



[above] Steve Hall, Olympiad Champion, with his trophy.

[right] Jeff Heidbreder, Fitness Services Leader, caddies for Olympiad participants during the rainy Putt Putt Challenge.



## Winner, Winner!

*by Jeff Heidbreder, Fitness Services Leader*

This year's Olympiad wrapped up with a luncheon on Tuesday, June 1, with award distribution and crowning the 2021 Olympiad Champion.

During the challenge, participants had the opportunity to participate in an organized group walk each day and a \$10 gift card was awarded to one attendee per walk. The gift card winners for this event were: Vicky Auman, Angela Gerena, Janet Walters, John Walters, and Kesiah Winter.

A nutrition discussion allowed participants to sample healthy recipes and two \$25 gift cards were awarded to two session attendees: Carter Lloyd and Carolyn Pulford.

In our first competition, participants showed off their putting skills in the Putt Putt Challenge and the winner earned a \$50 gift card. The Putt Putt Challenge winner was Will Gold, sinking two putts from 20 feet on his way to victory.

The last competition was a Trivia Walk, where participants had to solve riddles to find the locations of their trivia questions, all while trying to be the first person to answer all of the trivia questions correctly. Linda Hall was able to correctly answer all of the questions before anyone else and won a \$50 gift card for her victory.

The final prize to award was the Wellness Olympiad Champion, which goes to the participant who earns the most points for all activities throughout the week. This year's Wellness Olympiad Champion is Steve Hall. Steve attended all of the week's events and was able to accumulate more points than any other participant. He earned a \$100 cash prize for his victory.

Congratulations to all our award winners and thank you for participating in this year's Olympiad. We look forward to the 2022 Meadowlark Wellness Olympiad and hope that you will join us for the fun!

## EVENTS & OPPORTUNITIES

### Memory & Aging Research

Would you like to learn more about Tai Chi or how to make dumplings? Are you between the ages of 65 and 85? If so, you may be eligible for a paid study with the K-State Memory Research Lab.

The Lab is starting an Intervention Study on learning and memory with older adults. You'll have the opportunity to learn Tai Chi or how to make Gyoza dumplings. This study will be completed remotely from the comfort of your own home.

If you are interested in being a participant, please contact [MemoryResearch@ksu.edu](mailto:MemoryResearch@ksu.edu) or call (785) 532-6819 to get more information. You may also take the initial survey or read more about the science behind the research at <https://www.k-state.edu/memory/index.html>.

### 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!

### Town Meeting

*Friday, June 7, at 9:30 a.m.*

Come hear the Meadowlark campus updates at the June Town Meeting on Monday, June 7, at 9:30 a.m. in the Event Center. All are welcome.

### Summer Birdwatching Class

*Tuesday, June 8, 9, & 10 at 9 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

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 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.

### Game Room Focus Group

*Thursday, June 10, at 1:30 p.m.*

The Game Room is ready for a spruce up! Join Meadowlark team members for a Focus Group regarding the Game Room function and design at 1:30 p.m. Thursday, June 10. The group will gather in the Game Room to share thoughts, ideas, and suggestions for updating the space. All who are interested are encouraged to attend.

### Symphony in the Flint Hills

*Depart Saturday, June 12, at 2:30 p.m.*

If you are registered to attend Symphony in the Flint Hills, please gather in the lobby at the Village Entrance at 2:15 p.m. Saturday, June 12, to prepare for departure. The bus will leave promptly at 2:30 p.m. If you have questions, please contact Monte Spiller at (785) 323-3801.

### June Theme Bingo Night

*Monday, June 14, at 7 p.m.*

Summer is here, so let's party—beach style! June's Beach BINGO night will include lots of exciting decorations and prizes to fit the theme, so be sure to attend at 7 p.m. Monday, June 14, in the Event Center! Player buy-in will be \$1 for the use of two playing cards. BINGO nights occur on the second Monday of the month. Registration is not required.

### 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

# EVENTS & OPPORTUNITIES

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.

## Solutions from 5/27.

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

## New Menu Coming to Prairie Star Restaurant

Prairie Star Restaurant is excited to announce the rollout of its brand-new menu! The new menu will be released on Monday, June 21, and will be chocked full of new, amazing food and some of our classic favorites.

To prepare for the new menu, Prairie Star Restaurant's kitchen will be closed June 17 through June 21 while our talented cooks train to prepare the new offerings.

But don't worry, your hunger will be satisfied at Verna Belle's Café, which will be open for breakfast, lunch, and dinner each of the kitchen-closure days. The Café will offer enhanced options for lunch and dinner with additional seating available in the Courtyard, weather dependent.

The restaurant closure will culminate with Sunday Punday for Father's Day on Sunday, June 20! Free donuts will be offered all day because "we **donut** know what we would do without all you Dads" and a Taco Bar will be hosted in the Courtyard to celebrate "**Taco** 'bout all the awesome Dads!"

If you have questions, please contact the restaurant at (785) 323-3820.

### May Gifts to Meadowlark Foundation

*Gifts benefiting the Good Samaritan Fund, Helping Hands Fund, and Meadowlark Parkinson's Program were received by Meadowlark Foundation during the month of May.*

#### Memory of

Susan Koelliker  
Ruby Silva  
Ruth Todd

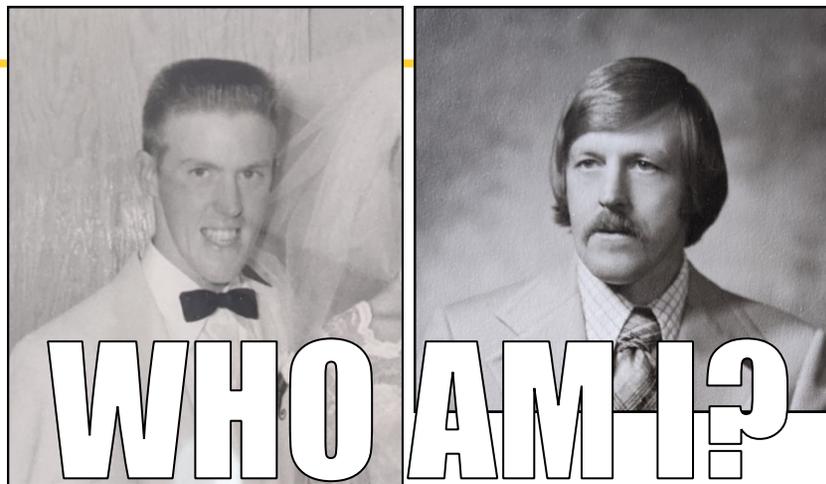
*If you have questions regarding Meadowlark Foundation, please contact Becky Fitzgerald at (785) 323-3843.*

# Work That Brain!

## The Rain Forest

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

- OXYGEN
- CHEETAH
- ANTS
- MACAW
- TOUCAN
- MONKEY
- PINEAPPLE
- GORILLA
- BANANA
- FLOWERS
- FIG
- PANTHER
- SHRUB LAYER
- RAIN
- PAPAYA
- FROGS
- AVOCADO
- MANGO
- CANOPY
- SLOTH



### Throwback Thursday!

Do you know the Meadowlark resident in these photos? E-mail your guess to Sarah at [sguge@meadowlark.org](mailto:sguge@meadowlark.org) or submit your guess to the Hospitality Desk. Check out next week's Messenger to learn more!



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

What is going on? Take a long moment to look closely at this image. Then ask yourself, **what is going on in this picture?** Any thoughts you have about this image are worth mentioning. Ask yourself, what do you see that gives you these ideas? *Artist information listed on page 9.*



## On The Jerk and Jerklet

by Helen Roser

In the days when dinner houses had bands, I often dined alone to hear a friend play. I had a little table for two on the side.

One evening, a waiter set a drink on my table and dashed off. I assumed he would realize his mistake and return for the drink. Instead, a very young man appeared. He looked excited and said, "I have come for the man who bought you that drink!" So there was a jerk in the place and he had sent his jerklet over as he was being Mr. Hot Stuff.

I said quietly: "No thanks." Not expecting that, the jerklet said: "What?" Again, I said quietly: "No thanks." This, the jerklet was not expecting. Sounding ruffled, he said: "Hey! He paid for your drink! Now, you get over there!" Apparently Mr. Hot Stuff had not taught his jerklet how to be Mr. Smooth in adversity.

I said quietly: "Pick up the drink." The jerklet said: "What?" Again, I said quietly: "Pick up the drink." Totally at a loss for what to do, he picked up the drink. I said quietly: "Now take it to him and tell him I said no thanks."

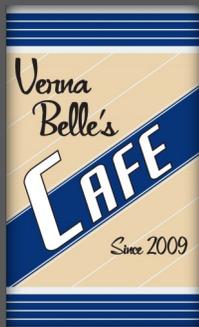
The poor jerklet, at a loss for what to do, did walk away holding the drink.

I quietly let the manager know. He lost no time in bouncing Mr. Hot Stuff and his jerklet.

Maybe they learned that not all females who dine alone are hoping to be noticed by Mr. Hot Stuff. Some are as warm as ice. Do not disturb.

## Breakfast & Lunch Specials

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



**Monday, June 7**

**Breakfast: Biscuits & Gravy**

\$2.50 / \$4.50

**Lunch: Steak Fajita Quesadilla**

\$4.50 / \$6.50

seasoned steak, peppers, onions, and cheddar cheese in a crisp flour tortilla served with your choice of side

**Tuesday, June 8**

**Breakfast: Bacon Eggs Benedict** \$4.50 / \$6.50

**Lunch: Pulled Pork Cornbread Slider** \$4.50 / \$6.50

shredded pork, BBQ sauce, and cheddar cheese on a cornbread muffin served with your choice of side

**Wednesday, June 9**

**Breakfast: Sweet Potato Hash with Egg & Toast**

\$4.50 / \$6.50

**Lunch: Philly Cheesesteak Sandwich** \$4.50 / \$6.50

sliced roast beef and swiss cheese with sautéed peppers and onions on Italian bread and served with your choice of side

**Thursday, June 10**

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

**Lunch: Turkey Reuben Sandwich** \$4.50 / \$6.50

turkey, swiss cheese, sauerkraut, and Thousand Island dressing on butter-toasted rye bread served with your choice of side

**Friday, June 11**

**Breakfast: Ham & Cheese Quiche with Fruit**

\$4.50 / \$6.50

**Lunch: Nacho Burger** \$6.50

grilled hamburger topped with queso, pico de gallo, and lettuce on a butter-toasted bun and served with your choice of side

**Saturday, June 12, & Sunday, June 13**

**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.

|                |   |   |
|----------------|---|---|
| <b>SUNDAY</b>  | June 6 ~ Lunch \$11   | Dinner \$10   |
|                | Mac & Cheese<br><i>with Andouille Sausage &amp; Broiled Tomatoes</i>  | Tater Tot Casserole<br><i>with Beef, Peas, Carrots, Celery, &amp; Onions</i>  |
| <b>MONDAY</b>  | June 7 ~ Lunch \$10   | Dinner \$12   |
|                | Chicken Salad<br><i>served over greens with cucumbers<br/>&amp; sliced beef steak tomatoes</i>  | Bulgogi with Jasmine Rice, Radish, Cucumber<br>Kimchi, Sesame Spinach, & a Fried Egg<br><b>*Bulgogi is a Korean dish made<br/>with thinly sliced seared beef.</b> |
| <b>TUESDAY</b> | June 8 ~ Lunch \$8  | Dinner \$12   |
|                | Fried Bologna Grilled Cheese Sandwich<br>Pub Chips  | Brisket Barbacoa Tacos<br>Chili Lime Rice<br>Refried Beans<br>Chips & Queso   |
| <b>WED.</b>    | June 9 ~ Lunch \$10   | Dinner \$11   |
|                | Pasta Carbonara<br>Sautéed Zucchini   | Pizza-Stuffed Peppers<br><i>with Pepperoni, Italian Sausage, Mushrooms,<br/>Onions, Mozzarella, &amp; Marinara</i>  |
| <b>THURS.</b>  | June 10 ~ Lunch \$10  | Dinner \$12   |
|                | Chicken Burrito Bowl<br><i>with Avocado Cream, Black Beans,<br/>&amp; Grilled Corn</i>  | Gumbo<br>Cornbread  |
| <b>FRIDAY</b>  | June 11 ~ Lunch \$12  | Dinner \$14   |
|                | Honey-Smoked Salmon Salad<br><i>with Roasted Asparagus, Hardboiled Egg,<br/>Roma Tomatoes, Red Onion,<br/>&amp; Honey Vinaigrette</i> | Stuffed-Mushroom Flank Steak<br>Spinach Soufflé<br>Fingerling Potatoes  |
| <b>SAT.</b>    | June 12 ~ Lunch \$11  | Dinner \$11   |
|                | Beer Brat on a Pretzel Bun<br><i>with Caramelized Onions &amp; Sauerkraut<br/>German Potato Salad</i>                                 | BBQ Pork Nachos<br><i>with Pico de Gallo, Guacamole, &amp; Sour Cream</i>   |

# Weekly Opportunities Calendar *May 30 to June 4*

## Sunday • June 6

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

## Monday • June 7

8:30 a.m. ~ IL Resident Council, BR  
9:30 a.m. ~ Town Meeting, CR  
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, CR  
1:00 p.m. ~ PD Care Partner Support Grp, PR  
1:30 p.m. ~ Contemporary God Talk, BR  
5:30 p.m. ~ Tuttle Creek Dinner, BR  
7:00 p.m. ~ BINGO Night, EC

## Tuesday • June 8 *Trash & recycling pick-up*

9:00 a.m. ~ UFM Birdwatching Class, EC  
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  
3:00 p.m. ~ Coffee Corner, EC  
3:30 p.m. ~ Ambassador Meeting, PR

## Wednesday • June 9

9:00 a.m. ~ UFM Birdwatching Class, EC  
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. ~ ARTful Memories, KSU CL  
3:00 p.m. ~ Sing-Along, EC  
3:00 p.m. ~ Rock Steady Boxing, CR  
5:30 p.m. ~ Eastside Dinner, BR

## Thursday • June 10

9:00 a.m. ~ Messenger Team, KSU CL  
9:00 a.m. ~ UFM Birdwatching Class, EC  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
2:30 p.m. ~ Blood Pressure Clinic, PR  
3:00 p.m. ~ Rock Steady Boxing, BF

## Friday • June 11

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

## Saturday • June 12

2:15 p.m. ~ Arrive to depart for Symphony in the Flint Hills, VE (*Bus leaves promptly at 2:30 p.m.*)

### 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](mailto:michelle.haub@meadowlark.org) for log-in information unless otherwise noted below.

### Monday, June 7

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

### Tuesday, June 8

|        |                         |
|--------|-------------------------|
| 2 p.m. | Memory Activities Class |
|--------|-------------------------|

### Wednesday, June 9

|         |                                   |
|---------|-----------------------------------|
| 10 a.m. | Memory Care Partner Support Group |
| 1 p.m.  | ARTful Memories                   |

### Thursday, June 10

|        |                            |
|--------|----------------------------|
| 1 p.m. | Parkinson's Exercise Class |
|--------|----------------------------|



# CHANNEL 1960 Entertainment Guide

## Week of June 6 to June 12

### Sunday, June 6

|            |   |
|------------|---|
| 9:00 a.m.  | Sweat It Out Exercise Class                                       |
| 10:30 a.m. | <b>NEW!</b> Worship Service with Chaplain Patty Brown-Barnett     |
| 2:00 p.m.  | <b>(Re-run)</b> Worship Service with Chaplain Patty Brown-Barnett |
| 3:00 p.m.  | Guided Meditation with Kathleen Spearman, LMSW                    |
| 3:30 p.m.  | Chair Yoga  |

### Monday, June 7

|            |                             |
|------------|-----------------------------|
| 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 8

|            |                                |
|------------|--------------------------------|
| 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 |

Artist information from page 7.

S.P.

Title unknown (woman performing), 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. 2018.386

### Wednesday, June 9

|            |   |
|------------|---|
| 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, June 10

|            |                                |
|------------|--------------------------------|
| 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 11

|            |  |
|------------|--|
| 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. | June 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.  | <b>(Re-run)</b> Town Meeting: Campus Update with Lonnie Baker, CEO |

### Saturday, June 12

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

What's the best way  
to burn 1000 calories?  
**Leave the pizza  
in the oven.**



## 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: June 6

*THE TREE OF LIFE* (2011) PG-13, 2 hr. 19 min. *Drama, , Mind-Bending*

Cast: Brad Pitt, Sean Penn, & Jessica Chastain

Growing up in the Midwest, Jack has always been torn between his mother's guidance to approach everything he encounters with an open heart and his father's advice to look after his own interests. Now, Jack reflects on his past to regain perspective.

### MUSICAL MONDAY: June 7

*FISHERMAN'S FRIENDS* (2019) PG-13, 1 hr. 51 min. *Musical, Feel-Good, Based on Real Life*

Cast: Daniel Mays, James Purefoy, & David Hayman

Sea shanties have long united 10 Cornish fishermen, but when their chants sail to the music charts, their friendship is kept at bay.

### TRUE TUESDAY: June 8

*DANCING WITH THE BIRDS* (2019) TV-PG, 51 min. *Documentary, Nature & Ecology, Exciting*

Cast: Stephen Fry

From ruffling their majestic feathers to nailing im-peck-able courtship routines, birds in paradise flaunt their best moves in hopes of landing a mate.

### WESTERN WEDNESDAY: June 9

*TWELVE O'CLOCK HIGH* (1949) NR, 2 hr. 12 min. *Drama, War*

Cast: Gregory Peck, Hugh Marlowe, Gary Merrill

A hard-as-nails general takes over a bomber unit suffering from low morale and whips them into fighting shape.

RESIDENT REQUEST

### TEARJERKER THURSDAY: June 10

*HACHI: A DOG'S TALE* (2009) G, 1 hr. 33 min. *Sentimental, Heartfelt, Emotional*

Cast: Richard Gere, Joan Allen, & Cary-Hiroyuki Tagawa

When his master dies, a loyal pooch named Hachiko keeps a vigil for more than a decade at the train station where he once greeted his owner every day.

### FEATURE FRIDAY: June 11

*MOXIE* (2021) PG-13, 1 hr. 51 min. *Witty, Irreverent, Inspiring*

Cast: Hadley Robinson, Lauren Tsai, & Patrick Schwarzenegger

Inspired by her mom's rebellious past and a confident new friend, a shy 16-year-old publishes an anonymous zine calling out sexism at her school.

RESIDENT REQUEST

### SWEET SATURDAY: June 12

*FATHER OF THE BRIDE* (1991) PG, 1 hr. 45 min. *Comedy, Family, Romance*

Cast: Steve Martin, Diane Keaton, & Martin Short

George and Nina Banks are the parents of young soon-to-be-wed Annie. George is a nervous father unready to face the fact that his little girl is now a woman. The preparations for the extravagant wedding provide additional comic moments.