

## Coming Soon: Meadowlark Market

*Monthly sale of donated household goods returns in April*



Established in 1899, Van Briggie Pottery & Tile of Colorado Springs, Colo., is one of the oldest active potteries in the United States. This Van Briggie lamp boasts its original shade.

[above] The Market's living room currently features a matching sofa, loveseat and chair with ottoman. A stressless leather Ekornes chair and footstool and a complementary floor lamp are tucked into a corner. A sturdy chest of drawers and two-door hutch holds a flat-screen TV and offers abundant storage.

*by Becky Fitzgerald, Development Director*

On the look-out for a chest of drawers? A floor lamp? How about a beautiful Queen bedding set or a rocker-recliner with power massage and heat settings? After a 13-month absence because of COVID-19, Meadowlark Market returns to 1217 Meadowlark Circle this month. Meadowlark residents, employees, Passport members, board members, and the general public are invited to shop for furniture and other household items April 23, 24, and 25.

Hours of operation are 10 a.m. to 3 p.m. on Friday and Saturday, and 2 to 4 p.m. on Sunday. Adhering to Manhattan's mask ordinance, persons shopping must

wear a covering over his/her nose and mouth.

Keeping with a tradition set in 2019, the first year of the Market, monthly sale dates are set for the last full weekend of the month unless that weekend precedes or closely follows a holiday, such as Memorial Day or Thanksgiving. Alternate sale dates during those months will be announced.

Market inventory, such as antiques; quality used furniture; collectibles; small appliances; electronics; cooking, baking, and serving pieces; linens; home décor, and jewelry, comes to the Market as donations. Generous residents, Passport members, and employees have offered items when down-sizing or

**See MARKET, page 7**

## EVENTS & OPPORTUNITIES

### **BUNCO Update**

Please note that if you signed up to play BUNCO, the group will resume at a later date. Details are still to be determined, but if you have any questions regarding this update, please contact Karen Matthews at (785) 691-6016.

### **Checking Out Books**

If you are interested in checking out a book from the Meadowlark library, the process is simple! Go ahead and take a book (or two or three!) and return it once you are done. When returning books back to the library, please place it in the basket in front of the fireplace. The books will then be magically re-organized, back to their original spots, ready for the next patron! Happy reading!

### **Virtual Walking Tour of Downtown Manhattan**

*Friday, April 16, at 2 p.m.*

Meadowlark is thrilled to welcome Allana Parker to present a "Virtual Walking Tour of Downtown Manhattan," at 2 p.m. Friday, April 16, in Prairie Star Restaurant's Event Center.

Downtown Manhattan is listed on the National Register of Historical Places, covering a six-block area and comprised of 61 buildings. In this presentation, we will take a closer look at some of the unique buildings, stories, and characters from downtown Manhattan's history. The presenter, Allana Parker, is Curator of Design at the Riley County Historical Museum. Parker has served as curator since 2012.

### **Courtyard Communion with FUMC**

*Wednesday, April 21, at 9:30 a.m.*

Join Pastor Melanie Nord from First United Methodist Church at 9:30 a.m. Wednesday, April 21, in the Courtyard to receive communion. The opportunity is open to anyone wanting to invite Christ into his or her heart.

### **Artist Profile with the Beach**

*Wednesday, April 21, at 4 p.m.*

Join the Beach Museum of Art for "Shirley Smith: Model, Actress, Artist, Kansan" at 4 p.m. Wednesday, April 21, in the Bison Room.

Shirley Smith was born in Whitewater Kan. She lived in New York City, acted on Broadway, modeled for a historic advertising campaign, and returned to Kansas for inspiration as she followed her passion into the visual arts. During this artist profile, we will follow Smith from Whitewater to New York and back with her life story and colorful slides of her work. All are welcome to attend.

### **Lunch at Liquid Art Winery**

*Friday, April 23, at 2 p.m.*

Sign up for a lunch outing to Liquid Art Winery & Estate, scheduled for Friday, April 23!

Liquid Art Winery is located right here in Manhattan and was founded in 2014 by Kansas natives Dave and Danielle Tegtmeier. It is comprised of a 20-acre Estate vineyard, tasting room, full-production winery, and event center.

The Estate is perched on top of fractured limestone and flint covered hillsides in an area that was once an ancient mountain range. The terroir of the area replicates the soil profile and terrain of some of the most prominent grape-growing regions in the world, allowing the Tegtmeiers to craft premium wines from old-world grape varietals using sustainable viticulture.

Visit the Estate for the low cost of \$20 per person. The trip cost includes: transportation, your choice of one pizza, and one glass of cider or wine. You do have the option to order additional glasses or purchase a bottle of wine to take home, and those costs will be additional.

The pizza options for lunch are

~ The Bosslady: olive oil, thinly sliced spinach, roma tomatoes, mozzarella, cheddar, & feta

~ The Three Little Pigs: red sauce, pepperoni, smoked ham, pork sausage, Italian sausage, & mozzarella

~ The Bootlegger: BBQ Sauce, chicken, red onion, & mozzarella

The Estate is opening an hour earlier to accommodate our group. The bus will depart from the Village Entrance at 11:45 a.m. If you would like to attend, please sign up in the Blue Book at the Hospitality Desk. Please indicate your pizza choice on the sign-up sheet.



## Pig Out for Parkinson's

Thursday, April 29,  
from 11 a.m. to 10 p.m.

What better way to educate people about Parkinson's than the 11<sup>th</sup> 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 pulled pork and chicken slider buffet. Be sure to come back for dinner and meet the current K-State Football Coach, Chris Klieman. The evening will also include a burger (and chicken sandwich) 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 the 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](mailto:mhaub@meadowlark.org).

## 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.



### Mother's Day Picnic

- CHARCUTERIE BOARD
- DEVILED EGGS
- PICKLES & PEPPERS
- MUFFALETTA
- CHICKEN SALAD PITA
- HOMEMADE CHIPS
- APPLE CIDER & SAGE POTATO SALAD
- MIXED BERRY & WATERMELON SALAD
- STRAWBERRY RHUBARB PIE
- LEMON SUGAR COOKIE
- SMOOKIE
- WATERMELON LEMONADE
- RASPBERRY ICE TEA

*\$19 per person*

RESERVE YOUR BASKET AT PRAIRIE STAR BY MAY 3RD

# Grow Green Match Day

## Nursing scholarship winners pursuing career goals

by Becky Fitzgerald

The words “grow” and “green” are perfectly suited for Earth Day, which is next Thursday, April 22, so it’s fitting that the 9<sup>th</sup> annual Grow Green Match Day was purposely planned to coincide with a day designed to increase environmental awareness. On Match Day, “green” donations made through the Greater Manhattan Community Foundation to participating non-profit agencies will “grow” with a 50 percent match.

As announced last week, Meadowlark Foundation is participating in this annual day of giving; donations are supporting Meadowlark’s nursing scholarship program. Prior to 2020, Grow Green donations went into funds managed by GMCF, and the matching money was made available for immediate needs. This year, the reverse is true. Meadowlark Foundation and 69 other local organizations will receive 100% of the day’s donations, with the matching funds supplementing our long-term savings.

Meadowlark’s scholarship program is an obvious “win” for recipients, but it’s a plus, too, for the organization when talented, energetic, and motivated employees become nurses and continue caring for Meadowlark residents. Kyra Dettmer and Kashaya Zukowske are two of the program’s success stories.

Dettmer was a certified medical assistant for 11 years before earning a Meadowlark scholarship to train as a licensed

practical nurse. She transferred from assisted living to Bramlage House, working there when school breaks have allowed. Passing board certification as an LPN in early June of last year, she received an additional scholarship to continue her nursing education at Manhattan Area Technical College. Her expected graduation date with an associate’s degree in nursing is May 15.

“I have enjoyed working in the person-first, teamwork environment Meadowlark has provided,” Dettmer said. “I hope to obtain an RN position at Bramlage upon completion of school. I want to gain experience working with people as they recover from illness and transition through their lives.”

In the future, she sees herself as a household clinical coordinator, a role in which she can “help other nurses grow in their careers.”

According to Chris Nelson, Finance Director, Meadowlark awards up to four internal (current employee) scholarships at \$8500 each. Interested employees must complete an application, and a committee reviews the applications to determine which employees to interview. Employees who receive a scholarship agree to work at Meadowlark for at least two years following graduation.

Nelson added that Meadowlark would like to expand the program, offering \$3000 scholarships to up to 10 nursing students who do not currently



Kyra Dettmer, scholarship recipient



Kashaya Zukowske, scholarship recipient

work at Meadowlark. These recipients must agree to work at Meadowlark for at least a year after becoming an LPN or RN.

A third way Meadowlark’s scholarship program supports nursing education is to supplement a Board of Regents scholarship. Meadowlark nursing students who receive this scholarship -- \$2500 for the LPN program or \$3500 for the RN program -- receive an additional



\$1000 award from Meadowlark.

Zukowske began working at Meadowlark in July of 2016, and she said becoming a nurse had been a longtime goal. About six months after beginning her role as Health Services Assistant, she started her LPN courses. She received a Board of Regents scholarship and the aforementioned supplement from Meadowlark.

After receiving her LPN license, she became our Health Services Coordinator. In this role, she is Meadowlark's Infection Control Nurse for our healthcare and assisted living households, and in addition to other duties, she offers clinical support to households when clinical coordinators are on vacation or when there is a transition of leadership.

In February of 2020, she was awarded a Meadowlark scholarship to train as a registered nurse. After graduation, she'd like to stay in her current role and would like to be certified in wound care, enabling her to treat residents across campus with more complex wounds.

"I enjoy working at Meadowlark and with my team, and don't plan on leaving anytime soon," Zukowske said. "I'm very grateful to Meadowlark. Knowing that they wanted to invest in me makes me feel valued and reinforces me wanting to continue to work here."

**Here's how you may help us attract and retain nurses such as Dettmer and Zukowske:**

1. Visit <https://growgreenmanhattan.com/> to give online with a credit card from 12 a.m. through 11:59 p.m. on Thursday, April 22.

2. Or, write a check to GMCF (Greater Manhattan Community Foundation). If Meadowlark is the only beneficiary of your gift, please write Meadowlark-Grow Green on the memo line.

~ Check writers, complete the giving form included with last week's Messenger, indicating the beneficiary/beneficiaries of your gift. (Meadowlark Hills is listed in the Basic Human Needs & Healthcare category.)

~ Even if giving to more than one organization, write only one check for the total amount. The form you submit will indicate to GMCF how you'd like your gift divided.

~ No matter the day a check is written, date it 4/22/2021 and mail it with the donation form on or before 4/22/2021. **Checks must be dated 4/22/2021 and postmarked by April 22 to be included in the Match Day total.**

3. Meadowlark residents may submit donations and donation forms to be delivered in a bundle to GMCF. If you have a check and form to submit, please deliver to the Hospitality Desk by noon on Thursday, April 22.

If you have questions or would like assistance with this process, please contact Becky Fitzgerald, Development Director, at (785) 323-3843. Thank you for considering this opportunity!

## 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 ... How do these two figures know each other?

*Artist information listed on page 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. Not fast
- 5. Pueblo brick
- 10. Behold, in old Rome
- 14. Rabbit
- 15. Japanese wrestlers
- 16. Not barefoot
- 17. Pearlescent
- 19. Trigonometry (abbrev.)
- 20. Conceit
- 21. Inclines
- 22. In a wry manner
- 23. Tooth doctor
- 25. Devout
- 27. Commercials
- 28. T Rex or brontosaurus
- 31. Two
- 34. Submerged ridge of rocks
- 35. 56 in Roman numerals
- 36. Pull
- 37. A stringed instrument
- 38. Perished
- 39. An Old Testament king
- 40. Charges
- 41. Plateaux
- 42. Opposite of Utopia
- 44. Caviar
- 45. Hollowed out
- 46. More abrasive
- 50. Hoax
- 52. Draw forth
- 54. Center of a storm
- 55. Lantern
- 56. Graniteware
- 58. Curved molding
- 59. Rugby formation
- 60. Keen
- 61. Walk in
- 62. Feel
- 63. Colors

## DOWN

- 1. Startled
- 2. Big
- 3. Heavenly hunter
- 4. Married
- 5. Judge
- 6. Old gold coin
- 7. Portent
- 8. Curling tournaments
- 9. Eastern Standard Time
- 10. Anagram of "Russet"
- 11. Pupa of a moth
- 12. Spring
- 13. Jittery
- 18. Leave out
- 22. Romances
- 24. Turn in- to the wind
- 26. Data
- 28. Greek letter
- 29. Eye layer
- 30. Purges
- 31. Twosome
- 32. Not difficult
- 33. Brazen
- 34. Abode
- 37. Make do
- 38. D D D D
- 40. Frigid
- 41. Type of mushroom
- 43. A small hairpiece
- 44. Flower part
- 46. A thick spread
- 47. Bearing great weight
- 48. Lofty nest
- 49. Marsh growth
- 50. Current
- 51. Indian music
- 53. "Phooey!"
- 56. S
- 57. Roll of bills

## On Blanch's Surprise

by Helen Roser

Eddie was a member of my big brother's gang. They never did anything seriously wrong. They just horsed around and had fun.

Eddie was the only one who had a girl friend. Blanch wanted a fur coat for Christmas, so Eddie got an extra job to make the payments. He didn't see the gang often.

Blanch hated the gang, so of course they thought up a joke about her fur coat. Some of the gang had sisters to help. First, they made a visit to the Salvation Army. Then they got two big boxes and wrapped them in identical elaborate packages.

Trying to do Eddie a favor, Blanch invited the gang to her house on Christmas Eve. That was when Eddie was going to give Blanch her present. They all piled in my brother's car, with the two

fancy big boxes. Eddie was so excited he didn't ask about the two boxes.

At Blanch's house, the gang handed Eddie one big box. Blanch was so excited when Eddie gave her the fancy box. Expecting her fur coat, Blanch ripped the fancy box open and took out the contents. It was so old and awful, the Salvation Army gave the ratty old fur coat to the girls.

The plan was, after Blanch and Eddie finished laughing about the joke, the gang would hand Eddie the other fancy box that had the real fur coat in it.

Only Blanch didn't laugh. She screeched and ran into her bedroom and locked the door. The only way Eddie could get her to come out was to propose. Blanch said yes. Then Eddie got to see less of the gang. He had to get a second job to make payments on Blanch's diamond ring.

## MARKET, from page 1

when purchasing a different version of an existing piece, etc. Special items in April include several pairs of never-worn ladies shoes and patio furniture.

The Market's nine months of operation in 2019 (March through November) were met with great success, as shoppers stood in line on Friday mornings to be the first guests to see that month's furniture and fabulous finds. After paying sales tax and other expenses, such as advertising fees, Meadowlark Market generated \$40,425! Proceeds benefited the Good Samaritan Fund (\$39,328) and allowed Meadowlark to purchase two Friends of Art prints (\$1,097) needed for the gift print collection hanging between the KSU Classroom and Verna Belle's Café.

Items are priced depending on their age, brand, appearance, and appeal. Collectibles and vintage items are researched and are usually priced lower than similar items offered at online marketplaces such as ebay and Etsy. For example, Van Briggie (Colorado Springs, Colo.) lamps with their original shades are listed online between \$135 and several hundred dollars, but the one now at the Market is in excellent condition and priced at \$98. We often describe our prices as "fair."

The Market was staged and ready for a March opening in 2020 when Meadowlark closed its doors to visitors and halted group activities among residents. 1217 Meadowlark Circle was used for various purposes during the pandemic,

so early on, all Market inventory was removed and stored.

This February, after Meadowlark residents and staff were fully vaccinated, planning began to resume Market operations. Local packer and mover Pat Callaghan helped Meadowlark Foundation with additional storage during the pandemic, and is our go-to guy for hauling and/or delivering items. A mixture of previous and never-before-seen items now fill the Market rooms, garage, screened porch and adjacent patio.

Two residents, a Passport member, and a former employee have assisted Meadowlark Foundation during the past several weeks in cleaning, staging, and pricing items. Jana Armfield, Meadowlark's volunteer engagement specialist, has attracted an additional 22 volunteers to the project. Some plan to work a monthly shift, while others have agreed to help on an as-needed basis. Most volunteers are residents and Passport members, but a few are Manhattan community members.

Donations of items in good shape and working condition may be offered by contacting Becky Fitzgerald at (785) 323-3843. We're sorry, but outdated electronics, damaged items, and used clothing are not accepted. Receipts for donations are provided upon request.

Meadowlark Foundation greatly appreciates the many donated items and the enthusiasm of the Market volunteers. We look forward to greeting shoppers and helping YOU find a treasure for your home!



# WHO ARE WE?

**Last week's Thursday Throwback was none other than Bob and Yvonne Crawford. Did you guess correctly?**

Bob and Yvonne met on a blind date while they were seniors at the University of Illinois. Bob studied Journalism with emphasis in Political Science, while Yvonne was a Home Economics major, focusing on Early Childhood Education. Bob and Yvonne were shown in last week's photo attending her dormitory dance where she was a nominee for Queen. Although she did not come away with the title, she remembers the dance fondly, as there was no better beau than Bob.

Bob and Yvonne were married in 1960, and lived in Barrington, Ill., a suburb of Chicago for over 40 years. Yvonne owned and operated a daycare for 20 years, serving children as young as 18 months until 12-years-old, while Bob worked for 40 years at CBS in Chicago. As a reporter, he covered local and national news, from city hall to several democratic and republican conventions. In 1995, he was inducted into the Chicago Journalism Hall of Fame, amongst many other honorary awards.

In September, they will celebrate their 61st wedding anniversary. They have three wonderful children: Fred, Cindy, and Rob [photo at top]. They moved to Meadowlark almost seven years ago to

be closer to their daughter, Cindy. Cindy's husband, Knute, is a co-owner of Kaw Valley Greenhouses, which has turned out to be a family affair, where Bob often lends a hand, along with his grandchildren. When asked about their time at

Meadowlark, Yvonne said, "It has met every expectation we could have hoped for. We were overwhelmed by the friendliness of the people here at Meadowlark and in Manhattan!"

Their most recent photo displays their adventures to Acadia National Park in Maine [left]. This park includes 47,000-acres of Atlantic coast, and the Crawfords are featured standing on the seashore, overlooking the beautiful waters. They have traveled to over 100 national parks, sites, and memorials all over the county, during their 60+ years together, as travelling is one of their favorite hobbies.



*Eighteen guesses from residents, staff, and community members were submitted at the Hospitality Desk and via Meadowlark's Facebook page and 13 were correct! Out of the correct answers, the team randomly selected one winner. Congratulations to **Frances Holcombe**, Meadowlark resident, on being this week's Who Am I Winner. Please collect your prize by visiting the Hospitality Desk.*





# PRAIRIE STAR

Dine • Drink • Gather

**(785) 323-3820**  
Dine In, Delivery, & Carry Out  
*Reservations optional*

**Restaurant Hours**  
**Breakfast**  
Daily from 7 to 10 a.m.  
**Lunch & Dinner**  
Mon. to Sat., 11 a.m. to 8 p.m.  
Sun., 11 a.m. to 7 p.m.  
**Espresso Drinks**  
Daily from 7 a.m. to 4 p.m.

*All specials include a starter and dessert.*

SUNDAY	April 18 ~ Lunch \$12	Dinner \$12
	Chicken-Fried Chicken Mashed Potatoes with Gravy Vegetable du Jour	Beef Lasagna Garlic Toast Vegetable du Jour
MONDAY	April 19 ~ Lunch \$10	Dinner \$13
	Chicken Salad Melt Choice of Vegetable	Herb-Crusted Pork Tenderloin <i>with Red Wine Vinaigrette</i> Wild Rice Vegetable du Jour
TUESDAY	April 20 ~ Lunch \$10	Dinner \$13
	BBQ Chicken Legs Macaroni & Cheese Choice of Vegetable	Chicken & Wild Mushroom Roulades <i>with Sherry Sage Sauce</i> Roasted Red Potatoes Vegetable du Jour
WED.	April 21 ~ Lunch \$10	Dinner \$13
	Cuban Panini Coleslaw French Fries	Shrimp & Chicken Penne <i>with Sundried Tomatoes, Basil, Portobello Mushrooms, &amp; Spinach in a Sherry Garlic Sauce</i> Garlic Toast & Vegetable du Jour
THURS.	April 22 ~ Lunch \$10	Dinner \$13
	Fried Pork Tenderloin Sandwich Potato Salad Choice of Vegetable	Swiss Steak Mashed Potatoes with Gravy Vegetable du Jour
FRIDAY	April 23 ~ Lunch \$10	Dinner \$12
	Beef & Bean Burrito Rice & Beans	Chicken Milanese Swiss & Green Onion Scalloped Potatoes Vegetable du Jour
SAT.	April 24 ~ Lunch \$10	Dinner \$15
	Grilled Ham Steak <i>with Pineapple Sauce</i> Roasted Red Potatoes Choice of Vegetable	Steak Baked Potato Vegetable du Jour

# Weekly Opportunities Calendar *April 18 to April 23*

## Sunday • April 18

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

## Monday • April 19

9:30 a.m. ~ Seated Strength, CR  
9:30 a.m. ~ Technology Assistance, GR  
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. ~ 5th Floor Supper, BR  
7:00 p.m. ~ BINGO Night, EC

## Tuesday • April 20 *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, KSU CL  
2:00 p.m. ~ 10-Point Pitch, GR  
2:30 p.m. ~ Blood Pressure Clinic, FHR  
5:30 p.m. ~ 2nd Floor Supper, BR

## Wednesday • April 21

9:30 a.m. ~ Courtyard Communion with FUMC, CY  
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  
4:00 p.m. ~ Artist Discussion with the Beach, BR

## Thursday • April 22

**GROW GREEN MATCH DAY!**

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 23

9:30 a.m. ~ Seated Strength, CR  
9:30 a.m. ~ Technology Assistance, GR  
10:00 a.m. ~ Meadowlark Market opens, 1217 Meadowlark Circle  
10:30 a.m. ~ Weights 101, CR  
11:30 a.m. ~ Sit & Be Fit, CR  
11:45 a.m. ~ Depart for Liquid Art Winery, VE  
1:00 p.m. ~ Parkinson's Exercise Class, BF

## 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
FHR, Flint Hills Room	VE, Village Entrance
GC, Grosh Cinema	



## Zoom Opportunities Calendar *April 19 to April 23*

E-mail Michelle at [michelle.haub@meadowlark.org](mailto:michelle.haub@meadowlark.org) for log-in information unless otherwise noted below.

### Monday, April 19

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 <a href="mailto:kspearman@meadowlark.org">kspearman@meadowlark.org</a> for log-in info.

### Tuesday, April 20

2 p.m.	Memory Activities Class
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### Wednesday, April 21

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 22

1 p.m.	Parkinson's Exercise Class
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### Friday, April 23

10:30a.m.	Mindful Memoirs Group
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# CHANNEL 1960

## Entertainment Guide

### Sunday, April 18

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	<b>NEW</b> Worship Service with Chaplain Patty Brown-Barnett
2:00 p.m.	<b>(Re-run)</b> 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 19

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, April 20

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

### Solutions from 4/8.

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

### Wednesday, April 21

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 22

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, April 23

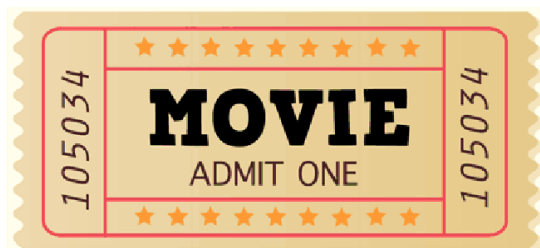
9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:15 a.m.	Sit & Be Fit Exercise Class
12:00 p.m.	<b>NEW!</b> Update w/ Lonnie Baker
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
5:00 p.m.	<b>(Re-run)</b> Update w/ Lonnie Baker

### Saturday, April 24

9:00 a.m.	<b>(Re-run)</b> Update w/ Lonnie Baker
9:30 a.m.	Band Bust Exercise Class
12:00 p.m.	<b>(Re-run)</b> Update w/ Lonnie Baker
2:00 p.m.	Band Bust Exercise Class

Artist Information,  
Art Activity, pg. 5  
**Carol Pylant**  
*Spring and Mercer,*  
1984  
Oil on panel  
KSU, Marianna  
Kistler Beach  
Museum of Art,  
Friends of Art, 1988.9





## 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.

GROSH CINEMA NOW CELEBRATING EARTH DAY!

### SEASONAL SUNDAY: April 18

***THE CORE* (2003)** PG-13, 2 hr. 14 min. *Suspenseful, Exciting*

Cast: Aaron Eckhart, Hilary Swank, & Delroy Lindo

The Earth's inner core has stopped spinning, and scientist Josh Keyes must discover why—before the world literally falls apart—by burrowing into the planet's center in a vessel piloted by Major Beck Childs and Colonel Robert Iverson.

### MUSICAL MONDAY: April 19

***SINGIN' IN THE RAIN* (1952)** G, 1 hr. 43 min. *Feel-Good, Romantic, Musical*

Cast: Gene Kelly, Donald O'Connor, & Debbie Reynolds

When Hollywood attempts the transition from silent films to talkies, a matinee idol hopes to make the cut, but he's hampered by a silent-movie queen with a voice like fingernails on a blackboard.

### TRUE TUESDAY: April 20

***A LIFE ON OUR PLANET* (2020)** PG, 1 hr. 23 min. *Documentary, Ecology, Intimate*

Cast: David Attenborough

A broadcaster recounts his life, and the evolutionary history of life on Earth, to grieve the loss of wild places and offer a vision for the future.

### WESTERN WEDNESDAY: April 21

***CASTAWAY COWBOY* (1974)** G, 1 hr. 31 min. *Western, Family, Action-Adventure*

Cast: James Garner, Vera Miles, & Robert Culp

A Texas cowboy is rescued at sea by a 12-year-old boy. While he waits to return home, he decides to help out his rescuer's family.

### THRILLER THURSDAY: April 22

***GREENLAND* (2020)** PG-13, 1 hr. 59 min. *Thriller, Action, Drama*

Cast: Gerard Butler, Morena Baccarin, & Roger Dale Floyd

A family fights for survival as a planet-killing comet races to Earth. Amid terrifying news accounts of cities around the world being leveled by the comet's fragments, the Garrity family experience the best and worst in humanity while they battle the increasing panic and lawlessness surrounding them.

### FEATURE FRIDAY: April 23

***INTO THE WILD* (2007)** R *for language & some nudity*, 2 hr. 28 min. *Emotional, Inspiring*

Cast: Emile Hirsch, Marica Gay Harden, & William Hurt

A young man gives up everything—including his trust fund and ties to a seemingly stable family—to lead a solitary life in the wild.

### SWEET SATURDAY: April 24

***THE LORAX* (2012)** PG, 1 hr. 26 min. *Heartfelt, Feel-Good, Family*

Cast: Danny DeVito, Ed Helms, & Taylor Swift

The forest-dwelling Lorax has to stop the short-sighted Once-ler from ruining the environment for profit in the adaptation of the Dr. Seuss classic.