well with Pd has always been a tenet of the Meadowlark Parkinson's Program, now in its 15th year. We have focused on education and providing exercise and engagement opportunities for those affected by Pd in the Flint Hills region. Throughout those 15 years, the late Don Rasmussen was always with us, encouraging our leadership and his fellow Parkinson's friends to "not settle for status quo." He served on our Core Team and Speedy Pd Race for Parkinson's planning team, was a mentor to many, a great educator, an inspiration, and a friend to all. He embodied the principles the Meadowlark Parkinson's Program taught and fought every round of this stinking disease to the bell like a champ. He would say "Parkinson's disease will eventually win the fight, but I'm winning the rounds." This is a big reason why we must take

advantage of the current opportunity to gather together and share with others what Parkinson's disease is and how we can help people fight it...every single round!

Parkinson's is a progressive, degenerative neurological disease. The hallmark symptoms of Parkinson's are *rigidity* (stiff muscles), *bradykinesia* (slow movements), *resting tremor* (although not present in many individuals) and *postural instability*. It tries to make people small, from the way they feel (*depressed and/or apathetic*), to their quiet (*small*) voice, to their handwriting (*micrographia*), and yes, even their steps (*shuffling gait*). But research and experience tells us that socialization, medicine, and exercise decrease the symptoms of Parkinson's—ultimately putting Pd on the defense. The earlier people get diagnosed and start interventions the better the outcomes. However, it is never too late to reach out and get support, whether for the person with Pd or his/her care partners!

With the right medications,



Stock photo from Meadowlark Rock Steady Boxing.

therapy, and exercise, individuals often regain some control and confidence in their daily living skills and improve their quality of life. What better way to educate people about Parkinson's than the 11th annual Pig Out for Parkinson's! This year we are excited to announce a new venue for you to come join us to recognize National Parkinson's Awareness Month: **Rockin K's!** Rockin K's, 1880 Kimball Ave (in the K-State Foundation building), is owned by Scott Sieben. Bud & Bobby Cox are working with Scott Sieben to support the Meadowlark Parkinson's Program on Thursday, April 29, between 11 a.m. and 10 p.m. Rockin K's will donate 10% of the sales from this day to the Program, and all sales qualify (dine-in, carry-out, buffet). The legendary Bill Snyder will be present at lunch, and we will have a pork slider buffet. Be sure to come back for dinner and meet the current K-State Football Coach,

See PARKINSON'S, 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.

Contemporary God Talk, postponed

Contemporary God Talk will not meet until Monday, April 19.

Sing-a-Long, postponed

The weekly Sing-A-Long will not meet until Wednesday, April 21.

Concrete Work

Monday, April 5

Many concrete repairs will be completed around campus in the coming weeks. This work will include some sidewalks around campus and a few driveways.

The team plans to start work on the concrete on Monday, April 5, weather permitting and it will continue through the month of April. Please avoid any coned-off areas during the time of construction.

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 who doesn't want his or her apartment treated can call Mike Davis, Environmental Services Leader, at (785) 323-3851, and he will put you on a do-not enter list.

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 Event 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 registration is necessary.

2021 Symphony in the Flint Hills

Saturday, June 12

The Symphony in the Flint Hills announced plans to Salute the Santa Fe Trail with world-class music and nature at this year's annual prairie gathering near the historic trail town of Council Grove. This year's event is scheduled for Saturday, June 12, featuring a sunset concert by the 80-piece Kansas City Symphony at North Lakeview Pasture, along with activities highlighting the Santa Fe Trail bicentennial.

Travel to the Symphony with Meadowlark! The cost of the trip is \$130, which includes the ticket to the event, reserved seating with chair back, and transportation from Meadowlark. Sign up for the trip in the Blue Book at the Hospitality Desk. **No refunds can be issued once the tickets are purchased.** In the event of weather postponement on June 12, the event will take place on the rain date of June 13. If weather cancels the weekend events completely, general admission ticket holders will be eligible for a refund. If you are interested, please sign up or contact Monte Spiller, Resident Services Leader, at 323-3801.

Solutions from 3/25.

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

Y	A	N	D	N	A	T	H	C	H	N	S	E	M
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C	I	O	T	S	D	D	S	I	A	N	R	Y	N
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



Last's week's Throwback Thursday was none other than Nancy Goulden, standing alongside her older sister, Nelly, wearing their Sunday best. Did you guess correctly?

Reminiscing back to when she was a little girl, Nancy remembers the painstaking process it took to achieve those curly locks using metal curlers. The curling started early, around the first grade. It only took a year until her grandmother simply gave up and started braiding Nancy's hair instead. She was always envious of the women in her family who all were blessed with beautiful, natural curls.

Nancy grew up in El Dorado, Kan., near Wichita. She came from a family where everyone was

either a *farmer or a teacher*. Would you believe, then, that both she and her sister went onto pursue degrees in education. Nancy received her undergraduate degree from Emporia State University, her master's from Villanova University, and her doctorate at Northern Arizona State University. While teaching in Missouri, she was approached by a few K-State professors at a college debate tournament. They encouraged her to "come back home." Nancy traveled back to Kansas and accepted a position at KSU soon after, teaching theater and speech. Nancy said she had a *love of helping students overcome their fears* during her time as a professor of public speaking. She was passionate about working with college level students and did so until her retirement.

Nancy has two sons, Marc and Mike, or "M & M" as they are affectionately known. And in the more recent photo of Nancy, she is photographed with one of her granddaughters, Emma.

*Twelve guesses from residents, staff, and community members were submitted at the Hospitality Desk and via Meadowlark's Facebook page. Of those, eight were correct! Out of the correct answers, the team randomly selected one winner. Congratulations to **Brandy Graham**, Meadowlark Home Health nurse, on being this week's Who Am I Winner. Please collect your prize by visiting the Hospitality Desk.*

BREAKFAST SPECIALS

Daily, 7 a.m. to 10 a.m.

Monday, April 5

Breakfast: Biscuits & Gravy

Tuesday, April 6

Breakfast: Breakfast Sandwich

Wednesday, April 7

Breakfast: Breakfast Burrito

Thursday, April 8

Breakfast: Biscuits & Gravy

Friday, April 9

Breakfast: Waffle or Pancake

Saturday, April 10

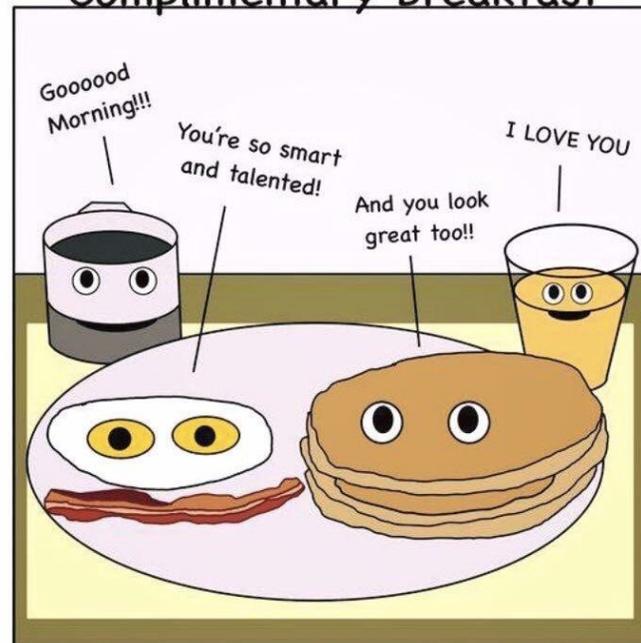
Breakfast: A la carte menu options

A la carte menu items can be ordered any day of the week and include: Egg (cooked to order), Omelet, Bacon, Sausage, Toast, Fruit, Juice, Milk, Coffee by the cup, etc.

Breakfast is SERVED

A dine-in option will be offered for breakfast starting Monday, April 5, between 7 and 10 a.m. each morning. Breakfast will be served in Prairie Star Restaurant temporarily until Verna Belle's Café is ready to re-open operations. The standard \$2 delivery fee will be added to all delivery breakfast orders starting Monday, April 5.

Complimentary Breakfast



PARKINSON'S, from page 1

Chris Klieman. The evening will also include a burger (and chicken) buffet with Bud Cox's famous bread pudding and music from the band "Petty Cash." Other specials will be available for this event and will be announced closer to the date. Pig Out for Parkinson's is a great opportunity for those in our Parkinson's Program to educate others about their disease. I encourage you to come and learn from our participants about how the Meadowlark Parkinson's Program is "Knockin Out Pd!"

If you would like more information about Parkinson's disease or the Meadowlark Parkinson's Program, please contact Michelle at (785) 323-3899 or email mhaub@meadowlark.org.

March Gifts to Meadowlark Foundation

Gifts benefiting the Good Samaritan Fund, Helping Hands Fund, Meadowlark Parkinson's Program, and the proposed Wellness Center were received by Meadowlark Foundation during the month of March 2021.

Memory of

Burke Bayer	Don Rasmussen
Richard "Dick" Cattell	Zona Gale Sarff
Ila Pultz	Jane Westfall

Service Memorial funds of George W. Given, Loyal F. Payne, Ralph E. Silker, and J. Willet Taylor in the Kansas Kiwanis Foundation

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

Meet Stacey Hayter!



Stacey Hayter has joined Meadowlark as general manager/executive chef for Prairie Star, overseeing all food and service responsibilities for our fabulous, new restaurant. Stacey brings more than 30 years of culinary experience and kitchen creativity to our team. She and her 13-year-old son recently relocated back to her home state of Kansas to be closer to family after spending more than 20 years in Seattle, where most recently, she owned her own café called Pinch Eats that featured comfort food recipes from her Welsh grandmother.

Following her graduation from Manhattan High School, Stacey attended the University of Kansas and graduated with a bachelor's of arts in journalism. She also earned a degree in culinary arts from the Art Institute in Seattle, then continued her studies at Villa Pandolfini in Italy, where she gained a passion for Northern Tuscan cuisine that continues today.

Stacey loves to travel, especially road trips which in Stacey's words are *food adventures*. "I love trying different cuisines and visiting where the 'locals' go," Stacey said.

Stacey has a knack for bringing food to life through big flavors and inviting presentations that complement Meadowlark's talented kitchen staff. Please stop by Prairie Star Restaurant to welcome Stacey and enjoy the exciting menu that continues to evolve under her direction.

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

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			
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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. Pigeon's home
5. Batman = The ____ Crusader
10. Body of a ship
14. Unit of land
15. Winged
16. Murres
17. School of thought
19. Subconscious
20. Before, poetically
21. Egyptian peninsula
22. Eyeteeth
23. Reposing
25. Fine dinnerware
27. Regulation (abbrev.)
28. Diabetes sufferer
31. Choral group
34. Abstains from eating
35. Frozen water
36. Mentally irregular (slang)
37. Sheds
38. Enemies
39. Altitude (abbrev.)
40. Remedies
41. Wards (off)
42. Psychological disorders
44. Sick
45. Pontiffs
46. Characteristic of a goat
50. Brackish
52. Late
54. Do it yourself
55. Region
56. Damsel
58. Glove
59. Straighten
60. Many millennia
61. Leisure
62. Nonchalantly unconcerned
63. Celestial bear

DOWN

- | | | |
|--------------------------------|-----------------------------|------------------------------|
| 1. Escapade | 18. Willow | 40. Replicate |
| 2. Autumn color | 22. Little lies | 41. Pares |
| 3. Attempts | 24. Threesome | 43. Spin |
| 4. Snake-like fish | 26. Derbies or berets | 44. A type of tincture |
| 5. Outer covering of something | 28. Valleys | 46. Rums |
| 6. Lengthwise | 29. Anagram of "Dice" | 47. Lazybones |
| 7. Not Mama | 30. To tax or access | 48. Grain storage buildings |
| 8. Philosophers | 31. Family group | 49. Doglike nocturnal mammal |
| 9. Former North African ruler | 32. Puncture | 50. Alike |
| 10. Compassionate | 33. Like triplets, except 8 | 51. Diva's solo |
| 11. Passing water | 34. Preclude | 53. Dogfish |
| 12. Water chestnut | 37. Cogitate | 56. Smear |
| 13. Boys | 38. Sensed | 57. French for "Water" |



Scavenger Hunt Challenge

submitted by Jana Armfield, Volunteer Engagement Specialist

Are you ready for a good old-fashioned scavenger hunt? Steve Hall, fellow resident and woodworking extraordinaire, has been busy creating beautiful wooden rabbits for a few lucky residents to enjoy for the Spring!

You are invited to take part in a bunny hunt to search for these special rabbits that are scattered around the Community Center, using the worksheet below, to help you in your search.

Once you find a bunny, be sure to write down the spot in which you found it! Turn in your completed worksheet to the Hospitality Desk by Tuesday, April 6. Participants with the correct answers will be placed into a random drawing to win a wooden rabbit of their own, along with some chocolate goodies! Winners will be randomly drawn, and their names will be announced in the Thursday, April 8, edition of the Messenger.

Bunny Hunt: Worksheet

Name: _____ Phone number: _____

Solving these clues makes you a winner; go look where you would eat your dinner.



Springtime is when the flowers grow, look where you might watch a show.



You may need a rest or two to where you need to sit and slouch. This place has a very comfy couch.



Let us plant a seed for the next clue, where you might go to read up on the news.



Hippity hoppity, a place where you don't stopity. Get in shape and walk away feeling great.



Easter's near, put on your Sunday's best. Be sure to visit these ladies to beautify the rest!



Art Engagement *from the Beach Museum of Art*

Sometimes a printmaker will make a print of the same composition using different techniques. They usually start with a pencil drawing and then begin to transfer that drawing onto a plate. If the artist is engraving, they use sharp tools to carve out the design. If they are etching, the plate is covered in wax, a sharp tool etches the drawing through the wax, creating a stencil. The finished plate is dipped in an acid bath which eats away the exposed metal. When ready to print, both techniques cover the plate in ink and then wipe it clean, leaving ink only on the engraved or etched lines. The plate is then pressed against a sheet of paper to transfer over the inked image. As you look at the pencil drawing, wood engraving, and etching all by John F. Helm, Jr., what differences do you notice?



[top left] John Frederick Helm, Jr., *Amaryllis Lily*, ca. 1930, Graphite on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Mary Helm Pollack, 2002.377 [bottom left] John Frederick Helm, Jr. *Amaryllis Lily*, ca. 1930, Wood engraving on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Mary Brownell Helm, 1985.128 [above] John Frederick Helm, Jr., *Amaryllis Lilies*, mid 20th Century, Etching on paper, KSU, Marianna Kistler Beach Museum of Art, gift of C.E. Denman, 2008.443



PRAIRIE STAR

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(785) 323-3820

Dine In, Delivery, & Carry Out
Reservations optional

Restaurant Hours

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	April 4 ~ Lunch	Dinner \$7
	Easter Lunch Menu <i>Menu on page 5. Reservation are required.</i>	Boxed Dinner: <i>Delivered around 2 p.m.</i> <i>Sign up in the Blue Book at the Hospitality Desk. Dinner includes ham or turkey sandwich, chips, fruit, & slice of cherry or apple pie</i>
MONDAY	April 5 ~ Lunch \$10	Dinner \$12
	Quiche Lorraine Rice Pilaf Choice of Vegetable	Rigatoni with Grilled Marinated Chicken <i>in Tomato Vodka Sauce</i> Garlic Toast Vegetable du Jour
TUESDAY	April 6 ~ Lunch \$10	Dinner \$13
	BBQ Pulled Pork Sandwich Coleslaw French Fries	Roast Pork Loin <i>with Sausage Sage Dressing</i> Mashed Potatoes & Gravy Vegetable du Jour
WED.	April 7 ~ Lunch \$10	Dinner \$14
	Chicken & Mushroom Crepes Wild Rice Choice of Vegetable	Grilled Caesar Marinated Shrimp Seared Polenta <i>with Mushrooms & Caramelized Onions</i> Vegetable du Jour
THURS.	April 8 ~ Lunch \$10	Dinner \$12
	Beef Tips Fettucine Choice of Vegetable	Cajun-Baked Chicken Thigh & Leg <i>with Andouille Gravy</i> Red Beans & Rice Corn Pudding
FRIDAY	April 9 ~ Lunch \$10	Dinner \$12
	Seasoned-Baked Chicken Legs Scalloped Potatoes Choice of Vegetable	Fried Pork Cutlet Mashed Potatoes & Gravy Vegetable du Jour
SAT.	April 10 ~ Lunch \$10	Dinner \$17
	Fried Pork Tenderloin Sandwich Potato Salad Choice of Vegetable	Roast Tenderloin of Beef <i>with Bearnaise Sauce</i> Twice Baked Potato Vegetable du Jour

Weekly Opportunities Calendar April 4 to April 9

Sunday • April 4

9:30 a.m. ~ Worship Service, EC
11 a.m. to 2 p.m. ~ Easter Lunch, PS

Monday • April 5

8:30 a.m. ~ IL Resident Council,
9:30 a.m. ~ Town Meeting, EC
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
1:00 p.m. ~ PD Care Partner Support Grp, PR
1:45 p.m. ~ Parkinson's Voice Class, CR
5:30 p.m. ~ Tuttle Creek Neighborhood Supper, BR
7:00 p.m. ~ BINGO Night, EC

Tuesday • April 6 *Trash & recycling pick-up*

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ 4th Floor Luncheon, MR
12:00 p.m. ~ Kimball Neighborhood Luncheon, BR
2:00 p.m. ~ Memory Activities Class, CR
2:00 p.m. ~ 10-Point Pitch, GR

Wednesday • April 7

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 8

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

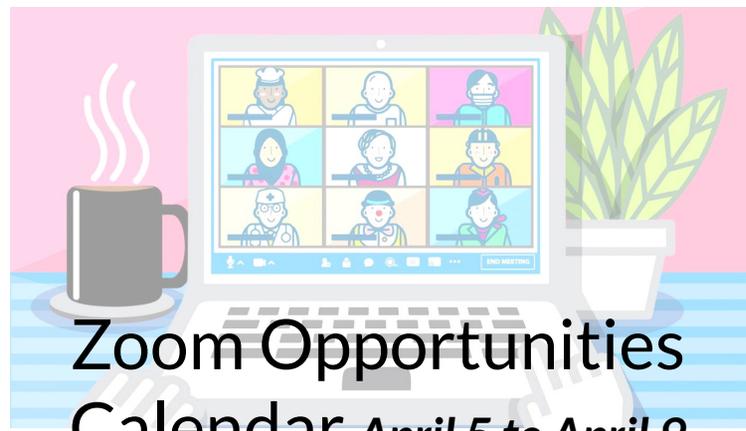
Friday • April 9

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

*The West Conference Room has been officially re-named as the **Patriot Room**. The abbreviation reflected on the Opportunities Calendar is "PR."*

Room Abbreviations

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



Zoom Opportunities Calendar April 5 to April 9

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

Monday, April 5

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 Email kspearman@meadowlark.org for log-in info.

Tuesday, April 6

2 p.m.	Memory Activities Class
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Wednesday, April 7

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

Thursday, April 8

1 p.m.	Parkinson's Exercise Class
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Friday, April 9

10:30a.m.	Mindful Memoirs Group
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CHANNEL 1960 Entertainment Guide

Sunday, April 4

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, April 5

9:30 a.m.	NEW! Seated Strength Exercise
10:30 a.m.	NEW! 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.	NEW! Weights 101 Exercise Class

Tuesday, April 6

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, April 7

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
1:00 p.m.	Sit & Be Fit Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Thursday, April 8

10:30 a.m.	Steady Yourself Exercise Class
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Thursday, April 8

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, April 9

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.	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) Meadowlark Update with Lonnie Baker, CEO

Saturday, April 10

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

Did you hear about the man who got hit by the same bike every morning?

It was a vicious cycle.

Masks are required when outside of your home.



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: April 4

COME SUNDAY (2018) TV-14, 1 hr. 45 min. *Intimate, Emotional, Cerebral*

Cast: Chiwetel Ejiofor, Martin Sheen, & Danny Glover

He spent his life saving lost souls, then tragedy struck. Now it's this preacher's turn to wander in the wilderness.

MUSICAL MONDAY: April 5

SOME LIKE IT HOT (1959) NR 2 hr. 2 min. *Romantic, Witty, Comedy*

Cast: Marilyn Monroe, Tony Curtis, & Jack Lemmon

When musicians Jerry and Joe accidentally witness the St. Valentine's Day Massacre, they get out of town the only way they know how — dressed as women. But things heat up on the road when they meet a curvy blonde who plays the ukulele.

RESIDENT REQUEST

TRUE TUESDAY: April 6

ACCOMPLICE (2021) TV-14, 52 min. *Documentary, Sports, Exciting*

Cast: Kurt Sorge, Tom Van Steenberg, & Cameron Zink

Traverse the globe with the world's top riders as they pedal through rugged terrain and majestic locations in this visual homage to the bicycle.

WESTERN WEDNESDAY: April 7

3:10 to YUMA (2007) R for violence & some language, 2 hr. 2 min. *Action, Adventure, Western*

Cast: Russell Crowe, Christian Bale, & Peter Fonda

In this gripping remake of the 1957 classic, rancher Dan Evans agrees to help transport captured outlaw Ben Wade to the nearest rail station, where they'll board the train to court. But all the while, Wade's henchmen are plotting their next move.

THRILLER THURSDAY: April 8

THE NEXT THREE DAYS (2010) PG-13 2 hr. 13 min. *Exciting, Suspenseful, Thriller*

Cast: Russell Crowe, Elizabeth Banks, & Brian Dennehy

When his wife becomes a murder suspect and is sent to prison, a professor plots a meticulous plan to take back her freedom and reunite his family.

FEATURE FRIDAY: April 9

FATIMA (2020) PG-13, 1 hr. 52min. *Inspiring, Feel-Good, Faith & Spirituality*

Cast: Joaquim de Almeida, Goran Visnjic, & Stephanie Gil

In 1917 Portugal, visions of the Virgin Mary come to three children whose message of faith raises doubts in their family and angers authorities.

SWEET SATURDAY: April 10

BLANK CHECK (1994) PG, 1 hr. 33 min. *Family, Comedy*

Cast: Brian Bonsall, Karen Duffy, & Miguel Ferrer

After a bike accident, a young boy inadvertently gains possession of a check for \$1 million and proceeds to spend it, unaware that the gangsters to whom it belongs are in pursuit.