

Community Center Transitions



by Sarah Duggan, Community Relations Director

When the COVID-19 global pandemic hit Manhattan, Kan., one of Meadowlark's top priorities quickly became finding, purchasing, and storing adequate level of PPE (personal protective equipment). Before COVID, the organization often was getting creative in finding storage spaces for supplies, decorations, and other items. To accommodate the PPE as it started to arrive and campus was shut down, one of the spaces that became very useful was our Fitness Center.

Now, nearly 18 months later, Meadowlark is making the transition to utilizing the Caul Fitness Center once again for individual exercise opportunities and personal training. Although a timeline has not been set, steps have been initiated to prepare the Fitness Center for use. Once the equipment is moved, the Community Room will be utilized regularly for programs, meetings, and worship service. Stay tuned for more updates as these transitions move forward by reading the Meadowlark Messenger and attending the monthly Town Meeting.

Restaurant Kitchen Closed June 17 to 20

Prairie Star Restaurant is excited to announce the creation 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 20 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 and Nacho Bar will be hosted in the Courtyard to celebrate "**Taco** 'bout all the awesome Dads!" and "**Nacho** Average Dad." The cost of the Taco and Nacho Bar is \$11 per person.

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

EVENTS & OPPORTUNITIES

Update from Lonnie Baker, CEO

Watch an excerpt from the June 2021 Town Meeting, which occurred Monday, June 7. Lonnie Baker, CEO, gave a campus update during the meeting, and the video version will air the following dates and times.

- ~ Friday, June 11, at 12 p.m. & 5 p.m.
- ~ Saturday, June 12, at 9:15 a.m. & 12 p.m.
- ~ Sunday, June 13, at 12 p.m.

Arts in the Park Transportation

Depart on Fridays at 7:30 p.m.

Welcome to another summer of music, magic, and more! Arts in the Park is Manhattan's summer concert series that brings a wide variety of live music to you every Friday throughout the summer. For over 40 years, the Manhattan Parks and Recreation Department has sponsored, organized, and produced free weekly outdoor concerts for the community. The shows start at 8 p.m. at the Larry Norvell Band Shell in City Park, unless otherwise noted.

Residents are invited to utilize Meadowlark transportation to attend the Arts in the Park events. The bus will depart from the Village Entrance at 7:30 p.m. and the cost is \$3 per person. Please sign up in the Blue Book at the Hospitality Desk if you plan to utilize this opportunity. The upcoming concerts are listed below.

- ~ **June 11:** Country music by Derek Calvin & the All Nighters
- ~ **June 18:** Juneteenth Celebration with Jazz music by Julian Vaughn & Jahvelle Rhone
- ~ **June 25:** Classic rock by Departure Band from Topeka
- ~ **July 2:** Comedy Magician Michael Kent
- ~ **July 9:** Rock, Hip-Hop, and Pop by D & Chi
- ~ **July 16:** Folk music by Elexa Dawson
- ~ **July 23:** Rock music by The Box Turtles
- ~ **July 30:** Professional Improv by The KC Improv Company

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 busses will leave

promptly at 2:30 p.m. If you have questions, please contact Monte Spiller at (785) 323-3801.

Technology Assistance resumes

Monday, June 14, at 10:30 a.m.

Starting Monday, June 14, Juliana will be available for Technology Assistance in the Game Room at 10:30 a.m. She will be available for one hour, from 10:30 to 11:30 a.m., every Monday.

Her volunteer services will be first come, first serve. She is able to assist residents with general questions regarding their electronic devices and assist with simple tasks.

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.

Transportation to Manhattan Municipal Band Performances

Depart on Tuesdays at 7 p.m.

For more than 100 years, the Manhattan Municipal Band has performed concerts for the community. Their free summer concert series takes place every Tuesday at 7:30 p.m. at the Larry Norvell Band Shell in City Park.

Residents are invited to utilize Meadowlark transportation to attend the Municipal Band performances. The bus will depart from the Village Entrance at 7 p.m., and the cost is \$3 per person. Please sign up in the Blue Book at the Hospitality Desk if you plan to take Meadowlark transportation to the concert. The upcoming concert dates are June 15, June 22, June 29, July 13, and July 20.

Artist Profile of Albert Bloch

Wednesday, June 16, at 4 p.m.

Join Kim Richards from the Beach Museum of Art for "Albert Bloch: The American Blue Rider" at 4 p.m. Wednesday, June 16, in the Bison Room. Bloch was born in St. Louis, Mo., and after living several years in Germany, moved to Lawrence,

EVENTS & OPPORTUNITIES

Kan. Bloch taught at the University of Kansas to make a living and painted to fulfill his passion to create!

S'mores Bar

Thursday, June 17, from 5 to 8 p.m.

With the weather becoming more pleasant, you're invited to enjoy a S'mores Bar in the Courtyard between 5 and 8 p.m. on Thursday, June 17. This event will be reoccurring each first and third Thursday, unless otherwise posted.

Special Meal & Entertainment

Friday, June 18, from 5 to 7 p.m.

A special meal of hot dogs and potato chips will be served in the Courtyard between 5 and 7 p.m. Friday, June 18. The cost for the meal is \$2 per person. Evening entertainment will begin around 6:30 p.m. Residents, family members, and staff are invited to attend.

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!

Saturday Shopping Trip

Saturday, June 19, at 10:30 a.m.

Transportation will be provided to Hobby Lobby and Dollar Tree for resident shopping on Saturday, June 19. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m. This shopping trip will occur every third Saturday of the month, and the cost is \$3 per resident. A sign-up sheet is located in the Blue Book at the Hospitality Desk.

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.

Art Appreciation: Exploring Sculpture

Monday, June 28, at 1 p.m.

Have you ever walked by a sculpture on the sidewalk, in a park, or in a building atrium and wondered what it was about? Learn a few ways to approach looking at public art, including sculpture. Attendees will practice the techniques and learn tools to help you look on your own.

UFM Lifetime Learning is offering the class *Art Appreciation: Exploring Sculpture* in Prairie Star's Event Center at Meadowlark. This course is led by Kim Richards from the Education Department at the Marianna Kistler Beach Museum of Art.

The class will meet Monday, June 28, from 1 to 2:30 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.

Workout & Rhythm

Saturday, July 10, at 9 a.m.

Rock Hills Church is planning a drumming event in the Prairie Star Event Center at 9 a.m. Saturday, July 10. Participants will use an exercise ball and drumsticks to drum along to the beat. There is no cost to attend, and Rock Hills Church will provide all of the equipment needed. Residents who are interested in participating can sign up in the Blue Book at the Hospitality Desk.

On Almost My End

by Helen Roser

The ad seeking workers at the battery factory said it was “dangerous and hazardous to your health,” but highly paid for work that required very little training. So I applied and was hired. I quit my low-paying office job.

We were required to be covered, including our head, with wool, with rubber over that. I was allergic to wool, so had to wear cotton between the wool and me. I itched all the time.

My work was to test the specific gravity of the sulfuric acid in batteries as they went by on the production line. If one tested low, I filled it with sulfuric acid from my big rubber bucket. When my bucket needed a refill, one of the men took it and filled it for me.

Then one day I needed a refill but no man was around, so I decided to get the refill myself. I took my bucket and went looking for the tank of acid. I asked a busy man where the tank of acid was. He told me: “It’s that big tank over there.”

It was probably 25 feet tall. I saw no spigot on it, but there was a little metal ladder that went up its side. I thought I needed to get to the top so I could dip my bucket in. So I took my bucket and, holding on with one hand, I climbed to the top. It was open and that acid look so ominous and quiet, and wet.

Just as I was about to shift my bucket to dip it in, I heard a man’s soft voice below.

He said softly: “Honey, don’t move. Stay where you are.” I tried to turn around as I said: “But I want to fill my bucket.” He said quietly: “Give me your bucket, and don’t move.”

He was below me on the ladder. It is not too clear how he got me down. There was a swarm of men on the floor watching the dummy who had climbed up the service ladder on the tank of sulfuric acid where she was going to dip her big rubber bucket in to fill it.

My rescuer told me: “Honey, if you had dipped your bucket in, the weight would have pulled you in. All that would have been left would have been your bucket.”

I returned to my testing on the line. The next week, a battery blew up, but my back was turned so it was okay.

I wasn’t in that job long before I got my Civil Service appointment to Washington, D.C. So I could afford my bus ticket.

Fortunately, my work was as a paralegal. I didn’t have to climb up any tanks of acid.



Thank You

submitted by Nathan Bolls

I extend my sincere thanks to all of the Meadowlark residents who sent birthday greetings to help me through my 90th birthday. Your support and good wishes are much appreciated. Thank you.

Maintenance Requests

If you see something, say something! Submit maintenance requests for your personal residence or things you notice in common areas by contacting the Hospitality Desk. Maintenance requests can be given over the phone by calling (785) 323-3847 or by stopping by the desk.

Window Washing

Window washing for IL units is expected to occur in mid to late July. Stay tuned for more information.

Solution from 6/3.

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R	N	E	G	Y	X	O	T	G	M	R	A	E	G
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B	O	T	N	K	N	X	E	I	F	R	O	G	S
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[far left] A Man & His Cat- Patches has been the third floor's friendly feline companion for over seven years. She likes to walk the hall alongside Steve and say *hello* to all who come by!
[left] Steve and his late wife, Linda, on their wedding day.

Last week's Thursday Throwback was Steve Owens. Did you guess correctly?

In last week's photo, Steve can be seen in his military dress. He served in the Air Force for four years, from 1956 until 1960. He was temporarily stationed at Manhattan Beach on his way to a permanent assignment on the Labrador coast, by the North Atlantic Ocean, where he worked as a radio teletype. It was while Steve was on leave he met Linda, his late wife, when she was working as a car-hop at a drive-in called Maid-Rite. The drive-in was known for their signature ground-beef sandwiches, sides, and shakes. Steve said, "It was love at first sight."

The couple married on Aug. 28, 1958, which Steve says was the hottest day of the year – 105



[above] Family Photo at Clinton Lake, left to right: Steve's son-in law, Rich; granddaughter, Carrie; Steve; granddaughter, Lauren, and daughter, Paula.

degrees!

About a year after his military service ended, Steve met a young man who would change his life. His name was Art Brake, and he was going to school for court reporting. Steve became intrigued, and he started his own educational journey into court reporting school. After he got a few years of experience under his belt, he partnered with Art to start their own business called *Owens, Brake and Associates*. They had a support staff of four, which included fellow court reporters and office personnel. Their business became extremely well-known and the staff was sought after, as they covered most of the state's court reporting/stenographer needs and met every six weeks for federal grand jury hearings.

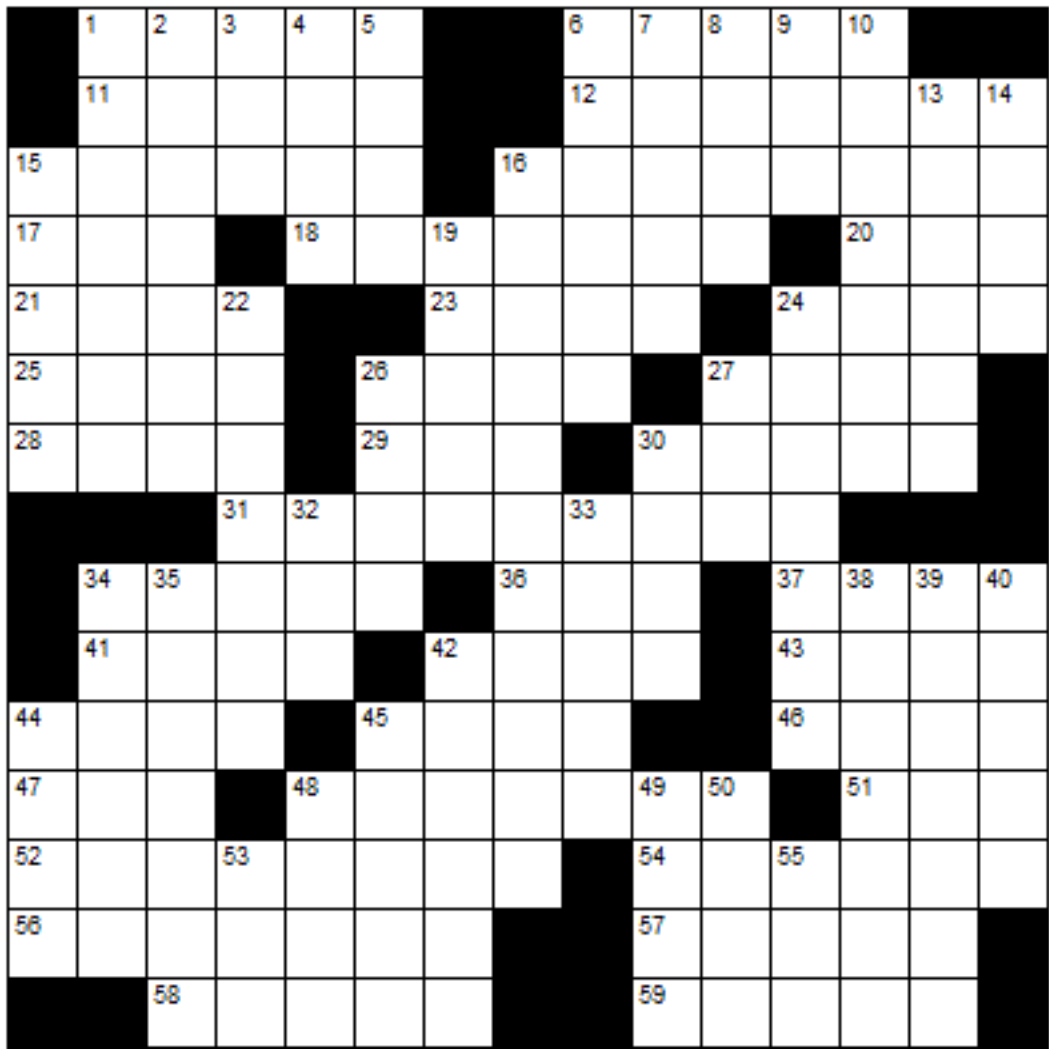
He continued in this line of work for close to 40 years, serving the Kansas bar.

Steve was involved in numerous service organizations throughout the years. One of his proudest accomplishments was serving as the Exalted Ruler, also known as president, for the local Elks Club. It was tradition that every president had his photo taken for the lodge and it was displayed for fellow members and guests to view.

Staying active as a volunteer came naturally to Steve during his time with the Elks, and as an Optimist Club member and past president. He continues to be active with many social opportunities, including a weekly breakfast club, playing pitch and dominoes with fellow

See GUESS WHO, page 11

Work That Brain!



ACROSS

- 1. A Musketeer
- 6. Encounters
- 11. Investigate
- 12. Stage
- 15. Darkness
- 16. East Indian evergreen tree
- 17. Delay
- 18. Insert
- 20. Move from side to side
- 21. Utilized
- 23. Found in some lotions
- 24. Small amount
- 25. Go on horseback
- 26. Whirl
- 27. Solitary
- 28. Remits
- 29. Small portable bed
- 30. Sad song
- 31. Minor planet
- 34. Fool
- 36. British rule in India
- 37. Beers
- 41. Spar
- 42. Angel's headwear
- 43. Tidy
- 44. Church alcove
- 45. Ballet attire
- 46. Tropical tuber
- 47. Point
- 48. Diplomacy
- 51. Ribonucleic acid
- 52. Illustrations
- 54. Bird of prey also called a kite
- 56. Weird
- 57. What your paid
- 58. Less damp
- 59. Sound of contempt

DONE

- 1. Inability to understand language
- 2. Calamity
- 3. A box for bricks or mortar
- 4. Double-reed woodwind
- 5. Stitched
- 6. Strand
- 7. Jagged
- 8. Sea eagle
- 9. A Hebrew letter
- 10. Precipitating
- 13. Small chin beard
- 14. Border
- 15. Impolite dinner sound
- 16. People unable to read
- 19. Castrated male chicken
- 22. Scorn
- 24. Harshly ironic or sinister
- 26. Leave in a hurry
- 27. 52 in Roman numerals
- 30. Karate school
- 32. A parcel of land
- 33. Anklebone
- 34. Bring in
- 35. Creep
- 38. Student
- 39. Sincere
- 40. Brown ermine
- 42. Craving food
- 44. Contributes
- 45. Slight color
- 48. French for Finished or Done
- 49. Stitches
- 50. Distinctive flair
- 53. Armed conflict
- 55. Yore

Art Engagement *from the* Beach Museum of Art

Compare/Contrast ... It's time to engage in some slow looking. Take a moment to look at the two artworks below. What can you find that is the same? Challenge yourself to find five things that are the similar. Then find five things that are different between the two pieces. You may count objects, color, texture, composition, medium, style and anything else you observe.

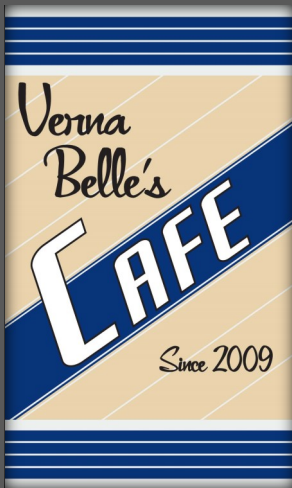


[above]
Robert Newton Sudlow, *Wakarusa Autumn Field*, 1986
Oil on canvas, KSU, Marianna Kistler Beach Museum of Art, gift of Catherine Parr, 1993.2

[left]
George Atkinson, *Skyscape Series #45*, 1994, Pastel on paper, KSU, Marianna Kistler Beach Museum of Art, Eleanor Griffith Memorial Fund, 1995.1

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2						7	9
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5			9				



Breakfast & Lunch Specials

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

Monday, June 14

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

Italian Sandwich, \$4.50 / \$6.50 ham, salami, pepperoni, and provolone cheese on butter-toasted Italian bread served with your choice of side

Tuesday, June 15

Breakfast: Classic Eggs Benedict with Fruit, \$4.50 / \$6.50

Lunch: Chicken Bacon Ranch Quesadilla, \$4.50 / \$6.50

shredded chicken, bacon, ranch dressing, and cheddar cheese on a crispy flour tortilla

Wednesday, June 16

Breakfast: Classic Potato Hash with Egg & Toast, \$4.50 / \$6.50

Lunch: Maple Bacon Chicken Sandwich, \$4.50 / \$6.50 fried chicken, maple bacon, and Swiss cheese on a buttery croissant served with your choice of side

Thursday, June 17

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

Lunch: Napa Valley Chicken Salad Wrap, \$4.50 / \$6.50 shredded chicken, grapes, pecans, and celery with a creamy dressing in a flour tortilla and served with your choice of side

Triple Meat Pizza, \$4.50 / \$6.50 bacon, sausage, pepperoni, marinara sauce, and mozzarella cheese on a flatbread crust

Friday, June 18

Breakfast: Peach Crepes with Greek Yogurt & Granola, \$4.50 / \$6.50

Lunch: Beef Enchiladas, \$4.50 / \$6.50 ground beef, cheese, and onions in a flour tortilla with red sauce and served with your choice of side

The Kansan, \$4.50 / \$6.50 roast beef, cheddar cheese, sautéed mushrooms and onions on butter-toasted Italian bread served with a side of jalapeno ranch and your choice of side

Saturday, June 19

Breakfast: Ala Carte Menu Options

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

Lunch: Cuban Sandwich \$4.50 / \$6.50 shredded pork, ham, Swiss cheese, mustard, and pickle on butter-toasted Italian bread and served with your choice of side

Cowboy Hotdog \$4.50 / \$6.50 BBQ sauce, caramelized onions, bacon, and cheese over a hot dog and served with your choice of side



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	June 13 ~ Lunch \$13	Dinner \$10
	Roasted Ham Creamy Herb Potatoes Brussel Sprouts	Spinach Artichoke Ravioli Bake Garlic Toast
MONDAY	June 14 ~ Lunch \$11	Dinner \$13
	Philly Cheesesteak & French Fries with Provolone Cheese and Sautéed Mushrooms, Peppers, & Onions	Honey Sesame Garlic Shrimp with Broccoli, Carrots, Water Chestnuts, Sugar Snap Peas, Jasmine Rice, & Crispy Onions
TUESDAY	June 15 ~ Lunch \$8	Dinner \$12
	Fried Green Tomato BLT Sandwich Pub Chips	Frybread Taco, Refried Beans & Mexican Rice <i>Taco served with Ground Beef, Lettuce, Tomato, Cheese, Onions, & House Taco Sauce</i>
WED.	June 16 ~ Lunch \$11	Dinner \$12
	Grilled Chicken Pesto Pasta Salad Summer Veggies	Stuffed Turkey Breast Cranraspberry Chutney Mashed Potatoes Honey Carrots
THURS.	June 17 ~ Lunch	Dinner \$8
	<i>See Verna Belle's Café Lunch Specials.</i>	<i>Both options served in Verna Belle's Café.</i> #1) Tamale Pie with Mixed Vegetables #2) Cheesy Ham & Potato Casserole with Biscuit
FRIDAY	June 18 ~ Lunch	Dinner \$8
	<i>See Verna Belle's Café Lunch Specials.</i>	<i>Both options served in Verna Belle's Café.</i> #1) Meatloaf with Mashed Potatoes & Green Beans #2) Mexican Chicken Casserole
SAT.	June 19 ~ Lunch	Dinner \$8
	<i>See Verna Belle's Café Lunch Specials.</i>	<i>Both options served in Verna Belle's Café.</i> #1) Chicken Alfredo Bake #2) Tater Tot Casserole with a Roll

Weekly Opportunities Calendar *June 13 to June 19*

Sunday • June 13

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

Monday • June 14

9:30 a.m. ~ Seated Strength, CR
10:30 a.m. ~ Weights 101, CR
10:30 a.m. ~ Technology Assistance, GR
11:30 a.m. ~ Sit & Be Fit, CR
11:30 a.m. ~ Meadowlark Valley Luncheon, BR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ Contemporary God Talk, BR
7:00 p.m. ~ BINGO Night, EC

Tuesday • June 15 *Trash & recycling pick-up*

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
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
5:30 p.m. ~ 2nd Floor Supper, EC
7:00 p.m. ~ Transportation to Manhattan
Municipal Band Performance, VE

Wednesday • June 16

9:30 a.m. ~ Seated Strength, CR
9:30 a.m. ~ Courtyard Communion with FUMC, CY
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
4:00 p.m. ~ Artist Profile with the Beach, BR

Thursday • June 17

9:00 a.m. ~ Messenger Team, KSU CL
10:30 a.m. ~ Steady Yourself, CR
11:00 a.m. ~ Speedy Pd Art Making, KSU CL
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:00 p.m. ~ PD Care Partner Support Grp, FHR
3:00 p.m. ~ Rock Steady Boxing, BF
5 to 8 p.m. ~ S'mores Bar, CY
5:30 p.m. ~ Meadowlark Circle Dinner, EC

Friday • June 18

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
5 to 7 p.m. ~ Hot Dogs & Chips Special, CY
6:30 p.m. ~ Evening Entertainment, CY
7:30 p.m. ~ Transportation to Arts in the Park, VE

Saturday • June 19

10:30 a.m. ~ Depart for Hobby Lobby & Dollar
Tree, VE

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

Zoom Opportunities Calendar *June 14 to June 17*

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

Monday, June 14

1 p.m.	Parkinson's Exercise Class
2 p.m.	Change & Loss Support Group Email kspearman@meadowlark.org for log-in info.

Tuesday, June 15

2 p.m.	Memory Activities Class
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Wednesday, June 16

10 a.m.	Memory Care Partner Support Group
1 p.m.	Memory Café

Thursday, June 17

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

Sunday, June 13

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	NEW! Worship Service with Reverend Jim Reed
12:00 p.m.	(Re-run) Town Meeting: Campus Update with Lonnie Baker, CEO
2:00 p.m.	(Re-run) Worship Service with Reverend Jim Reed
3:00 p.m.	Progressive Muscle Relaxation with Bridget Larkin, LMSW
3:30 p.m.	Chair Yoga

Monday, June 14

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

GUESS WHO, from page 5

residents, serves as a volunteer during Monday night BINGO, and as the third floor representative.

Steve can often be seen walking upstairs with his trusty side-kick, Patches. She's known as the third floor's mascot and has many fans! Patches was a rescue who came to live with Steve seven years ago and provides wonderful entertainment and companionship. Often, you can see her roaming the halls, to say 'hi' to fellow residents, staff, and guests.

Steve invites you to meet Patches if you have not already, and is always eager to play with fellow pitch and domino enthusiasts. Be sure to reach out to him if you are ever in a game-playing mood!

Congratulations to **Polly Ferrell**, Meadowlark resident, who is this week's Who Am I Winner. Please collect your prize at the Hospitality Desk!

Tuesday, June 15

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 16

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	(Re-run) Worship Service with Reverend Jim Reed
1:00 p.m.	Sit & Be Fit Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Thursday, June 17

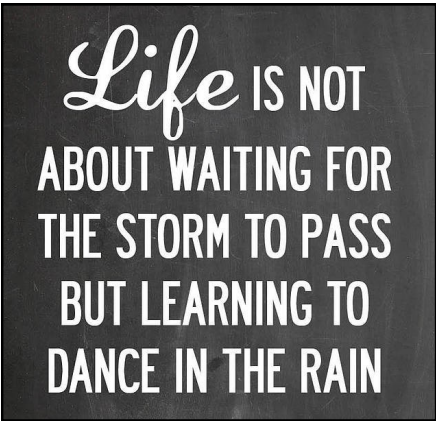
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class

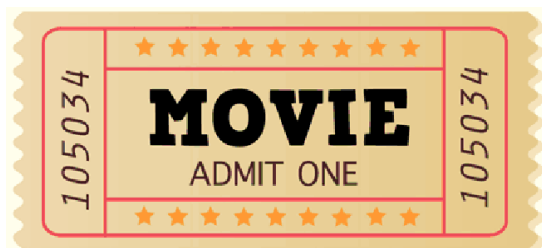
Friday, June 18

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 19

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





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 13

LIKE FATHER (2018) TV-MA, 1 hr. 43 min. *Heartfelt, Emotional, Feel-Good*

Cast: Kristen Bell, Kelsey Grammar, & Seth Rogen

A jilted bride takes the dad she hasn't seen in decades on her honeymoon. It might be the best mistake she's ever made.

MUSICAL MONDAY: June 14

RESIDENT REQUEST

SOUL (2020) PG, 1 hr. 49 min. *Music, Family, Comedy*

Cast: Jamie Foxx, Tina Fey, & Angela Bassett

Joe lands the biggest gig of his life at the best jazz club in town. But one misstep lands Joe in a fantastical place: The Great Before. There, he teams up with soul 22, and together they find the answers to some of life's biggest questions.

TRUE TUESDAY: June 15

WHAT IN THE HEALTH (2017) TV-PG, 1 hr. 32 min. *Documentary, Investigative, Food*

This film examines the link between diet and disease, and the billions of dollars at stake in the healthcare, pharmaceutical, and food industries.

WESTERN WEDNESDAY: June 16

CONCRETE COWBOY (2021) R for language, drug use, & some violence, 1 hr. 51 min. *Inspiring*

Cast: Idris Elba, Caleb McLaughlin, & Jharrel Jerome

Sent to live with his estranged father for the summer, a rebellious teen finds kinship in a tight-knit Philadelphia community of Black cowboys.

THRILLER THURSDAY: June 17

BRIGHT (2017) TV-MA, 1 hr. 57 min. *Action, Adventure, Gritty, Exciting*

Cast: Will Smith, Joel Edgerton, & Noomi Rapace

In an LA rife with interspecies tensions, a human cop and his orc partner stumble on a powerful object and become embroiled in a prophesied turf war.

FEATURE FRIDAY: June 18

MY WEEK WITH MARILYN (2011) R for some language, 1 hr. 39 min. *Romantic, Drama*

Cast: Michelle Williams, Eddie Redmayne, & Kenneth Branagh

While filming a movie in England, Hollywood icon Marilyn Monroe slips away with a young Brit for a week of self-discovery and frivolity. The story that ensues is based on the real-life memoirs of Colin Clark, once assistant to Sir Laurence Olivier.

SWEET SATURDAY: June 19

GOOD SAM (2019) TV-PG, 1 hr. 30 min. *Inspiring, Feel-Good, Movies Based on Books*

Cast: Tiya Sircar, Chad Connell, & Marco Grazzini

A curious reporter finds love while pursuing the story of a mysterious figure who's leaving bags of cash for strangers around New York City.