

A Rockin' Success!

by Michelle Haub, Special Programs Leader

The 11th Annual Pig Out for Parkinson's took place on Thursday, April 29, at Rockin K's restaurant. It was the first time at this location, and with the continued support of Bud and Bobby Cox and new involvement from owner Scott Sieben, the day was fabulous! The purpose of this annual event is to raise awareness and provide education about Parkinson's disease during the month of April, Parkinson's Awareness Month.

This year, we were also able to bring in a few vendors to provide additional resources to those affected by Parkinson's. The venue worked well for these vendors and our staff to communicate with event participants. The Meadowlark Parkinson's Program provides FREE education, exercise opportunities, consultations, care partner support groups, counseling, and meetings for individuals affected by Pd. These opportunities are available to

all, and individuals do not have to live at Meadowlark to benefit from the services.

The Meadowlark Parkinson's Program is very grateful to all the Meadowlark residents and staff, community members, and volunteers who joined us at Rockin K's restaurant on April 29! The team received positive feedback about the quality of food and drinks, wonderful music by

[far left] Meadowlark Parkinson's Program participants and Rockin K's restaurant staff pose for a picture with the legendary Bill Snyder.

[top] Michelle Haub, Special Programs Leader, and Bridget Larkin, Social Services Leader, at the 2021 Pig Out for Parkinson's event.

[above] Coach Chris Klieman signs autographs during the dinner rush.

See **SUCCESS**, page 5

EVENTS & OPPORTUNITIES

Prairie Star Writers Group

Tuesday, June 1, 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!

Wellness Olympiad Luncheon

Tuesday, June 1, at 11:30 a.m.

The Olympiad games have come to a close for 2021 and the points are being tallied. The Wellness Olympiad Luncheon will be at 11:30 a.m. Tuesday, June 1, in Prairie Star's Event Center. There is no cost to attend, but you will need to sign up in the Blue Book at the Hospitality Desk. Attendees will enjoy a healthy lunch while the prizes are awarded and the Olympiad Champion is crowned.

Thank you to everyone who participated in the 2021 Wellness Olympiad—it was a fun week! Contact Jeff Heidbreder, Fitness Services Leader, at (785) 341-2995 with any questions.

Shopping Trip: Walmart & Dillons

Wednesday, June 2, at 10 a.m.

The next shopping trip to Walmart and Dillons is set for Wednesday, June 2. 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.

Spring Wildflowers Presentation

Friday, June 4, at 7 p.m.

May showers bring June flowers! Spring wildflowers on the prairie are most abundant in June. Come to the Event Center at 7 p.m. Friday, June 4. Dr. Valerie Wright, retired Konza Prairie Education Director, will present her beautiful photos of Tallgrass Prairie wildflowers with fun facts and prairie lore. The emphasis will be on June blooms with a sprinkle of earlier blossoms from Rose Verbena to Butterfly Milkweed. Some of the wildflowers Dr. Wright shares may even be found on Meadowlark's campus!

Summer Birdwatching Class

Tuesday, June 8, at 9:30 a.m.

UFM Lifetime Learning is offering the class *Summer Birdwatching* in Prairie Star's Event Center at Meadowlark. The three-part course is led by Ted Cable, Professor Emeritus of Park Management and Conservation at K-State.

Participants will be introduced to birds that spend their summers nesting in Kansas. This



Parkinson's Program

Parkinson's Education Group of the Flint Hills

invites you to the monthly meeting

Thursday, June 3 • 2 to 3:30 p.m.

Meadowlark Community Room • 2121 Meadowlark Road

Zoom <https://us02web.zoom.us/j/5301584508>

Meeting ID: 530 158 4508

“Successful Use of Technology with PD”

Travis Darnell
Information Technology

Using computers, tablets, smartphones & other devices is necessary for increasing communication. Managing technology with Pd symptoms can be challenging. This session will explain tech tricks and tips with hands-on learning available. Bring your handheld devices!

Questions? Contact Michelle at 785-323-3899

EVENTS & OPP, cont.

course will include both classroom sessions and walking field trips to observe local birding spots. Bird walks will be leisurely with frequent stopping to look or listen to the birds. The class will meet from 9:30 to 10:30 a.m. June 8, 9, and 10.

Meadowlark residents can participate in this course at no charge, and Passport members will receive a 20-percent discount. Registration is required, and the class is now open for enrollment. Call UFM at (785) 539-8763 to sign up. Class size for Meadowlark courses is limited to 50 people.

Pond Ride Adventures

Saturday, June 19, at 9:30 a.m.

After seeing all of Valerie Wright's slides on Friday, June 4, of native wildflowers, and hearing Ted Cable talk about our native bird nesters in early June, plan on a cart ride to our pond area! Attendees can plan to hear a brief history of the pond development, and view our wildflowers during the ride. We will leave from the Village Entrance at 9:30 a.m. Saturday, June 19, and return around 11:30 a.m. Sign up in the Blue Book for a fun time in the great outdoors!

Language Change in Kansas Class

Tuesday, June 22, at 2 p.m.

UFM Lifetime Learning is offering the class *Language Change in Kansas* in Prairie Star's Event Center at Meadowlark. This course is led by Dr. Mary Kohn, Associate Professor in English and Director of Rural Studies at Kansas State University.

Language has changed quite a bit in the last hundred years. How have these changes affected speech in Kansas? Dr. Kohn traces language change in Kansas using archival and contemporary recordings, which reveal that present day Kansas language is intimately tied to our immigrant past.

The class will meet Tuesday, June 22, from 2 to 3 p.m. Meadowlark residents can participate in this offering at no charge, and Passport members will receive a 20-percent discount. Registration is required, and the class is now open for enrollment. Call UFM at (785) 539-8763 to sign up. Class size for Meadowlark courses is limited to 50 people.

MEMORIAL DAY
BBQ

MONDAY : FROM
MAY 31ST TO JUNE 1ST 11-2
COURTYARD

BURGERS, BRATS, & HOTDOGS

TOPPINGS: CHEESE, LETTUCE,
TOMATO, RED ONIONS,
HOUSE PICKLES, BACON,
SAUERKRAUT,
HOUSE SWEET RELISH,
KETCHUP, MUSTARD, DIJON,
BBQ SAUCE

CORN ON THE COBB

BBQ BAKED BEANS

DEVILED EGG POTATO SALAD

ORZO PASTA SALAD

WATERMELON BERRY SALAD

STRAWBERRY SHORTCAKE

COOKIE ICE CREAM
SANDWICHES

\$13

NO SIGN-UP REQUIRED



WHO AM I?

Last week's Thursday Throwback was Frances Holcombe. Did you guess correctly?



[above] Frances at the 2018 Legacy Banquet where she received the Margaret Wheat Spirit of Meadowlark Hills Award.

of Meadowlark Hills Award. This award was bestowed to Frances due to her enthusiastic attitude to jump right in and help out any way she could through activities such as tidying up the Lyle House patio, and greeting new residents and passport members at Welcome Breakfasts throughout the year.

Frances was born in Fordyce, Ark. After graduating high school, she went to college in Conway, Arkansas, where she received a degree in Education, married and had two children.

When Frances Holcombe moved to Meadowlark Hills, she was 89 and ready for a quiet retirement. But that idea soon disappeared when she was introduced to the Meadowlark Ambassadors, with Becky Fitzgerald as the group's facilitator at the time. There were numerous activities and service projects she with which she began to get involved. So much so, that in 2018, Frances was selected as the recipient of the Margaret Wheat Spirit



When her children were of school age, she secured a job teaching 4th grade in Texarkana, Ark. She became interested in

children with "learning problems." During summer break, she went back to school, and in 1965, she earned her master's degree in education with an emphasis in Special Education.

In the same town, there was a mother of a little boy. The mother, Karlyn, had been exposed to German measles while pregnant and her second child was born with microcephaly, which is a birth defect that often causes abnormal brain development.

Doctors advised her to put him in an institution. She did not find that acceptable. She then began a search for other parents with children who needed special education classes and located six others! The parents began a group they called the Texarkana Special Education Center Inc. (T.S.E.C.), and Frances was asked to serve on their board because of her experience teaching. She was asked by the other board members to teach the inaugural kindergarten class and act as the program director. Frances asked her current superintendent for a one-year leave of absence to help lay groundwork for this new opportunity. Her request for a sabbatical was denied, so she decided to quit. She was frequently reminded by fellow teachers that she would lose 10 years that she had built up of her retirement benefits, but she quit anyway as she knew in her heart how important the work would be and how many

See **GUESS WHO**, page 10

[top left] Due to her unyielding efforts and dedication, she has not only a building named after her, but a street as well! On the left, Frances is receiving her road sign, to commemorate 25 years of service with T.S.E.C. [top right] Frances is photographed with Karlyn Stephens and her son, Josh. Due to Karlyn's vision and passionate efforts, T.S.E.C. was created, along with the guidance and support of Frances, as Program Director for almost 40 years!

On No Introduction Please

by Helen Roser

I had two friends who had spent time together but had never met. I thought it might be fun to introduce them. Just a thought.

Henry Wilcoxon was an actor on British stages when Cecil B. DeMille hired him to star in his movie "Cleopatra." Generating attention for the movie, DeMille arranged for Henry to come to the U.S. aboard the Queen Mary. Then, from New York to California on the first commercial cross-country flight by airplane.

Henry was telling me about his arrival in the U.S. In a voice of disgust, Henry told me: "Mr. DeMille thought I'd get a lot of attention by flying to California. But, in New York, all the attention was on the pilot of the plane. He was wearing knee-high leather boots, jodhpurs, leather jacket and a leather cap with goggles on top. He was standing there, leaning on the wing of the airplane, with a long white scarf hanging around his neck. Everyone was ohing and ahing about him. It was disgusting."

Henry received acclaim in movies for his serious roles. Later, when I knew him, he did a fun role in "Caddy Shack," playing the bishop playing golf in a rainstorm. He had never met Waldo.

Waldo Waterman was the other friend mentioned. I met him when a Western Airlines pilot took me to hear Waldo speak to the Experimental Air Crafters.

The next day, Waldo flew an exhibition flight in

what looked like a pile of junk, but was the replica of a Curits Pusher he had built. Its speed was barely enough to keep it aloft, but Waldo flew it from San Diego to Los Angeles. Waldo zoomed it around as the crowd gasped below. After he landed and was walking through the crowd, he saw me and said: "Hi, Honey!" I whispered to him: "Waldo, you are a ham!"

He loved it. That began our friendship. He told everyone: "She really knows me!"

So Waldo was the pilot who got all the attention in New York before he flew Henry and others on that first coast-to-coast commercial airplane flight.

In a visit with Waldo, I asked: "Do you remember a passenger on your first flight from New York who was a British stage star?" Waldo said he didn't.

I told him: "Well, he remembers you! He told me Cecil B. DeMille had him come to the U.S. aboard the Queen Mary, then he was to make the famous flight of the first coast to coast by commercial airplane. But no one paid any attention to him. Everyone was looking at you. He described what you were wearing, even to your white scarf, as you leaned against your plane!"

Waldo told me: "I stayed with the plane to make sure nobody fooled with it. That was a hard flight for the plane."

I said: "Well Henry told me you were Mr. Cool, getting all the attention." Waldo just smiled.

I thought it best not to introduce my two friends.

SUCCESS, from page 1

Chappie and the Phaetons; fabulous featured guests, coaches Bill Snyder and Chris Klieman; and spectacular sponsors, including Meritrust Credit Union, BHS Construction, Burnett Automotive, Sunny 102.5, and Budweiser-Flint Hills Beverage Company. The event raised a net total of \$5,707, which will go toward enhancing and growing the services provided by Meadowlark Parkinson's Program.

If you or someone you know would like more information about the Parkinson's Program, please call (785) 323-3899.



Work That Brain!

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8						7		



Skilled Nursing

- 6/3 Larry Bowers
- 6/3 Jim Ferguson
- 6/3 Floyd Choate
- 6/4 Jean Brecheisen
- 6/6 Ethel Morin
- 6/7 Barbara Sester
- 6/8 Mary Prohaska
- 6/12 Margaret Barnett
- 6/12 JoAnne Friederich
- 6/17 Shirley Hines
- 6/18 Jill Orr
- 6/22 Donna Phillips
- 6/23 Lois Kennedy

Assisted Living/Riley House

- 6/1 Betty Johns
- 6/13 Margaret Lanich
- 6/15 Betty Mosier
- 6/26 Donna Green

Independent Living

- 6/2 Bob Goudy
- 6/3 Bob Phillips
- 6/4 John Trail
- 6/6 Faith Roach

June Birthdays

- 6/8 Barbara Rees
- 6/10 Leo Lake
- 6/12 Pat Brensing
- 6/12 Carol Parsons
- 6/14 Pat Miksch
- 6/14 Kay Shanks
- 6/15 Bob Kruh
- 6/17 June Myers
- 6/17 Shirley Stone
- 6/18 Harry Manges
- 6/20 Leon Coup
- 6/26 Helen Roser
- 6/30 Barbara Johnson

Employees

- 6/1 Madi Cantu Encarnacion
- 6/2 Monica Betzen
- 6/2 Sara Hillard
- 6/3 Faith Meuli
- 6/4 Kim McAtee
- 6/5 Michelle Haub
- 6/5 Jennifer Meierer
- 6/5 Tammy Schiesser
- 6/7 Elijah Thomas
- 6/7 Eva Zaldivar
- 6/8 Chelsea Heidrick



- 6/8 Michelle Lawson
- 6/9 Lass Kargel
- 6/10 Ashley Freed
- 6/10 Teresa Wells
- 6/10 Cassie Wittmeier
- 6/13 Antje Anji
- 6/13 Kayla Dykes
- 6/14 Lonnie Baker
- 6/15 Shaquila Bachu
- 6/16 Vivian Dane
- 6/16 Raudy Latta
- 6/16 Gabriele Lopez
- 6/16 Chris Nelson
- 6/18 Laura Nienhaus
- 6/20 Krystal Nelson
- 6/20 Olivia Peoples
- 6/24 Kendal Proctor
- 6/25 Jasmine Bobo
- 6/25 Audra Leonard
- 6/26 Rebecca Moffitt
- 6/26 Frank Stafford
- 6/27 Seth Bednar
- 6/28 Hannah Litke
- 6/30 Arlene Lundberg
- 6/30 Yesi Molina
- 6/30 Leah Willhite

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

Art Engagement *from the* Beach Museum of Art

Balance with Color ... We naturally crave balance and stability. A balanced artwork has visual weight that is evenly distributed throughout the composition. An artist will endeavor to create balance, it is pleasing to look at and makes the viewer feel comfortable. An unbalanced artwork can create tension and make the viewer unsettled.

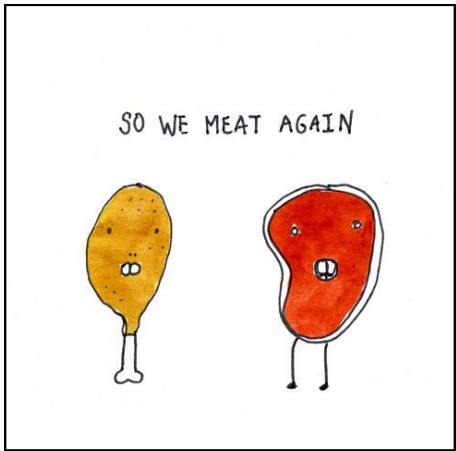
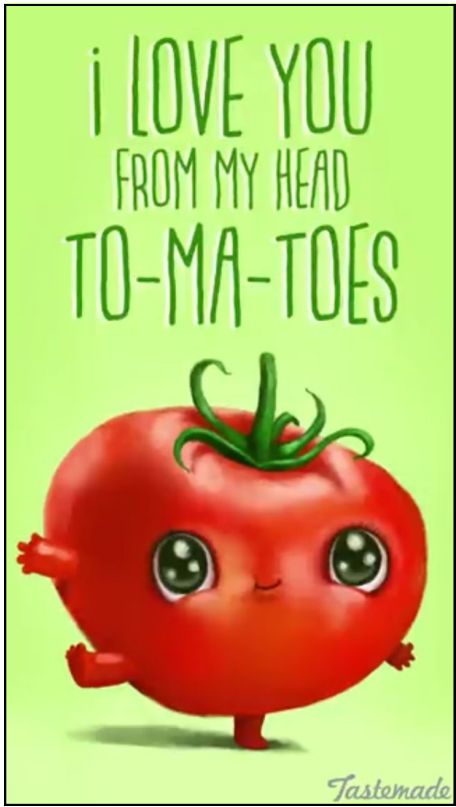
One way to create balance is with color. In the print on the left, the artist uses the bold red in the white space on the upper left of the composition to balance the heavy use of color on the right half of the print. Now look at the print on the right. What do you notice the artist doing with color in this artwork? Does it feel balanced to you? Whether you answer yes or no, what did the artist do with color to support your answer?



[above]
Paul Jenkins, *Title unknown(abstraction)*, 1972
Lithograph on paper
KSU, Marianna Kistler Beach Museum of Art, gift of Donald J. Mrozek and R. Scott Dorman, 2011.197

[left]
Paul Jenkins, *Title unknown (primary color abstraction)*, 1963
Lithograph on paper
KSU, Marianna Kistler Beach Museum of Art, gift of Donald J. Mrozek and R. Scott Dorman, 2013.241

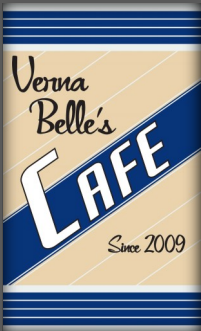
Notes & Observations ...



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Breakfast & Lunch Specials

Mon. to Fri., 7 a.m. to 2 p.m. / Sat. & Sun., 7 to 11 a.m.



Monday, May 31

Breakfast: Biscuits & Gravy

\$2.50 / \$4.50

Lunch: Chipotle Chicken Sandwich

\$4.50 / \$6.50

shredded chicken, bacon, cheddar cheese, tomato, and chipotle aioli on a butter-toasted Italian bread with your choice of side

Tuesday, June 1

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

Lunch: Steak Wrap \$4.50 / \$6.50

strips of steak, romaine lettuce, tomato, parmesan cheese, and creamy Caesar dressing wrapped in a flour tortilla and served with your choice of side

Wednesday, June 2

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

Lunch: Bierock \$6.50

ground beef, shredded cabbage, carrots, and onions wrapped in a biscuit and served with your choice of side

Thursday, June 3

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

Lunch: Mexican Chicken Bowl \$6.50

seasoned chicken and shredded cheese over cilantro lime rice with your choice of toppings

Friday, June 4

Breakfast: Skillet Scramble with Toast \$4.50 / \$6.50

Lunch: Reuben Bratwurst \$6.50

grilled bratwurst topped with sauerkraut, swiss cheese, and Thousand Island dressing on a hotdog bun and served with your choice of side

Saturday, June 5, & Sunday, June 6

Breakfast: Ala Carte Menu Options

Egg (cooked to order), omelet, bacon, sausage, toast, and fruit



PRAIRIE STAR

Dine • Drink • Gather

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

Restaurant Hours
Lunch & Dinner
Mon. to Sat., 11 a.m. to 8 p.m.
Sun., 11 a.m. to 7 p.m.

SUNDAY	May 30 ~ Lunch \$12	Dinner \$12
	Chicken Pot Pie Garden Salad	Lasagna Pinwheels <i>with Red & White Sauce and Sautéed Spinach</i> Garlic Toast
MONDAY	May 31 ~ Lunch \$13	Dinner \$11
	Memorial Day BBQ <i>See page 3 for full menu.</i>	Baked Chicken Legs Hummus Crudité
TUESDAY	June 1 ~ Lunch \$12	Dinner \$13
	Roasted Lemon Chicken Roasted Root Vegetable Medley Watermelon Berry Salad	Beef Ponzu Bowl <i>Jasmine Rice, Pickled Cucumber, Sesame Ginger Aioli, & Steamed Bok Choy</i>
WED.	June 2 ~ Lunch \$10	Dinner \$17
	Cuban Panini Pub Chips	Pan-Seared Halibut <i>with Mango Salsa</i> Rice Pilaf Broccolini
THURS.	June 3 ~ Lunch \$10	Dinner \$13
	Italian Chop Salad Breadstick	House-Made Chicken Tenders Mashed Potatoes Creamed Corn Sweet Potato Biscuit
FRIDAY	June 4 ~ Lunch \$10	Dinner \$23
	Grilled Shrimp Wrap Green Bean Fries	Steak Oscar <i>with Brown Butter Chive Gnocchi</i> Roasted Cauliflower
SAT.	June 5 ~ Lunch \$9	Dinner \$10
	Bacon & Swiss Quiche <i>with Asparagus & Roasted Garlic</i> Fresh Fruit	Black Bean Burger Chips & Salsa

Weekly Opportunities Calendar *May 30 to June 4*

Sunday • May 30

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

Monday • May 31

11 a.m. to 2 p.m. ~ Memorial Day BBQ, CY
7:00 p.m. ~ BINGO Night, EC

Tuesday • June 1 *Trash & recycling pick-up*

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m.~ Chair Yoga, CR
11:30 a.m. ~ Wellness Olympiad Luncheon, EC
2:00 p.m. ~ Memory Activities Class, KSU CL
2:00 p.m. ~ 10-Point Pitch, GR
2:00 p.m. ~ Prairie Star Writers Group, PR

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

Wednesday • June 2

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

Thursday • June 3

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

Friday • June 4

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. ~ Spring Wildflowers Program, EC

GUESS WHO, from page 4

lives she could positively affect.

In 1966, Frances became the first teacher of T.S.E.C. She taught a class of six children, all with special education needs. During that year, there were new children, and additional teachers and aides added to the program that came because of additional interest and need. It helped, of course, that the president of the United States at the time had a handicapped sister and much more was being written about the possibilities of people with disabilities.

Texarkana Special Education Center Inc. became a place that public schools could contract their handicap and disabled children, due to law number 49-142. Additional classes and training programs were created for students of other ages as well, including housing funded through HUD. This included two group homes for developmentally and disabled adults for those who had aged out of the school system, and housing for the elderly in the north part of town, where 56 individual apartments were added.

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After 25 years of service, a road was named after Frances to honor her legacy. Holcombe road is the entrance that leads into Opportunities Inc., which T.S.E.C. is now known as. To learn more about this organization, one can go to <https://www.oppinc.org>. To this day, each year, there is a recipient of the Frances Holcombe Award of Excellence for Direct Care Staff. This award is bestowed to a T.S.E.C. staff member who exemplifies Frances' philosophy of helping individuals with special needs reach their full potential.

There is no questioning France's passion for helping others. Due to her unyielding efforts, she helped forge the groundwork to create a legacy where every person, regardless of disability, feels accepted and welcome.

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



CHANNEL 1960 Entertainment Guide

Week of May 30 to June 5

Sunday, May 30

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 31

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, June 1

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, June 2

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, June 3

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, June 4

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, June 5

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



Zoom Opportunities Calendar June 1 to June 3

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

Tuesday, June 1

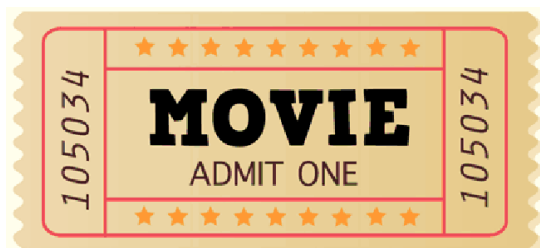
2 p.m.	Memory Activities Class
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Wednesday, June 2

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, June 3

1 p.m.	Parkinson's Exercise Class
2 p.m.	Parkinson's Education Group



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 30

1917(2019) R *for adult material*, 1 hr. 59 min. *War Drama, Violent, Gritty*

Cast: Dean Charles-Chapman, George MacKay, & Benedict Cumberbatch

At the height of the First World War, two young British soldiers are given a seemingly impossible mission. In a race against time, they must cross enemy territory and deliver a message that will stop a deadly attack.

MUSICAL MONDAY: May 31

SOUND OF MUSIC(1965) G, 2 hr. 55 min. *Musical, Historical, Family*

Cast: Julie Andrews, Christopher Plummer, & Richard Haydn

Rodgers and Hammerstein's musical inspired this story of the governess who won the heart of the Von Trapp family and whose courage led them across the Alps in the 1938 flights to freedom.

TRUE TUESDAY: June 1

RESIDENT REQUEST

PENGUIN BLOOM(2021) TV-14, 1 hr. 35 min. *Heartfelt, Inspiring, Emotional*

Cast: Naomi Watts, Andrew Lincoln, & Jacki Weaver

As a mom copes with the aftermath of a harrowing accident, she finds inspiration from an injured magpie taken in by her family. Based on a true story.

WESTERN WEDNESDAY: June 2

HELL OR HIGH WATER(2016) R *for strong violence & language*, 1 hr. 49 min. *Action, Crime*

Cast: Jeff Bridges, Chris Pine, & Ben Foster

Faced with losing the family farm to foreclosure, brothers Toby and Tanner decide that their best move is to rob some banks. Their plans quickly go away, and a grizzled but relentless lawman picks up their trail.

THRILLER THURSDAY: June 3

STATE OF PLAY(2009) PG-13, 2 hr. 7 min. *Mystery, Thriller, Suspenseful*

Cast: Russell Crowe, Ben Affleck, & Rachel McAdams

A veteran journalist teams up with a young reporter to untangle a web of lies surrounding the suspicious death of a woman tied to a powerful politician.

FEATURE FRIDAY: June 4

THE ZOOKEEPER'S WIFE(2017) PG-13, 2 hr. 6 min. *Emotional, Dark, Military*

Cast: Jessica Chastain, Johan Heldenbergh, & Daniel Bruhl

When the Nazis invade Poland, Warsaw Zoo caretakers work with the underground resistance to save Jews from the horrors of the Third Reich.

SWEET SATURDAY: June 5

THE THEORY OF EVERYTHING(2014) PG-13, 2 hr. 3 min. *Inspiring, Emotional, Feel-Good*

Cast: Eddie Redmayne, Felicity Jones, & Charlie Cox

As his esteem grows in the world of physics, Stephen Hawking's body is ravaged by ALS, forcing his increasing dependence on his devoted wife, Jane.