



# MEADOWLARK

Messenger

May 13, 2021

Manhattan, Kansas

Messenger Editor: Sarah Duggan

A local not-for-profit focused on supporting people in living their best lives **even in the midst of a viral pandemic**



## Number, Please!



*Article submitted by Meadowlark resident Nancy Bowen to the Marion Historical Museum, located in Marion, Kan., then shared with the Meadowlark Messenger.*

As a senior at Marion High School, my two afternoon teachers excused me from attending classes so I could work for Bell Telephone the last six weeks of school. I worked all summer earning money to attend Sterling College and returned the following summer as well.

Each day I sat up to a huge board covered with discs wearing head phones and asking “number please,” then connecting them by a cord to their requested number. We had to ring the number repeatedly until a disc showed the call was answered. The party lines in the country were more difficult as we had to ring longs and shorts and remember the number until answered. To complicate matters anyone who picked up their phone on that line “to listen in” made it appear the call was completed!

At first I only handled local calls, but eventually I also put long-distance calls through anywhere across the country. We had huge routing books which told us how to route the call through toll centers. We had to write this all down on a ticket so the nighttime operator could complete the billing for each long distance call. I eventually was scheduled to work some nights which was frightening to be alone with so much responsibility!

When fires were called in, we had to notify the firemen by calling each one, and we had to pull the siren on the wall then allow it to blow the signal for valley, hill, or rural fires. At night this had to be done while also connecting callers and routing long distance calls! We were located up above Rexall Drug Store back behind my Uncle Les Broadstreet’s photography studio.

I worked with wonderful ladies like Dorothy Melcher, Inez Schambron, others I can picture but can’t remember names at the moment. Our night operator was almost always Ruth Ann Kline. Usually there were four operators for day and evening hours, but only one from 10 p.m. until 6 a.m. The pay was about the best in town for female employees. I really loved my job!

## EVENTS & OPPORTUNITIES

### **Manhattan Mask Mandate: Expiring!**

The City of Manhattan's Mask Mandate will expire Sunday, May 16. Starting Monday, May 17, masks will no longer be required for independent living residents and guests in the Community Center areas.

Some residents and guests may choose to still wear a mask, even in the absence of a mandate. All residents, guests, and Meadowlark team members should continue frequent hand washing. Please stay home if you are feeling sick.

Channel 1960 will air the final video update from Lonnie Baker, CEO, at noon and 5 p.m. tomorrow, May 14. Re-runs of this update will be on 1960 throughout the weekend and air times can be found on page 11.

### **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 2021 Meadowlark Wellness Olympiad will begin Monday, May 17, and you still have time to join the fun! Olympiad packets can be picked up at the Hospitality Desk and they will give you all of the information needed to participate.

The events will include group walks, a nutrition discussion, and a few challenge opportunities. Dates and times of the events can be found on the Opportunities Calendar on page 10. Participants will track their physical activity and water consumption during the week and will earn points for your healthy habits and attending events. The participant who earns the most points during the week will be crowned our Wellness Olympiad Champion! The Olympiad Champion will receive a \$100 cash prize. Other prizes will also be awarded for participating in events and winning challenges.

The Wellness Olympiad is a fun event to celebrate physical activity and wellness. Participants are able to complete as many of the events as they choose. Whether you are competitive and aiming for the top prize, or you just want to join us for a group walk, pick up your packet and let's get moving! Contact Jeff Heidbreder, Fitness Services Leader, with any questions at (785) 341-2995.

### **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!

### **Courtyard Communion with FUMC**

***Wednesday, May 19, at 9:30 a.m.***

Join Pastor Melanie Nord from First United Methodist Church at 9:30 a.m. Wednesday, May 19, in the Courtyard to receive communion. If the weather does not permit an outdoor event, communion will be offered in the Bison Room.

The opportunity is open to anyone wanting to invite Christ into his or her heart.

## EVENTS & OPPORTUNITIES

### **Pd Foundation Care Partner Summit: Care Partner Town Hall**

**Wednesday, May 19, at 12 p.m.**

You're invited to join the Parkinson's Foundation Care Partner Summit at 12 p.m. Wednesday, May 19. 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/WW3>.

Whether you are new to Parkinson's or have been on this journey for awhile, it is important to both live in the "now" and plan for the future. During this Care Partner Town Hall, we'll talk with care partners whose loved ones have early, mid-stage, and advanced Parkinson's about what they're focused on now and what they're doing to plan ahead and prepare for any possible crisis that could come up in the future. Speakers will be Parkinson's Care Partners from around the United States, including Meadowlark Parkinson's Program Care Partner, Angela Kohls.

Visit [parkinson.org/Summit](https://www.parkinson.org/Summit) for more information. To learn more about Meadowlark Parkinson's Program, please call (785) 323-3899.

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

**Wednesday, May 19, at 4 p.m.**

Join Kim Richards from the Beach Museum of Art for "Charles L. Marshall, Sr.: Kansas Architect and Watercolorist" at 4 p.m. Wednesday, May 19, in the Bison Room.

Marshall was born in Atchison, Kan. and he spent most of his career living and working in Topeka. We will learn about his time as the State Architect of Kansas and enjoy many of his sketches and lively watercolor paintings.

### **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.

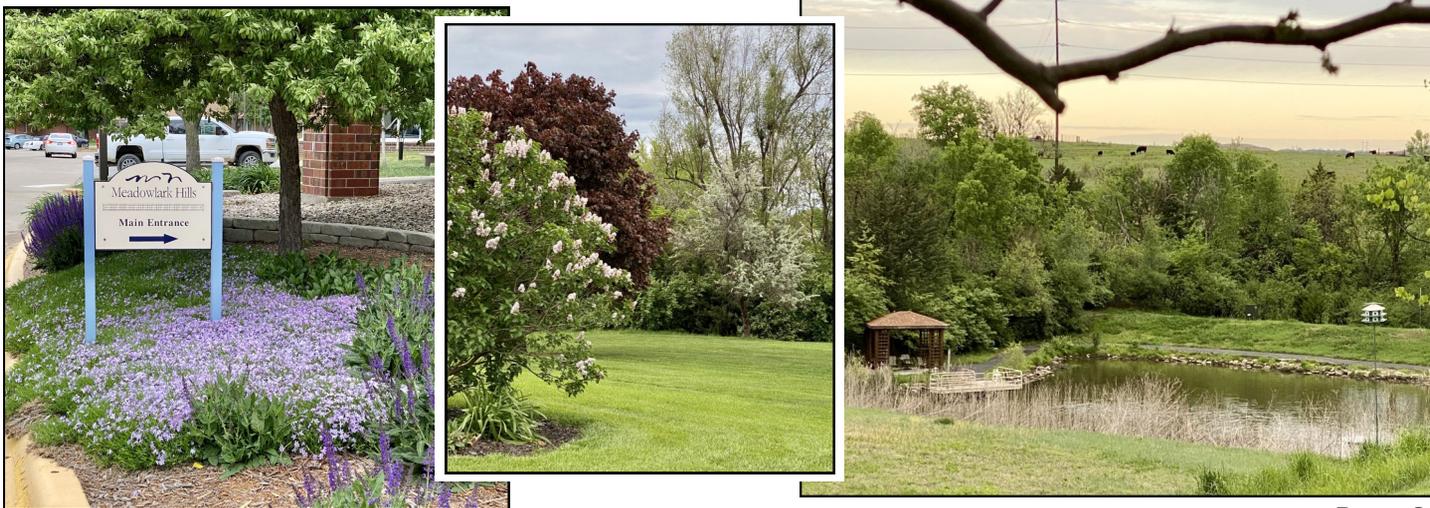
Chris and Ken complement each other like a pair of old gloves, worn in to just the right degree of comfort, fitting like only like minds can. Their performances exhibit a unique blend of genres, including bluegrass, folk, country blues, swing, and classic country. Come enjoy a musical evening of familiar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

### **Meadowlark Beauty, photos submitted by Pam Oehme**



## **On a Straight Face**

*by Helen Roser*

My big brother and his gang baby-sat me Saturday nights when Mama worked at the store.

The gang liked to play tricks. Sometimes I knew about the joke about to happen. So the gang wanted me to keep a straight face so I didn't give any hint about what was going on.

I became good at keeping a straight face. I was proud I didn't give any clue about their joke.

Later, my "straight face" and keeping quiet got me hired into positions of trust. Silent me was in contrast to the many who were eager to say how much they knew.

Lately, in reviewing my long life (age 99 in two months), I think of my big brother's gang who baby-sat me on Saturday nights. What fun it was that the ones who were "up to something" let me know their surprise plans, knowing I would keep a straight face. That was nice.

But wait! Maybe I shouldn't be patting myself on the back for my straight face causing me to be trusted. Maybe all these years I have been trusted was because it was assumed I was too dumb to think up anything crooked.

Anyway, I'll bet no one had baby sitters who were more fun than my big brother's gang.

## **My Cousin Steve**

*by Ron Williams*

As I watched Johnny Velasquez ride Medina's Spirit to win the Kentucky Derby, my mind went back to May 1948 when my mother showed me a headline from the Kansas City Star Sports Page which read, "Ponder Wins The Kentucky Derby." Under that, also in large print was the name of the jockey, my cousin, Steve Brooks.

My Uncle John was a horse trader at the time Steve was born in 1922, and later he had other occupations. In the 1920s they lived in the area of McCook, or maybe Culbertson, Neb. Steve was born to him and Aunt Lucille, and he seemed nationally bent to be on a horse. He was the oldest of my uncle's 11 children.

Steve won his first accredited race at the age of 16 and went on to have a distinguished career as a jockey. In 1963, he was inducted into the U.S. Racing Hall of Fame and in 1971 he was inducted into the Nebraska Racing Hall of Fame. When he retired he had ridden in 4,000 races. He spent

much of his career riding for Calumet Farms, whom he rode for in several Kentucky Derbies. There was a day that he rode six winning horses at Churchill Downs. He rode the famed horse Citation in 1951 when Citation passed \$1,000,000 in earnings.

On that important morning in 1948, Steve was relaxing in Chicago tuning his radio to be sure he could tune in to the Kentucky Derby, when the phone rang. It was the Calumet Farms Office telling him that they had already bought tickets for him to fly to Louisville, where they wanted him to ride their horse, Ponder, in the Kentucky Derby. Their jockey could not ride. He made the flight and arrived time to ride some exercise rides on Ponder, and get dressed. The rest is history.

After retirement he continued working with racing horses. When he was 57 he was exercising a horse at Churchill Downs and was thrown and trampled on and he died a few weeks later in the hospital.

Among the joys in my life was seeing his plaque at Churchill Downs in Louisville, Ky., and then we visited the Kentucky Horse Farm near Lexington, Ky. They have, for viewing, the films of all of the derby races since filming began, and I was able to view the 1948 Kentucky Derby race. I was also able to view my Cousin Steve's trophies on display there.

## **Memorial Service for Ruth Todd**



Ruth W. Lang Todd passed away Thursday, May 6. Ruth lived at Meadowlark for over three years.

Funeral services will be held at 2 p.m. Friday, May 14, at First Baptist Church in Clay Center with Rev. Matthew Coleman and Rev. Melanie Nord officiating. The family will receive

friends from 1 p.m. until service time on Friday at the church. Burial will follow at Greenwood Cemetery.

Memorials may be made to the Seneca Library or Meadowlark Foundation and left in care of the Anderes-Pfeifley Funeral Home.

# WHO AM I?

Last week's Throwback Thursday was Darlene Reeves. Did you guess correctly?

In the photos submitted last week [inset right], Darlene was pictured with her younger sister, Patty. Darlene's parents said Patty was a bit of a surprise, as there was a 12-year age difference between the two. But that did not stop them from having an incredibly close sisterly bond! The other photo was of Darlene shortly after she was married, displaying her beautiful brown locks and gorgeous smile.

Darlene grew up in the small northeastern town of Linn, Kan. She credits her principal for the job she secured after high school, who was very supportive. He drove all the young women in her Senior class to Topeka to complete the civil service exam, which opened many doors to opportunities for each of them. After high school, she became the secretary for the Chief Nurse at the Topeka Air Force Depot.

A few years later, she moved with her parents to Manhattan to aide in their care. It was there she worked at Fort Riley and met her husband of over 60 years, Irvin. Irvin was a soldier stationed at Fort Riley, who only had nine more months left before he fulfilled his enlistment commitment.



[above] Irvin and Darlene were together for over 60 years!

[bottom left] **Four generations!** Darlene is holding her great granddaughter, and is sandwiched between her eldest daughter, Diane, and Diane's daughter, Stacey.

Irvin told Darlene he was going back home to Nebraska after the eight months were up, so they enjoyed going to clubs and dancing during the time they had together. Eventually, Darlene and Irvin said their goodbyes. A few weeks later, he surprised Darlene after she got home from work. She said he almost gave her a heart attack! As she was walking down the hallway, towards her bedroom, he popped out from the adjacent room and said, "I am going to marry you if you will have me!" The rest was history!

Darlene has fond memories of the two of them including traveling all around the United States from the time they married until they retired. They went to all 50 states, and also traveled internationally to places such as Germany and Canada. One of their favorite places they visited was Arizona. The couple enjoyed their camping trip in Arizona so much that they decided to retire there and stayed for many years. Irvin learned how to golf, and they played cards with

See WHO AM I, page 7

# Work That Brain!

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

## Nature and the Outdoors

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

- LANES
- GRASS
- PICNIC
- FISHING
- FIREWOOD
- TREES
- DRIVE WAY
- DEER
- BIRDS
- RACCOON
- WAGONS
- LAKES
- HIGHWAY
- ANIMALS
- TUNNEL
- HUNTING
- BUSHES
- WATER
- PARKS
- CAMPING

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

**Pattern ...** An artist will often use the repetition of an element of art such as shape, color, or texture in their design to create pattern. When, more specifically, a photographer incorporates pattern they may be looking for repetition occurring in their surroundings and frame it into a cohesive, unified composition. What repeating patterns do you observe in this image? What element of art is creating the pattern?

George Jerkovich, *Limestone House*, 21<sup>st</sup> century  
Inkjet print on paper, KSU, Marianna Kistler Beach  
Museum of Art, gift of Richard D. Olson Estate, 2014.472

### WHO AM I, from page 5

their neighbors almost every night.

Darlene and her husband have four daughters: Diane, Doris, Debbie, and Denise. Darlene said she is the fifth "D," and Irvin, as *Daddy*, rounded out the family group as the sixth! They eventually moved from Arizona back to Kansas to be closer to their girls, two of whom currently live in Kansas, and two in Colorado.

While at Meadowlark, Darlene says she enjoys all the people she has met, and the friendships that have been created. She is always up for a friendly game of dominoes or cards, so feel free to reach out to her if

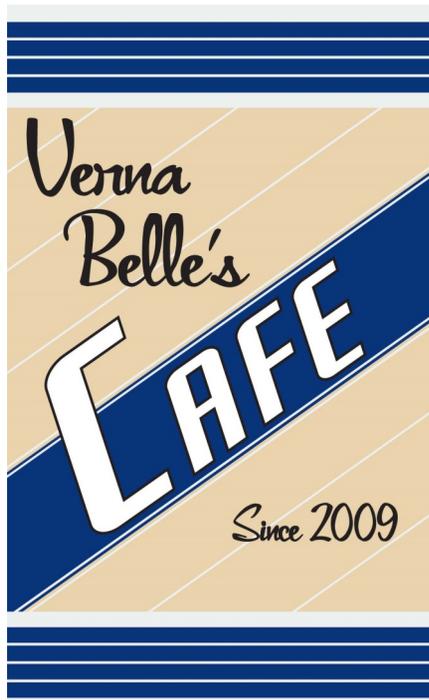


you ever need an enthusiastic gaming partner!

*Three of the six guesses submitted were correct! Congratulations to **Brittany Hernandez**, Meadowlark employee, on being this week's Who Am I Winner. Please collect your prize at the Hospitality Desk!*

[above] Diane, Doris, and Debbie, three of Darlene's four children when they were little girls.





### Café Opening Date Set!

After nearly 14 months of shut-down 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 at 2 p.m., 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.

## Café Weekly Breakfast & Lunch Specials

Breakfast will be served in Prairie Star Restaurant through Wednesday, May 19, from 7 to 10 a.m.

**Monday, May 17**

**Breakfast: Biscuits & Gravy, \$2.50 / \$4.50**

**Tuesday, May 18**

**Breakfast: Breakfast Pizza with Fruit, \$4.50 / \$6.50**

**Wednesday, May 19**

**Breakfast: Breakfast Tacos with Fruit, \$4.50 / \$6.50**

**Thursday, May 20 Verna Belle's Café Re-Opens!**

**Breakfast: Biscuits & Gravy, \$2.50 / \$4.50**

**Lunch: Grilled Chicken Mac & Cheese Bowl, \$6.50**

*Mac & cheese topped with grilled chicken, cheese, & your choice of toppings from the salad bar*

**Friday, May 21**

**Breakfast: Bacon & Cheese Quiche with Fruit, \$4.50 / \$6.50**

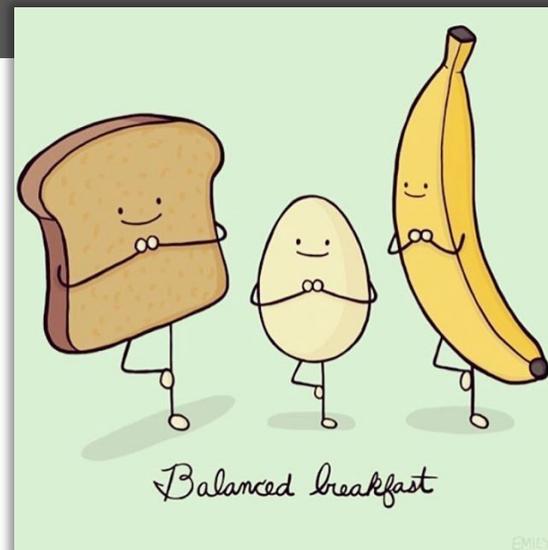
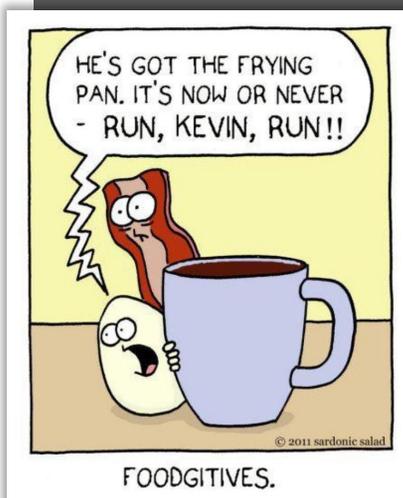
**Lunch: Street Tacos & Choice of Side, \$4.50 / \$6.50**

*Shredded pork, cheddar cheese, cilantro lime slaw, & avocado sauce served on a mini flour tortilla*

**Saturday, May 22**

**Breakfast: Ala Carte Menu Options**

*Egg (cooked to order), omelet, bacon, sausage, toast, fruit, juice, milk, & coffee by the cup*





# PRAIRIE STAR

Dine • Drink • Gather

**(785) 323-3820**

Dine In, Delivery, & Carry Out  
*Reservations optional*

**Restaurant Hours**

**Breakfast** (*last day~5/19*)

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** (*last day~5/19*)

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.*

<b>SUNDAY</b>	May 16 ~ Lunch \$13	Dinner \$12
	Fried Chicken Mashed Potatoes & Gravy Corn Biscuits <i>with Honey Butter</i>	Meatloaf Scalloped Potatoes Fresh Green Beans <i>with Bacon &amp; Sliced Almonds</i>
<b>MONDAY</b>	May 17 ~ Lunch \$9	Dinner \$12
	Bierocks Potato Salad	Raspberry Chicken Roasted Red Potatoes Grilled Zucchini
<b>TUESDAY</b>	May 18 ~ Lunch \$9	Dinner \$11
	Chicken Enchilada Casserole Roasted Corn Black Beans	Manicotti <i>with Fresh Spinach, Ricotta, Mozzarella, &amp; Bolognese Sauce</i> Garlic Toast
<b>WED.</b>	May 19 ~ Lunch \$8	Dinner \$14
	Tuna Melt <i>on Homemade Bread</i> Pasta Salad	Pesto Shrimp Risotto Roasted Asparagus
<b>THURS.</b>	May 20 ~ Lunch \$10	Dinner \$14
	BBQ Shredded Pork Sandwich <i>on Potato Bun with Apple Slaw</i> Roasted Red Potatoes	Sesame Orange Glazed Salmon Bowl <i>with Brown Rice &amp; Carrot Raisin Salad</i>
<b>FRIDAY</b>	May 21 ~ Lunch \$10	Dinner \$16
	Grilled Bacon-Wrapped Hot Dog <i>with Coca Cola Onions &amp; House Made Sweet Relish</i> Pub Chips	Flank Steak & Frites <i>with Brussel Sprouts, Bacon, &amp; Balsamic Reduction</i>
<b>SAT.</b>	May 22 ~ Lunch \$10	Dinner \$12
	BBLTA Salad <i>(Bacon, Butter, Lettuce, Tomato, &amp; Avocado)</i> Garlic Cheesy Toast	Peach-Chutney Pork Tenderloin Smashed Red Potatoes Honey-Roasted Carrots

# Weekly Opportunities Calendar *May 16 to May 21*

## Sunday • May 16

10:30 a.m. ~ Worship Service, EC  
10:30 a.m. ~ Transportation to FUMC, VE

## Monday • May 17

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. ~ Olympiad: Group Walk, VE  
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  
5:30 p.m. ~ 5th Floor Supper, BR  
7:00 p.m. ~ BINGO Night, EC

## Tuesday • May 18 *Trash & recycling pick-up*

10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
12:00 p.m. ~ Olympiad: Group Walk, VE  
2:00 p.m. ~ Memory Activities Class, KSU CL  
2:00 p.m. ~ 10-Point Pitch, GR  
2:00 p.m. ~ Prairie Star Writers, PR  
2:00 p.m. ~ Olympiad: Nutrition Discussion, EC  
5:30 p.m. ~ 2nd Floor Supper, EC

## Wednesday • May 19

9:30 a.m. ~ Seated Strength, CR  
9:30 p.m. ~ Courtyard Communion, CY or BR  
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. ~ Olympiad: Group Walk, VE  
1:00 p.m. ~ Memory Café, KSU CL  
3:00 p.m. ~ Sing-Along, EC  
3:00 p.m. ~ Rock Steady Boxing, CR  
4:00 p.m. ~ Artist Profile with the Beach, BR

## Thursday • May 20

9:00 a.m. ~ Messenger Team, KSU CL  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
12:00 p.m. ~ Olympiad: Group Walk, VE  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
2:30 p.m. ~ Olympiad: Putt Putt Challenge, CY  
3:00 p.m. ~ Rock Steady Boxing, BF  
5:30 p.m. ~ Meadowlark Circle Dinner, BR

## Friday • May 21

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. ~ Olympiad: Group Walk, VE  
1:00 p.m. ~ Parkinson's Exercise Class, BF  
3:00 p.m. ~ Olympiad: Trivia Walk, VE  
7:00 p.m. ~ Fingers & Picks, EC

### Room Abbreviations

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

# Zoom Opportunities Calendar *May 17 to May 20*

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

## Monday, May 17

1 p.m.	Parkinson's Exercise Class
2 p.m.	Change & Loss Support Group Email <a href="mailto:kspearman@meadowlark.org">kspearman@meadowlark.org</a> for log-in info.

## Tuesday, May 18

2 p.m.	Memory Activities Class
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## Wednesday, May 19

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
1 p.m.	Memory Café

## Thursday, May 20

1 p.m.	Parkinson's Exercise Class
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# CHANNEL 1960 Entertainment Guide

## Sunday, May 16

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	<b>NEW!</b> Worship Service with Chaplain Patty Brown-Barnett
12:00 p.m.	<b>(Re-run)</b> Update w/ Lonnie Baker
2:00 p.m.	<b>(Re-run)</b> Worship Service with Chaplain Patty Brown-Barnett
3:00 p.m.	Progressive Muscle Relaxation with Bridget Larkin, LMSW
3:30 p.m.	Chair Yoga

## Monday, May 17

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 18

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 19

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, May 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

## Friday, May 21

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
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class

## Saturday, May 22

9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class

### Solution from 5/6.

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

An apple a day  
really can keep the  
doctor away...

...but only if  
you aim it well.



## 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 16

*GLORY* (1989) R for violence, gory images, & brief language, 2 hr. 2 min. *Drama, Emotional*

Cast: Matthew Broderick, Denzel Washington, & Morgan Freeman

This Academy Award-winning drama follows the first group of African-Americans to serve in combat in the Civil War—and shows how they helped turn the tide of the war.

### MUSICAL MONDAY: May 17

*PROM* (2020) PG-13 2 hr. 12 min. *Musical, Heartfelt, Inspiring*

Cast: Meryl Streep, James Corden, & Nicole Kidman

A group of down-on-their-luck Broadway stars shake up a small Indiana town as they rally behind a teen who just wants to attend prom with her girlfriend.

### TRUE TUESDAY: May 18

*STEVE MARTIN & MARTIN SHORT* (2018) TV-14, 1 hr. 13 min. *Stand-Up Comedy, Witty*

Cast: Steve Martin & Martin Short

Longtime pals and showbiz icons Steve Martin and Martin Short share countless quips, catchy tunes, and hilarious stories about their lives in comedy in “An Evening You Will Forget for the Rest of Your Life.”

### WESTERN WEDNESDAY: May 19

*WAR HORSE* (2011) PG-13, 2 hr. 26 min. *Heartfelt, Emotional, War Drama*

Cast: Emily Watson, David Thewlis, & Peter Mullan

This majestic World War I drama centers on Devon lad Albert and his steadfast horse, Joey, whose faithful bond cannot be shaken—even when Joey is sold to the calvary and sent off to France.

### THRILLER THURSDAY: May 20

*MILE 22* (2018) R for strong violence & language throughout, 1 hr. 34 min. *Exciting, Adventure*

Cast: Mark Wahlberg, Lauren Cohan, & Iko Uwais

An officer in a top-secret CIA unit leads his team in escorting a prized intelligence asset to safety, with enemy forces hot on their trail.

### FEATURE FRIDAY: May 21

*THE TRIAL OF THE CHICAGO 7* (2020) R for language, drug use, & violence, 2 hr. 10 min.

Cast: Sacha Baron Cohen, Eddie Redmayne, & Yahya Abdul-Mateen II

What was supposed to be a peaceful protest turned into a violent clash with the police. What followed was one of the most notorious trials in history.

### SWEET SATURDAY: May 22

*THE SLEEPOVER* (2020) TV-PG, 1 hr. 43 min. *Mystery, Exciting, Family Feature*

Cast: Sadie Stanley, Maxwell Simkins, & Ken Marino

What do you do if your parents are kidnapped by a crew of international thieves? You begin a wild overnight adventure—complete with spy gear.