

Meadowlark Market: Best Month Yet!

Meadowlark Market is off to a great start! A steady stream of customers at 1217 Meadowlark Circle during the first three-day sale of the 2021 season produced the most successful weekend in the Market's brief history. Revenue for April is Drumroll please \$10,498.35!! This total surpasses the Market's previous best month of June 2019, with sales slightly more than \$7900. Proceeds benefit the Good Samaritan Fund.

When resident volunteer Leo Lake and Development Director Becky Fitzgerald arrived at about 8:50 a.m. on Friday, April 23, to get a head start on Opening Day, a group of eight to 10 early birds greeted them. Rumor has it that the first fellow in line, sitting by the door on a chair he had brought from home, got the No. 1 spot in line at 8:30. By the time other volunteers arrived and the Market door was opened at 10 a.m., Customer No. 1 had been waiting 1 1/2 hours, and the line of shoppers reached the sidewalk in front of the neighboring set of cottages.

Market shoppers were patient and wearing masks, and it soon became apparent that not everyone outside would fit inside. Becky jumped to guard duty at the door, monitoring the number of people going and coming, while Jo Lyle and Leo served at the check-out desk. Two other volunteers scurried from room to room, answering questions and marking large items as SOLD!

The first item purchased, a leather Ekornes stressless recliner with matching ottoman, was snapped up by Customer No. 1. Not long after, new volunteer Donna McCallum, a former Meadowlark employee and a current Passport member, stopped by Becky's spot at the door to boast that she had sold nearly everything in the northwest bedroom ... to the same customer! When this customer returned on Saturday afternoon to pick up her purchases, Becky learned that she was new to Manhattan. She had bought a home with a lower level rental unit, and she planned to furnish that apartment with her fabulous Market finds.



This Drew triple dresser is one of several mid-century modern furniture pieces available at May's Meadowlark Market.

By the end of the second Friday shift, there were open spaces in the Market rooms; many items had been purchased and taken away or tagged as sold. Never in the Market's history has the inventory been so depleted after one day. To remedy this, resident volunteer Jean Beatty and Becky met Pat Callaghan, a local mover, at the Market storage units late Friday afternoon and selected as many additional items that they could clean and price in a few hours.

In addition to a story in the Messenger, Market advertising included ads in the Manhattan Mercury and posts on a couple of Facebook pages. An Abilene couple saw one of the Facebook posts and arrived Saturday morning with their three children to test the

See MARKET, page 5

EVENTS & OPPORTUNITIES

Technology Assistance, canceled

The Technology Assistance sessions for the week of May 10 have been canceled. This opportunity will resume the week of May 17.

Travel with the Manhattan Area Chamber of Commerce

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. Then, in 2022, the Chamber will be taking a River Cruise to Normandy!

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.

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.

Coffee Corner

Tuesday, May 11, 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!

Shopping Trip: Walmart & Dillons

Wednesday, May 12, at 10 a.m.

The next shopping trip to Walmart and Dillons is set for Wednesday, May 12. Meadowlark Transportation is 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.

Pd Foundation Care Partner Summit

Wednesday, May 12, at 12 p.m.

You're invited to join the Parkinson's Foundation Care Partner Summit at 12 p.m. Wednesday, May 12. A watch group opportunity will be offered in the Community Room. You can also join from the comfort of your own home through Zoom.

Register for free access to the session by visiting <https://www.parkinson.org/events/2021/PDHealth/CarePartnerSummit/WW2>.

In Parkinson's, all things slow down. This talk will help you understand the mechanics behind some of the slowing, tools and techniques to assist, and what to do when you recognize that the best approach is to just be a little more patient with your loved one. Speakers for this learning opportunity include Malia Sako, OTD, OTR/L and Meadowlark Special Programs Leader Michelle Haub, MS, CCC-SLP.

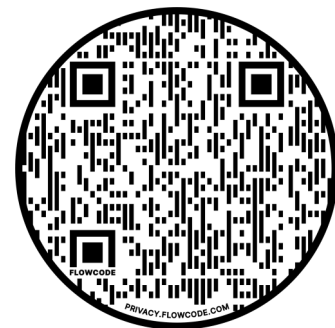
This virtual event is part of the 2021 Care Partner Summit Series. The sessions are designed with care partners in mind and are recommended for anyone caring for someone living with Pd, including spouses, partners, children or friends. Visit parkinson.org/Summit for more information

Living With Osteoarthritis: Management Strategies, Virtual Event

Thursday, May 13, at 6 p.m.

Join the Arthritis Foundation for a free virtual program about pain management, specifically designed for people who are battling osteoarthritis. The program will cover tips to mitigate chronic pain, how to know whether surgery is an option, and more. The program features Dr. Michael Hellman, an orthopedic surgeon at Rockhill Orthopedics.

There is no cost to join, but pre-registration is required. To register, open the camera feature of your smartphone and scan the QR code to the right or e-mail Sarah Duggan at sguge@meadowlark.org for a registration link.



EVENTS & OPPORTUNITIES

Friday Entertainment: *The Charades*

Friday, May 14, at 7 p.m.

Meadowlark welcomes The Charades at 7 p.m. Friday, May 14, in the Event Center. The musical group was formed in 1978, with the mission to bring people together in harmony and fellowship to enrich lives through singing. They are an energetic, fun-loving barbershop quartet that sings a delightful mix of Doo-Wop, Gospel, modern favorites, and barbershop classics. All are invited to attend!

Transportation to FUMC

Sunday, May 16, at 10:30 a.m.

Beginning Sunday, May 16, Meadowlark transportation will be provided to the 11 a.m. worship service at First United Methodist Church. The bus will depart from the Village Entrance at 10:30 a.m. This opportunity is provided free of charge to residents because it is sponsored by First United Methodist Church. Please sign up in the Blue Book at the Hospitality Desk to utilize the service.

Meadowlark Wellness Olympiad

Monday, May 17

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!

Prairie Star Writers Group

Tuesday, May 18, at 2 p.m.

Do you have a story to tell? Of course you do! You are invited to join the Meadowlark memoir writing group, the Prairie Star Writers. The group meets on the first and third Tuesday of the month from 2 to 3 p.m. in the Patriot Room. Our routine is to greet each other, introduce a possible topic, and write for 20 to 30 minutes. Then, those who wish, may read their writing to the group. Writers Cathy Hedge and/or Nancy Kopp will facilitate the meetings.

Want to learn more? Call Cathy at (785) 320-1834 or Kay Shanks at (785) 770-5054. Please join us!

Friday Entertainment: *Fingers & Picks*

Friday, May 21, at 7 p.m.

Meadowlark will host Fingers & Picks at 7 p.m. Friday, May 21, in the Event Center. Chris Biggs and Ken Gustin met many years ago attending local jam sessions in the area. Always enjoying the playing and company of the other, each liked the comradery they shared when they tuned up, loosened up, and played good tunes.

Chris and Ken complement each other like a pair of old gloves, worn in to just the right degree of comfort, fitting like only like minds can. Their performances exhibit a unique blend of genres, including bluegrass, folk, country blues, swing, and classic country. Come enjoy a musical evening of familiar and unfamiliar tunes!

Travel Training

Monday, May 24, at 11 a.m.

Join Mobility Manager Michael Wilson with the Flint Hills Coordinated Transit District at 11 a.m. Monday, May 24, in the KSU Classroom for Travel Training. The training will focus on aTa Bus transportation and you will also have the opportunity to ask any specific questions about transportation services offered by aTa. Registration is not required.

Tutus & Tulle

by Jana Armfield, Volunteer Engagement Specialist

What a beautiful day for a race! This past Saturday, an enthusiastic group of Meadowlark Ambassadors and staff went to cheer on participants at the local Girls on the Run end of the year Spring 5k race. The sun shined brightly with perfect weather and there were 273 racers in attendance, including men, women, and children. Ambassadors were on hand to provide encouragement and extra community support for the runners! Many of the runners were 8-year to 13-year-old girls who are students in the Wamego and Manhattan school district. Racers also included Brittany Hernandez, Verna Belle's Café Leader, who came in with an impressive finish of a third place overall! Jeff Heidbreder, Meadowlark Fitness Leader, also participated with his nine-year-old daughter, Elliot, who also finished toward the front of the pack (*pictured middle right*).

Ambassadors had multiple crafting sessions prior to race day to construct 35 fluffy pink tutus that the girls wore as part of their festive race ensemble. They also made spirited race signs that they held during the race such as "You Can Do It!" or "Go, Go, Go" to provide joy and enthusiasm to participants as they started and finished the race. It was a wonderful time had by all, and the Ambassadors were thrilled to be asked to play a role in such a wonderful event and worthy organization!

If you are interested in learning more about Girls on the Run, please visit the local Flint Hills chapter's website at <https://www.gotrflinthills.org/>. They are a nationwide, nonprofit organization that empowers more than 200,000 girls each year. Since their beginning in 1996, they have inspired and impacted over 2 million girls with their one-of-a-kind programming that focuses on building self-confidence and teaching important life skills through dynamic, interactive lessons and physical activities.

For those who would like to get involved with the Meadowlark Ambassadors, please contact Jana Armfield, Volunteer Engagement Specialist, at (785) 323-3847.



Cheerleaders! (left to right) Olivia Collins, Betty Grubb, Karen Halderson, Vicky Auman, Kay Shanks and Sue Hunt.



Making the Tutus! (left to right) Janice Parsons, Beth Pannbacker, Vicky Auman and Pat Dunaway.

MARKET, from page 1

cushions of a matching sofa, loveseat and chair/ottoman combo. The five agreed that the price was right on the comfy Sofa Co. set.

Veteran volunteers were stunned to notice that items that had sat unsold for several months during 2019 were eagerly snapped up during these first Market days. Customers also asked to buy several not-for-sale items. Becky accepted an offer of \$22 for a beat-up stereo with some components that didn't work, but she did not empty the Market's nearly full trash can so it could leave with a new owner.

Meadowlark Market offers quality used furniture, antiques, collectibles, seasonal decor, etc. Because all items are generously donated by residents, Passport members, employees, and other friends of Meadowlark, inventory can change greatly in style from month to month and room to room. For example, the master suite currently is brimming with mid-century modern, while the northwest bedroom features a gorgeous vanity, chest of drawers, and nightstand from the 1940s.

The Market is operated by enthusiastic volunteers and is open monthly during the final Friday-Sunday of the month except if those days precede or closely follow a holiday. Such as the case in May with Memorial Day; upcoming Market dates are May 21-23.

If you have an item you'd like to donate, please contact Becky at (785) 323-3843. A donation form/receipt is provided upon request.

Café Opening Date Set!

After nearly 14 months of shut-down (thanks, a lot global pandemic!), the wait is over! Verna Belle's Café will re-open Thursday, May 20. The Café will be open from 7 a.m. to 2 p.m. Monday through Friday and 7 to 11 a.m. on Saturday and Sunday.

Monday through Friday, the Café will offer breakfast and lunch specials in addition to other always-available items and the fresh salad bar.

Effective May 19, espresso drinks will no longer be available at Prairie Star Restaurant. They will be offered in Verna Belle's Café beginning Thursday, May 20.

Grocery items will once again be available for purchase in the Café.

If you have questions regarding the Café, please contact Brittany Hernandez by calling Prairie Star Restaurant at (785) 323-3820.

On Pet Surprise

by Helen Roser

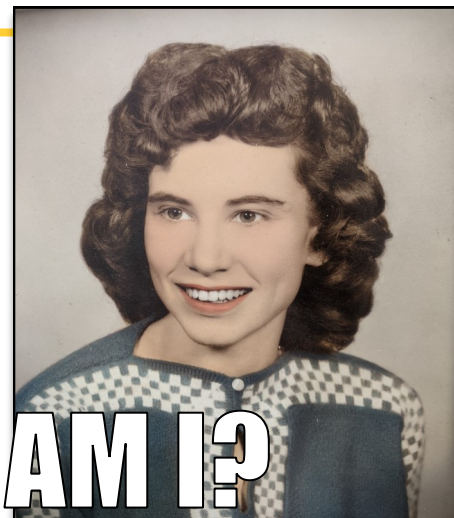
Just when you think you "have seen it all," something new comes up in a photo in a news magazine. "This Week" had a photo of a game of Ping Pong in progress. So?

Quincy had just delivered a high, strong return delivery of the ball over the net. So?

Quincy is a cat. He loves to play Ping Pong. He is in mid-air in the photo. His paw is stretched out to deliver the return. His furry body is stretched, with his long, furry tail below.

Not for Quincy is sleeping on a human lap. Nor midnight fighting on the backyard fence. How lucky for everyone that Quincy saw his bored owner, aimlessly bouncing the ping pong ball. His owner says Quincy is very good in his new game.

What is to be taken from this story? Never underestimate your pet.



WHO AM I?

Throwback Thursday!

Do you know the Meadowlark resident in these photos?

E-mail your guess to Sarah at sguge@meadowlark.org or submit your guess to the Hospitality Desk.

Check out next week's Messenger to learn more!

Hint!: The Mystery Resident is the **older** sister in the left picture.

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. Large
 - 5. Tablet
 - 10. Sneaker or pump
 - 14. Comply with
 - 15. Heaps
 - 16. Spinning toys
 - 17. Solitariness
 - 19. Decays
 - 20. Hearing organ
 - 21. S-shaped moldings
 - 22. Antiquated
 - 23. Type of hat
 - 25. Gladden
 - 27. Damp
 - 28. Anagram of "Yardages"
 - 31. Sweetener
 - 34. Achievements
 - 35. Mineral rock
 - 36. God of love
 - 37. Hard close-grained wood
 - 38. Smack
 - 39. An Old Testament king
 - 40. Unit of weight for gems
 - 41. Civet-like mammal
 - 42. Idle words
 - 44. Flee
 - 45. Used
 - 46. Deprive through death
 - 50. A valley (British)
 - 52. Marsh growth
 - 54. Bleat
 - 55. Too
 - 56. Gloomy
 - 58. Seats oneself
 - 59. An edict of the Russian tsar
 - 60. Doing nothing
 - 61. Party thrower
 - 62. Monetary unit of Macedonia
 - 63. Animal companions

- DOWN**
- 1. Gaps
 - 2. Submarine
 - 3. Style
 - 4. Center of a storm
 - 5. Faucet
 - 6. Flax fabric
 - 7. Away from the wind
 - 8. Four-dimensional analog of a cube
 - 9. S
 - 10. Layers
 - 11. Jails (slang)
 - 12. Chooses
 - 13. To be, in old Rome
 - 18. Unsuccessful person
 - 22. Remits
 - 24. It was (contraction)
 - 26. Strip of wood
 - 28. Disorderly revelry
 - 29. Historical periods
 - 30. Bristle
 - 31. Where two pieces meet
 - 32. Constellation bear
 - 33. They hold up goal nets
 - 34. Teutonic dragon
 - 37. Anneal
 - 38. A few
 - 40. Baby's bed
 - 41. The language of Persia
 - 43. Nearly
 - 44. Account book
 - 46. African antelope
 - 47. Hut
 - 48. Hurdle
 - 49. Relieves
 - 50. Money
 - 51. Hodgepodge
 - 53. Dash
 - 56. Rechewed food
 - 57. Bite

Art Engagement *from the* Beach Museum of Art

Story Starter! This is a magazine illustration that probably accompanied a story published in the 1930s. However, apart from the fashion, it could be a scene in any time and any location. Take some time to look at this image, and then imagine what happens next. You could write a short story or visit with some friends over coffee and share with each other what is going on in this moment and what might happen with these characters. Maybe you prefer to think about what happened right before this scene...

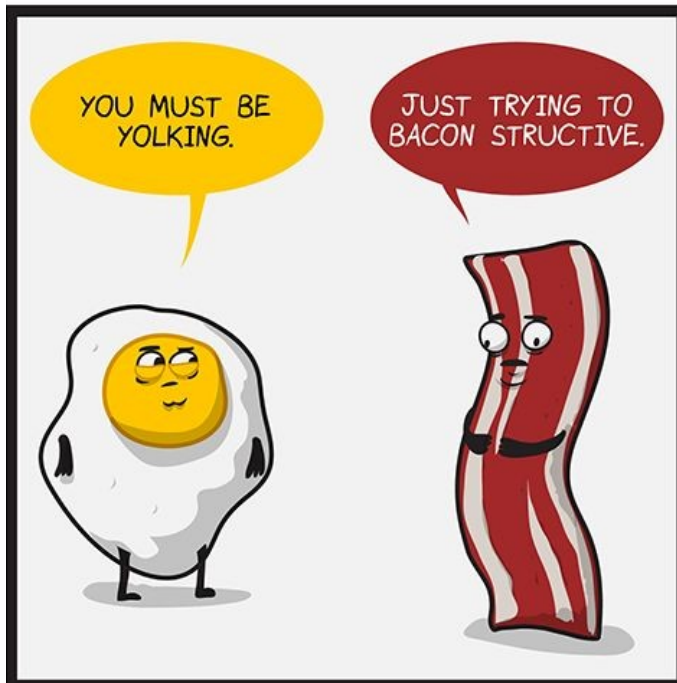


Maurice Berezov, *Unknown (magazine illustration, standing woman in yellow)*, ca. 1935, Oil on canvas
KSU, Marianna Kistler Beach Museum of Art, transfer from the Department of Technical Journalism, KSU,
The Herschel C. Logan Collection, gift of Fred A. and Richard M. Seaton, 2018.380



LEADER OF THE PACK

Congratulations to Meadowlark's Leader of the Pack for May 2021, Robert Minnich, Meadowlark Home Health Companion! Robert is a great companion to our home health clients, and he is always willing to pick up additional visits in his schedule. He is a positive and supportive co-worker, not only within the home health team, but across service areas throughout the organization. Meadowlark appreciates having Robert as a part of the team!



BREAKFAST SPECIALS

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

Monday: Biscuits & Gravy ~ \$2.50 / \$4.50

Tuesday: Classic Eggs Benedict with side of Fruit ~ \$4.50 / \$6.50

Wednesday: Breakfast Tacos with side of Fruit ~ \$2.50 / \$4.50 & Fresh Donuts ~ \$1

Thursday: Biscuits & Gravy ~ \$2.50 / \$4.50

Friday: Ham & Cheese Quiche with side of Fruit ~ \$4.50 / \$6.50

Saturday & Sunday: 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.

April Gifts to Meadowlark Foundation

Gifts benefiting the Art Fund, Good Samaritan Fund, Helping Hands Fund, Meadowlark Memory Program, and Meadowlark Parkinson's Program were received by Meadowlark Foundation during the month of April 2021.

Memory of

Betty Campbell
Don Rasmussen

Ruby Silva
John Vogt

Jane Westfall

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



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.

*Specials do not include a starter or a dessert.
Starter and/or dessert may be ordered a la carte.*

SUNDAY	May 9 ~ Lunch \$13	Dinner \$14
	Chicken Piccata Fettucine Asparagus	Pot Roast <i>with Carrots, Potatoes, Cabbage & Onions</i> Parsnip Puree
MONDAY	May 10 ~ Lunch \$11	Dinner \$13
	Orange Chicken Veggie Fried Rice	Italian Sausage, Ricotta, & Mozzarella Ravioli <i>with Brown Butter & Mizithra</i>
TUESDAY	May 11 ~ Lunch \$10	Dinner \$15
	Hot Ham & Cheese Sandwich <i>with Mornay Sauce</i> Pub Chips	Trout Almondine Roasted Red Potatoes & Sauteed Zucchini Cornbread <i>with Honey Butter</i>
WED.	May 12 ~ Lunch \$10	Dinner \$14
	Beef Bao Sliders Sweet Potato Fries	Lamb Meatball & Bucatini <i>with Vodka Cream Sauce</i>
THURS.	May 13 ~ Lunch \$9	Dinner \$13
	Chicken Bacon Swiss Quiche <i>with English Peas</i> Fresh Baked Popover	Cajun Shrimp & Grits
FRIDAY	May 14 ~ Lunch \$12	Dinner \$14
	Fish & Chips Coleslaw Hushpuppies	Chicken Cordon Bleu Brussel Sprout Hash Cranberry Chutney
SAT.	May 15 ~ Lunch \$10	Dinner \$22
	Cheddar & Brie Grilled Cheese <i>served on Raisin Bread</i> Chicken Orzo Soup	Beef Tenderloin <i>& Sautéed Mushrooms & Gorgonzola Cheese</i> Baked Potato Fresh Broccolini

Weekly Opportunities Calendar *May 9 to May 14*

Sunday • May 9

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

Monday • May 10

9:30 a.m. ~ Seated Strength, CR

10:30 a.m. ~ Weights 101, CR

11:30 a.m. ~ Sit & Be Fit, CR

12:00 p.m. ~ Meadowlark Valley Luncheon, BR

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

7:00 p.m. ~ BINGO Night, EC

Tuesday • May 11

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, BR

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

3:00 p.m. ~ Coffee Corner, EC

Wednesday • May 12

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

12:00 p.m. ~ Parkinson's Foundation Care Partner Summit Watch Group, CR

1:00 p.m. ~ ARTful Memories, EC

3:00 p.m. ~ Sing-Along, EC

3:00 p.m. ~ Rock Steady Boxing, CR

5:30 p.m. ~ Eastside Neighborhood Dinner, BR

Thursday • May 13

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 • May 14

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

7:00 p.m. ~ The Charades, EC

Room Abbreviations

BF, Body First

BR, Bison Room

CR, Community Room

CY, Courtyard

EC, Event Center

FHR, Flint Hills Room

GC, Grosh Cinema

GR, Game Room

HD, Hospitality Desk

KSU CL, KSU Classroom

MR, Manhattan Room

PR, Patriot Room

PS, Prairie Star Restaurant

VE, Village Entrance

Zoom Opportunities Calendar *May 10 to May 13*

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

Monday, May 10

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 11

2 p.m.	Memory Activities Class
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Wednesday, May 12

10 a.m.	Memory Care Partner Support Group Contact Bridget for the log-in info by calling (785) 323-3837.
12 p.m.	Parkinson's Foundation Care Partner Summit Virtual Event https://www.parkinson.org/events/2021/PDHealth/CarePartnerSummit/WW2
1 p.m.	ARTful Memories

Thursday, May 13

1 p.m.	Parkinson's Exercise Class
6 p.m.	Living With Osteoarthritis: <i>Management Strategies</i> To register, open the camera feature of your smart phone and scan the QR code to the right or e-mail Sarah Duggan at sguge@meadowlark.org for a registration link.



CHANNEL 1960

Entertainment Guide

Sunday, May 9

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) Town Meeting: Campus 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, May 10

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 11

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, May 12

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 13

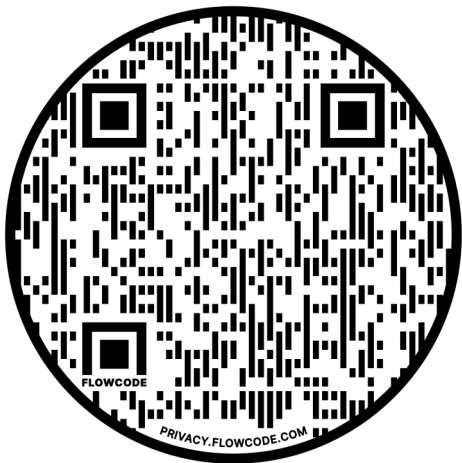
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Friday, May 14

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! Update w/ Lonnie Baker
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
5:00 p.m.	(Re-run) Update w/ Lonnie Baker

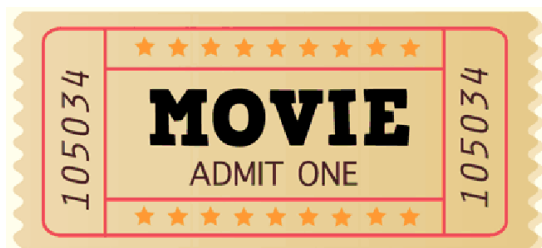
Saturday, May 15

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



Solutions from 4/29.

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



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 9

STEPMOM(1998) PG-13, 2 hr. 5 min. *Comedy, Drama*

Cast: Julia Roberts, Susan Sarandon, & Ed Harris

A terminally-ill woman must deal with her ex-husband's new lover, who will be their children's stepmother.

MUSICAL MONDAY: May 10

JUDY(2019) PG-13 1 hr. 58 min. *Musical, Biography, Emotional*

Cast: Renee Zellweger, Jessie Buckley, & Finn Wittrock

Thirty years after rising to global stardom, showbiz legend Judy Garland arrives in London to perform a five-week sol-out run at the Talk of the Town. While preparing for the shows, Garland battles with management, reminisces with friends and adoring fans, and embarks on a whirlwind romance with soon-to-be fifth husband Mickey Deans—all while bravely struggling to overcome intensifying anxiety and physical decline.

TRUE TUESDAY: May 11

THE CREATIVE BRAIN(2019) TV-14, 52 min. *Documentary, Science*

Cast: David Eagleman

Neuroscientist David Engleman taps into the creative process of various innovators while brain-bending, risk-taking ways to spark creativity.

WESTERN WEDNESDAY: May 12

ROPED(2020) PG, 1 hr. 30 min. *Heartfelt, Feel-Good, Romantic*

Cast: Josh Swickard, Casper Van Dien, & Lauren Swickard

A star cowboy in a traveling rodeo gets thrown off course when he falls in love with the daughter of a tough-minded town councilman.

THRILLER THURSDAY: May 13

THE KILLING OF A SACRED DEER(2017) R *for violent & sexual content*, 2 hr. 1 min.

Cast: Colin Farrell, Nicole Kidman, & Barry Keoghan

A surgeon's carefully curated life edges toward disaster when a troubled teenage boy with mysterious motives begins to impose himself on his family.

FEATURE FRIDAY: May 14

THE DIG(2021) PG-13, 1 hr. 52 min. *Understated, Emotional, Period Piece*

Cast: Carey Mulligan, Ralph Fiennes, & Lily James

On the eve of World War II, a British widow hires a self-taught archaeologist to dig up mysterious formations on her land, leading to a staggering find.

SWEET SATURDAY: May 15

KING'S ROW(1942) NR, 2 hr. 7 min. *Romantic, Classic, Drama*

Cast: Ann Sheridan, Robert Cummings, & Ronald Reagan

The dark side and hypocrisy of provincial American life is seen through the eyes of five children as they grow to adulthood at the turn of the century.

RESIDENT REQUEST