



Meadowlark Wellness Olympiad

2021 games begin May 17

by Jeff Heidbreder, Fitness Services Leader

The games of our annual Meadowlark Wellness Olympiad are nearly upon us, and participants are needed! This year's event will be held during the week of May 17, with activities being conducted throughout the week.

Participants will compete individually, earning points for being physically active, drinking water, and completing Olympiad activities. The person with the most points at the end of the week will be our *Olympiad Champion*. Many other prizes also will be awarded.

The Meadowlark Wellness Olympiad is open to all residents, Passport members, and employees who wish to celebrate being active and healthy, *and* possibly win a prize for working towards better health.

Tracking sheets and instructions will be available at the Hospitality Desk beginning Monday, May 10, so be sure to grab your sheet and join the fun. A Post-Olympiad Luncheon will be held on Tuesday, June 1, in the Prairie Star's Event Center to celebrate all of the participants' hard work. During the lunch, awards will be distributed and the *2021 Olympiad Champion* will be crowned.

If you have questions, please contact Jeff Heidbreder, Fitness Services Leader, at (785)341-2995 or jheidbreder@meadowlark.org. Let's get moving!

Thank you, Meadowlark friends!

2021 Grow Green Match Day exceeds expectations

by Becky Fitzgerald, Development Director

Wow! The 9th annual Grow Green Match Day was Meadowlark Foundation's best ever in terms of the amount of funds raised. According to the Leaderboard at growgreenmanhattan.com, 83 friends of Meadowlark contributed \$27,555! This giving total surpassed our previous high of \$20,800 in 2020, the first time Meadowlark crossed the \$20,000 mark.

The financial boost to 70 community not-for profit organizations from last week's virtual Match Day, sponsored by Greater Manhattan Community Foundation, is expected to top \$1.6 million. Donations between \$25 and \$1000 were matched at 50 percent. According to a message on Tuesday from Marla Brandon, GMCF's Vice President of Finance, she is in the process of verifying the gifts, with organizations receiving their final donation and matching totals once the reconciliation process is complete.

"This is a great day," said Vern Henricks, GMCF's president and CEO during a recorded video message on April 22. "We really appreciate all the support. Manhattan has really reached out."

GMCF shared the following numbers:

Total Dollars Donated: \$1,097,538.09

Total Number of Gifts: 4929

Meadowlark Foundation was one of 19 organizations receiving \$20,000 or more, and so is eligible for the maximum match amount of \$10,000. Our total for the day is potentially \$37,555! Manhattan business man and philanthropist Phil Howe again is providing matching funds through Howe Family Foundation.

GMCF is allowing organizations to receive all donations for their immediate use, with the matching money going into the nonprofits' endowed funds at the community foundation. On the donation form, 25 organizations or funds were listed under Basic Human Needs & Healthcare,

See GROW GREEN, page 7

EVENTS & OPPORTUNITIES

Coffee Corner

Second & fourth Tuesdays at 3 p.m.

Come and eat some delicious dessert while enjoying wonderful coffee and conversation during Coffee Corner. This activity takes place twice a month, on the second and fourth Tuesday, between 3 and 4 p.m. in the Event Center. All are welcome!

May Day Baskets with Kay

Friday, April 30, at 2 p.m.

For many, making baskets and filling them up with special goodies such as flowers and candies to then deliver anonymously to special friends and family was a tradition on May Day. If you would like to take part in this special day, Kay Shanks has got you covered! Kay will provide examples of the May Day baskets she has created and show residents a tutorial on how to make your own. She will provide the necessary materials to make your own basket or two, along with helpful instructions. Feel free to stop by the Patriot Room (formerly the West Conference Room) from 2 to 3 p.m. Friday, April 30, to learn how to make one of these special baskets of your very own! Call Kay with any questions at (785) 770-5054.

Travel with the Manhattan Area Chamber of Commerce

Monday, May 3, at 5:30 p.m.

Are you ready to do some traveling? The Manhattan Area Chamber of Commerce has planned a California Rail Discovery trip departing Wednesday, Nov. 3, 2021, for seven days. The schedule can be found by visiting the Hospitality Desk and requesting an information pamphlet.

Then, in 2022, the Chamber will be taking a River Cruise to Normandy! A detailed pamphlet is available at the Hospitality Desk.

The Manhattan Area Chamber of Commerce will



Solutions from 4/22.

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

be hosting a travel meeting at 5:30 p.m. Monday May 3, at the Bluemont Hotel. This is a great opportunity to learn the details on both trips and ask any questions you might have. At 5:30 p.m., we will hear about the California trip, and at 6:30 p.m., we will hear about Normandy. Feel free to come to both or just one!

For more information, brochures can be found at the Hospitality Desk or feel free to contact Sharla Meisenheimer at the Manhattan Chamber at sharla@manhattan.org or call her at (785) 776-8829.

Pd Education Group

Thursday, May 6, at 2 p.m.

Meadowlark Parkinson's Program invites you to attend the monthly Pd Education Group at 2 p.m. Thursday, May 6, in the Event Center. This month's program is titled, "Understanding OFF Episodes and Dyskinesia in Parkinson's disease: Exploring the Impact of OFF and Dyskinesia on Daily Lives, and Treatment Options" and will be presented by Dr. Karunapuzha. If you have questions, please contact Michelle Haub, Special Programs Leader, at (785) 323-3899.

May's Theme Bingo Night

Monday, May 10, at 7 p.m.

Have you heard that April showers bring May flowers? To celebrate the start of summer, our next theme BINGO will be garden party! There will be exciting decorations and prizes to fit the theme, so be sure to attend at 7 p.m. Monday, May 10, in the Event Center!

Player buy-in is \$1 for the use of two playing cards. Theme BINGO Nights occur on the second Monday of the month. Advanced registration is not required.

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.

On Code Talk

By Helen Roser

Pity the government worker who deals, not with words, but codes.

I received a letter from Medicare. In words, it told me my application for payment for cancer surgery in the hospital was denied. Reason: Code (Meaning: "Should have been done in the doctor's office.")

Considering the chopping on my body parts, it seemed my nice doctor would not want to do it in his office. He had apologized for being unable to "do a bikini cut." So I have an ominous-looking scar down my middle.

It was O.K. I survived. But here was Medicare saying it should have been done in the doctor's office. I knew the wrong code was the culprit.

Laughing, I called Medicare. I said: "I think you have a problem with your code." I told her what surgery I had. She laughed and told me: "We are getting a lot of calls. One man was very upset. He had brain surgery."

I think of that and laugh every time I look at my scar. I don't spend much time wearing a bikini, so it doesn't matter.



SATURDAY, MAY 1ST
Cocktails, Games, and Snacks

EVENT CENTER

5:00 pm. - 6:00 pm.

2 MINUTES TO WIN IT GAMES
BEST HAT & MOST DAPPER PRIZES
GOURMET POPCORN
MINT JULEPS, OAKS LILY & MORE

And They're Off

EVENT CENTER & BAR

6:01 pm.

WATCH THE RACE LIVE!

Derby Dinner Special - \$25

PRAIRIE STAR RESTAURANT

Available from

5:00 pm. - 8:00 pm.

SOUTHERN INSPIRED DEVILED EGGS

FRIED GREEN TOMATOES

topped with pimento cheese

PORK TENDERLOIN ROULADE

filled with peach chutney

FRIED CHICKEN & A BISCUIT

with meadowlark honey butter

KENTUCKY DERBY PIE

with homemade ice cream

Severe Weather Season: What To Do

With a thunderstorm or tornado in the forecast, do Meadowlark residents know how to respond? Here are some definitions to remember and procedures to follow when a thunderstorm or tornado is in the forecast.

Thunderstorms

Thunderstorm watch — No actual storm exists, but Conditions make a dangerous storm likely.

Thunderstorm warning — High winds and dangerous hail are in the area, with the possibility for major damage.

Procedure for all residents during a thunderstorm watch or warning: Stay indoors until severe weather passes; Stay away from windows if there are high winds or hail; Turn on a weather radio if you have one.

Tornado

Tornado watch — No actual tornado exists, but weather conditions make severe thunderstorms likely, with the possibility of creating a tornado.

Tornado warning — A funnel cloud has been spotted or an actual tornado is on the ground. Take cover immediately.

Procedures for weathering a tornado differ depending on the location of one's home at Meadowlark. All independent living residents should go into a building immediately. Do not use an elevator.

Residents in a **West Tower apartment**, should take stairs to the first floor and sit out the storm on the first floor near Prairie Star Restaurant. If you cannot get to the first floor, go to the center hallway of the 2nd, 3rd, 4th, or 5th floor. If you cannot get to these locations, stay in

your apartment with the door to the hallway closed. Proceed to a bathroom and close the door.

Residents in an **East Village apartment**, should sit out the storm in the first floor hallway near Prairie Star Restaurant, or walk to the 2nd or 3rd floor hallway of the West Tower. Do not take the stairs.

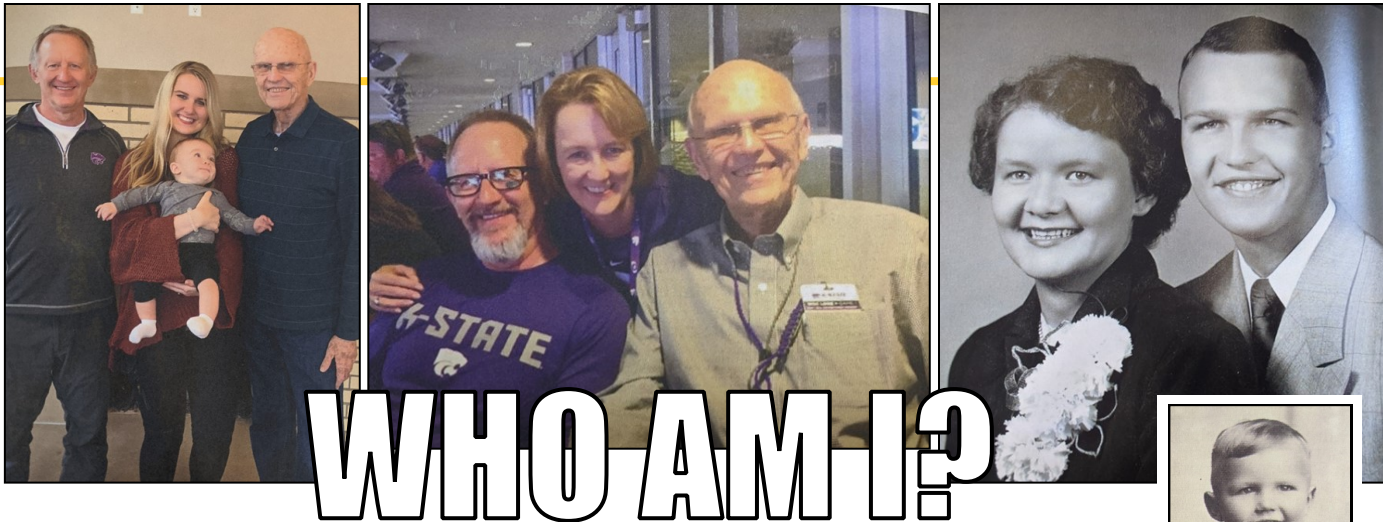
If an **East Village** resident is unable to walk to any of these locations, stay in the apartment in a bathroom with the door closed.

Both **East and West Village** residents should wait for an "all clear" to be given before returning to their apartments.

Residents in a **cottage** or **garden apartment** should not try to reach the Community Center. Stay in your home and close doors and curtains.

If you live in a **garden apartment** or **classic cottage**, proceed to a room that does not have an exterior wall, such as a bathroom or hallway. If you live in a **Prairie Crest cottage** and have a safe room, proceed to the safe room and turn on a weather radio. Listen for the "all clear" announcement.

For details related to your location, consult the Resident Handbook. During a storm situation, anyone who has a weather radio or regular radio should keep it on. Residents also are invited to turn their TVs to a local station for weather updates.



WHO AM I?

Last week's Thursday Throwback was Leo Lake. Did you guess correctly?

You might remember the adorable photo from last week of Leo at just 5 years old! He grew up in the Dust Bowl, in Osborne County, Kan., and was a graduate of Esbon High School, with a graduating class size of 23 students. Esbon High School is where Leo met and married his high school sweetheart, Dorothy Hooton. They married in August of 1950 and were together 67 years until her passing.

After high school, Leo went to college at Fort Hays State University, where he received both his bachelor's and master's degrees in education. His first job was as a sixth-grade teacher in Hill City. The next year was one to remember with a class of 43 students. He taught all subjects and was challenged with a large class size of eighth-graders because of a new school building that was a work in progress.

That same school year, his students graduated on a Friday, and he was shipped out to basic training on Saturday. Uncle Sam called him to duty in the U.S. Army. He spent a year in Korea performing various roles, such as a battery clerk. He then returned to the states and resumed a role in teaching. This time he worked in Great Bend where he spent three years before transitioning to an elementary principal role. From there, he moved to Manhattan, Kan., and became the principal of Northview Elementary

School for six years.

Following his time at Northview Elementary, Leo became the Assistant Superintendent in Russell County. In this role, he oversaw five high schools and nine elementary schools, and was responsible for the recruitment and hiring of qualified educators for the Russell County Unified School District. He closed out his career in education as a Superintendent, first in Hoxie, Kan., then in Abilene, where he spent the next 15 years. He credits his love of education from his past educators, who were "excellent," such as his math and business teachers, including his own mother.

Over the years, Leo has enjoyed many pastimes. One of his favorites is traveling. He has a goal to travel to all 50 states, and he is planning to meet this goal this fall on a trip to Hawaii with his son and daughter-in-law.

Leo moved to Meadowlark three years ago, and since then he has been "very happy." He often runs into parents and students whom he remembers from his time as the principal at Northview. He enjoys going to KSU athletic events with his family.

*Four of the 10 guesses submitted were correct! Congratulations to **Nancy Kopp**, Meadowlark resident, on being this week's Who Am I Winner. Please collect your prize at the Hospitality Desk!*

[top left] **Four Generations!** Leo is photographed with his son, Rod; granddaughter, Hannah; and great-grandson, Jamie.

[top middle] Leo cheering on the Cats at a KSU Football game with his son, Rod, and his daughter, Jodi!

[top right] Leo, and his wife, Dorothy, celebrating their 5th wedding anniversary, in 1955.

Work That Brain!

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Skilled Nursing

5/1 Anna Kosiak
5/5 Shirley Williams
5/5 Pat Tippin
5/9 Frederick Oneill
5/15 John Farrell
5/16 **Amanda Arasmith**
5/18 Nila Parks
5/20 Margaret Whisnant
5/20 Deanna Fuller
5/22 Ramona Woodhouse
5/22 Mary Smith
5/22 Lillian Rothfuss
5/26 Raymond Anderson

Assisted Living

5/1 Marianne King
5/3 Barbara Engelhardt
5/8 **Martha Kellstrom**

Independent Living

5/2 Janice Goudy
5/10 Carol Kellett
5/11 Betty Black
5/14 Nao Ohno

May Birthdays

5/14 Sharon Smith
5/15 Mary Griffith
5/16 **Nathan Bolls**
5/19 France Holcombe
5/20 Ellen Hoover
5/22 Martha Bloom
5/22 Elaine Manges
5/29 Nancy Kopp
5/30 **Pat Hook**

Employees

5/1 Brandi Bojorquez
5/2 Jennifer Mitchell
5/2 Braden McCune-Streit
5/2 Jayna Schwartz
5/3 Vanessa Leach
5/5 Robert Minnich
5/7 Nick Haverkamp
5/7 Sophia Hillard
5/10 Olivia Grund
5/10 Colyn Heimerman
5/11 Katherine Wist
5/11 Breanna Raulston
5/12 Katrina Leisner
5/12 Bonnie Gilligan



5/14 **Tanner Boggs**
5/15 LaTisha Garvin
5/15 Abigail Hebl
5/17 Carol Madsen
5/17 Anna Schlesinger
5/17 Michelle Schlesinger
5/18 Hannah Jones
5/19 Caitlynn Lundberg
5/19 Linda Graham
5/20 Taylor Ratzlaff
5/21 Marsha Miller
5/21 Kady Diarra Bachabi Mama
5/21 Giana Santana
5/22 Aric Sapp
5/22 Bryant Avila
5/23 Brad Olson
5/23 Hope Bryant
5/25 Jeff Heidbreder
5/26 Amy Bise
5/26 LLasmin Soto Moore
5/26 Melody Rowland
5/27 Lacey Kopecky
5/27 Emy Bise
5/28 Madelyn Stewart
5/29 Peter Ridder
5/31 Alyssa Nider

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

Art Engagement *from the* Beach Museum of Art

Compare and Contrast: Comparing two artworks with each other is often a great exercise in careful and thoughtful looking. It allows us to consider the composition as a whole and take notice of the details too. It is often easy to find the differences in two pieces, the challenge today is to find the similarities between the two artworks below, in addition to the differences.



[above] **Larry W. Schwarm**
Near Wild Rose, Wisconsin, 1985
Gelatin silver print
KSU, Marianna Kistler Beach Museum of Art, gift of the artist, 2003.76



[right] **Janet Turner**
Early Spring in Bidwell Park, 1970
Woodcut on paper
KSU, Marianna Kistler Beach Museum of Art, gift of Jim and Virginia Moffett, 2008.44

GROW GREEN, from page 1

including Meadowlark.

Prior to the event, Meadowlark Foundation announced donations would support scholarships for current Meadowlark employees who would like to further their education to become licensed practical nurses or registered nurses.

Now in its third year, Meadowlark's scholarship program rewards the initiative of talented current employees, while, in the future, providing Meadowlark's licensed care households with highly trained staff in what appears to be a perpetual nurses shortage. Employees who receive a scholarship agree to work at Meadowlark for at least two years following graduation.

Meadowlark is in the process of expanding the program, offering smaller scholarships to students

attending three local or area nursing schools and who aren't current Meadowlark employees. These scholarship recipients must agree to work at Meadowlark for at least a year after receiving an LPN or RN degree.

Shepherd's Crossing regained its spot as the first fund, attracting 281 gifts totaling \$74,655. Four other funds received more than 200 gifts, with totals ranging from \$43,217.02 (Manhattan Emergency Shelter) to \$55,442.02 (Good Shepherd Homecare and Hospice).

Thank you to everyone who helped make Manhattan's and Meadowlark's green grow significantly! Your generosity is contributing to our short-term and future success.

Mother's Day Picnic



BREAKFAST SPECIALS

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

Monday, May 3

Biscuits & Gravy ~ \$2.50 / \$4.50

Tuesday, May 4

Eggs Benedict with Fruit ~ \$4.50 / \$6.50

Wednesday, May 5

Sweet Potato Hash with Egg & Toast ~ \$4.50 / \$6.50

Fresh Donuts ~ \$1

Thursday, May 6

Biscuits & Gravy ~ \$2.50 / \$4.50

Friday, May 7

Breakfast Tacos with Fruit ~ \$2.50 / \$4.50

Saturday, May 8, & Sunday, May 9

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.

Power Over Parkinson's Virtual Gala

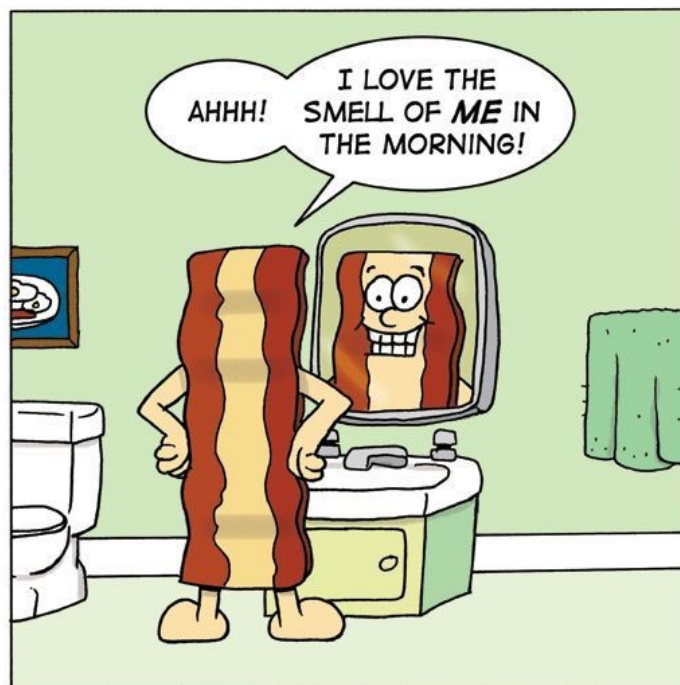
Wednesday, May 5

Dinner begins at 5:30 p.m. / Program at 6 p.m.

Gala attire not required or expected for attendees.

Event Center at Prairie Star
 2121 Meadowlark Road, Manhattan, Kan.

Dinner will feature a three-course meal for \$10 per person. A complimentary champagne toast will be provided. Sign up to attend by calling Meadowlark's Hospitality Desk at (785) 323-3847. Michelle Haub, Parkinson's Program Leader, will be featured during the virtual event!



SPUDCOMICS.COM

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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.

Effective Sunday, May 2, specials will not include a starter or a dessert. Starter and/or dessert may be ordered a la carte.

SUNDAY	May 2 ~ Lunch \$13	Dinner \$9
	Lasagna Caesar Side Salad Garlic Toast	Ham & Scalloped Potato Quiche Roasted Asparagus
MONDAY	May 3 ~ Lunch \$9	Dinner \$16
	Monte Cristo Sandwich Potato Hash	Honey-Bourbon Pork Chop Garlic Mashed Potatoes Brussel Sprouts
TUESDAY	May 4 ~ Lunch \$8	Dinner \$15
	Margherita Flatbread Pizza	Slow-Cooked Country Ribs BBQ Baked Beans Corn Pudding
WED.	May 5 ~ Lunch \$9	Dinner \$12
	Beef & Black Bean Burrito with Cheese Sauce Cilantro Lime Rice	Street Taco Trio Carne Asada, Grilled Shrimp, & Pork Corn & Black Bean Salad
THURS.	May 6 ~ Lunch \$8	Dinner \$21
	Egg Salad served on Cottage Bread Crudit� Cup Green Goddess Dip	6 oz. Ribeye Steak Twice-Baked Potato Honey-Glazed Carrots
FRIDAY	May 7 ~ Lunch \$9	Dinner \$12
	Creamy Tomato Soup Bacon Jam Grilled Cheese	Shrimp Scampi with Fettucine, Saut�ed Peppers, Onions, & Mushrooms
SAT.	May 8 ~ Lunch \$10	Dinner \$12
	Fried Green Tomato Burger Pub Chips	Lemon-Rosemary Chicken Breast Honey-Roasted Root Vegetables & Brussel Sprouts

Weekly Opportunities Calendar *April 25 to April 30*

Sunday • May 2

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

Monday • May 3

8:30 a.m. ~ IL Resident Council, BR
9:30 a.m. ~ Town Meeting, EC
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
1:30 p.m. ~ Contemporary God Talk, BR
1:45 p.m. ~ Parkinson’s Voice Class, CR
5:30 p.m. ~ Tuttle Creek Supper, BR
7:00 p.m. ~ BINGO Night, EC

Tuesday • May 4 *Trash & recycling pick-up*

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Kimball Ave. Luncheon, BR
2:00 p.m. ~ Memory Activities Class, KSU CL
2:00 p.m. ~ 10-Point Pitch, GR
2:00 p.m. ~ Life Story Writing Group, PR
3:30 p.m. ~ Ambassador Meeting, PR

Wednesday • May 5

9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
10:00 a.m. ~ Memory Care Partner Group, PR
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
1:00 p.m. ~ Memory Café, KSU CL
3:00 p.m. ~ Sing-Along, EC
3:00 p.m. ~ Rock Steady Boxing, CR
5:30 p.m. ~ Power of Parkinson’s Virtual Gala, EC

Thursday • May 6

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
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 • May 7

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, BF

Room Abbreviations

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



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

Monday, May 3

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, May 4

2 p.m.	Memory Activities Class
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Wednesday, May 5

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, May 6

1 p.m.	Parkinson’s Exercise Class
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CHANNEL 1960

Entertainment Guide

Sunday, May 2

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	NEW Worship Service with Chaplain Patty Brown-Barnett
2:00 p.m.	(Re-run) 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, May 3

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, May 4

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

Wednesday, May 5

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, May 6

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

Friday, May 7

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.	May Town Meeting: Campus 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) Town Meeting: Campus Update with Lonnie Baker, CEO

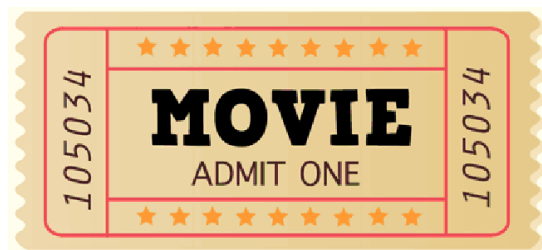
Saturday, May 8

9:00 a.m.	(Re-run) Town Meeting: Campus Update with Lonnie Baker, CEO
9:30 a.m.	Band Bust Exercise Class
12:00 p.m.	(Re-run) Town Meeting: Campus Update with Lonnie Baker, CEO
2:00 p.m.	Band Bust Exercise Class

Solution from 4/22.

Outdoor Activities

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



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: May 2

***COCO* (2017)** PG, 1 hr. 44 min. *Family, Fantasy, Music*

Cast: Anthony Gonzalez, Gael Garcia Bernal, & Benjamin Bratt

In an extraordinary adventure, a boy who dreams of becoming a great musician embarks on a journey to uncover the mysteries behind his ancestors' stories and traditions.

MUSICAL MONDAY: May 3

***CHITTY CHITTY BANG BANG* (1968)** G 2 hr. 25 min. *Classic, Musical, Family Comedy*

Cast: Dick Van Dyke, Sally Ann Howes, & Lionel Jeffries

Dick Van Dyke stars as quirky inventor Caractacus Potts, whose magical flying car transports his family and lovely lady friend to Vulgaria, a kingdom strangely devoid of children, ruled by the evil Baron Bomburst.

TRUE TUESDAY: May 4

***RIDE LIKE A GIRL* (2020)** PG, 1 hr. 38 min. *Heartfelt, Inspiring, Movie Based on Real Life*

Cast: Teresa Palmer, Sam Neill, & Sullivan Stapleton

The daughter of a horse trainer, an ambitious girl sets her sights on becoming the first female jockey to win the Melbourne Cup. Based on a true story.

WESTERN WEDNESDAY: May 5

***CINCO DE MAYO: LA BATALLA* (2013)** R *for violence & language*, 2 hr. 5 min. *Exciting, Violent*

Cast: Christian Vazquez, Kuno Becker, & Liz Gallardo

This action-packed historical epic depicts the political strategy, war tactics and human drama leading up to the Battle of Puebla on May 5, 1862, when a scrappy Mexican army astonished its French occupiers with its resilience. *Audio in Spanish; English subtitles.*

THRILLER THURSDAY: May 6

***BIRD BOX* (2018)** R *for violence, language, & brief sexuality*, 2 hr. 4 min. *Ominous, Chilling, Scary*

Cast: Sandra Bullock, Trevante Rhodes, & John Malkovich

Five years after an ominous unseen presence drives most of society to suicide, a survivor and her two children make a desperate bid to reach safety.

FEATURE FRIDAY: May 7

***DUMPLIN'* (2018)** PG-13, 1 hr. 50 min. *Heartfelt, Inspiring, Feel-Good*

Cast: Danielle Macdonald, Jennifer Aniston, & Odeya Rush

To prove a point about measuring up and fitting in, Texas teen Willowdean Dickson enters a local pageant run by her ex-beauty queen mom.

SWEET SATURDAY: May 8

***MOMS' NIGHT OUT* (2014)** PG, 1 hr. 39 min. *Comedy, Faith, Spirituality*

Cast: Sarah Drew, Trace Adkins, & Sean Astin

Yearning for an evening of dinner and conversation that does not involve their children, Allyson and her friends plan a night on the town. To be able to do this, however, their husbands need to watch the kids for a few hours. What can go wrong?