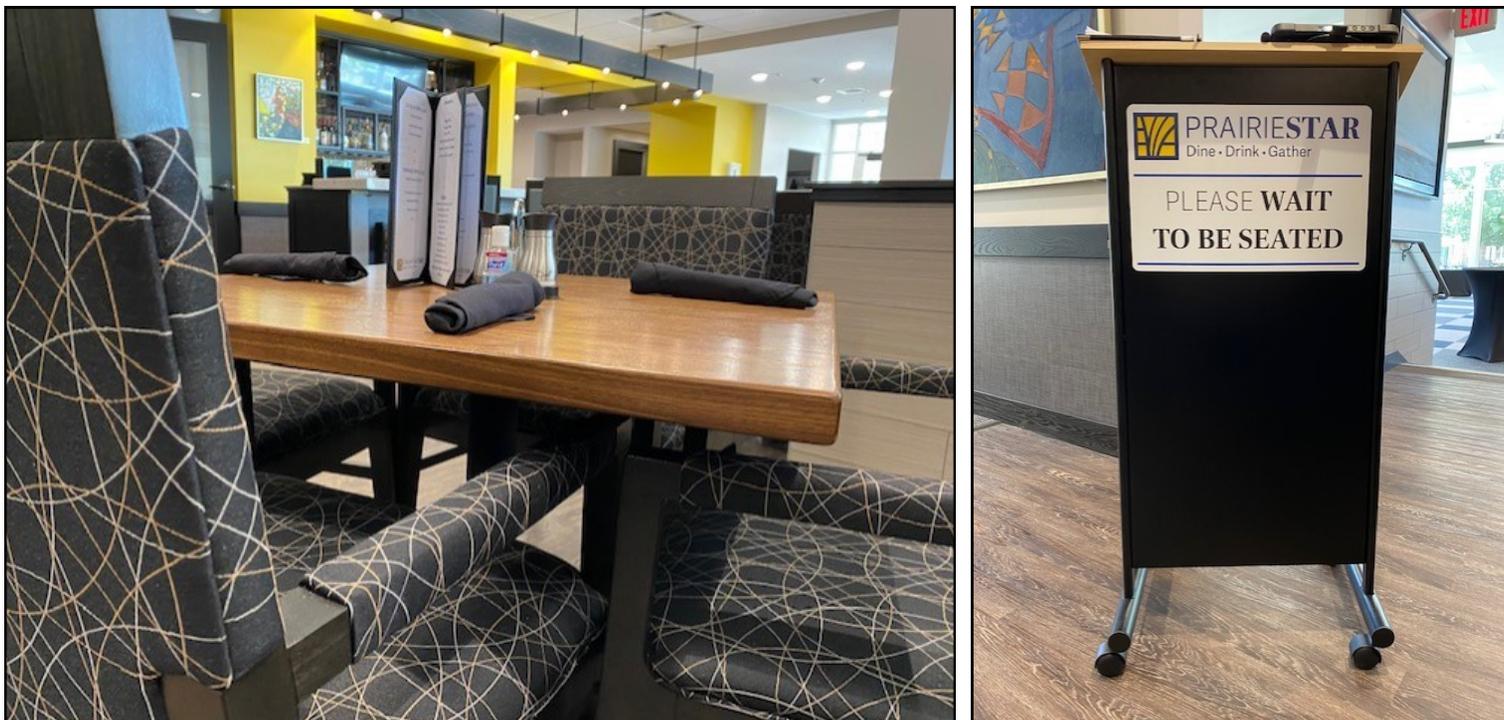


## **NEW Featured Entrées & Restaurant Favorites Coming Soon!**

*Pub service to continue during restaurant closure*



*by Sarah Duggan, Community Relations Director*

Prairie Star Restaurant will be closed for meal service Thursday, June 17, through Sunday, June 20. Prairie Star Pub will be open for bar service each of the days at 4 p.m.

Verna Belle's Café 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. Dinner will be served from 5 to 7 p.m. The meal specials for June 17 through June 19 were listed in the June 10 edition of the Meadowlark Messenger. The June 20 meal specials can be found on page 8 of this issue.

Prairie Star Restaurant will re-open with its new menu on Monday, June 21. The meal options will feature an updated Restaurant Favorites menu, which is an always-available menu for both lunch and dinner. Additionally, the restaurant will have featured entrées that rotate every two weeks and will include

beef, pork, chicken, seafood, vegetarian, pasta, and salad options. However, the first cycle of new entrée menus will run for three weeks—June 21 through July 14—to provide residents and the kitchen team the opportunity to adjust to the new menu structure. See page 9 of this Messenger for the upcoming featured menu. Restaurant patrons are encouraged to use these first three weeks to sample the entirety of the menu.

After receiving feedback both verbally and from the comment cards provided in the restaurant, the team will add the choice of soup, salad, or fruit with the new Featured Entrées.

Please remember to visit the host stand to be seated when the restaurant re-opens on Monday, June 21. This helps the server team to know when you arrive and supports their efforts to provide prompt and efficient service.

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

## EVENTS & OPPORTUNITIES

### Diabetes Wellness Meeting

The Diabetes Wellness Meeting (formerly Diabetes Support Group), will not meet in June.

### Arts in the Park Transportation

*Depart on Fridays at 7:30 p.m.*

Residents are invited to utilize Meadowlark transportation to attend the Arts in the Park events at the Larry Norvell Band Shell in City Park. 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 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 Alexa Dawson
- ~ **July 23:** Rock music by The Box Turtles
- ~ **July 30:** Professional Improv by The KC Improv Company

### Transportation to Manhattan Municipal Band Performances

*Depart on Tuesdays at 7 p.m.*

Residents are invited to utilize Meadowlark transportation to attend the Municipal Band performances at the Larry Norvell Band Shell in City Park. 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 22, June 29, July 13, and July 20.

### Speedy Pd Art Making

*Thursdays at 11 a.m.*

The Meadowlark Parkinson's Program begins this month its annual Speedy Pd Award making with the assistance of Kathrine Schlageck from the Beach Museum of Art. Each year, people who are affected by Parkinson's disease whether diagnosed or a care partner, gather together to create different styles of art that is then used for the age group award winners of the Speedy Pd

Race for Parkinson's on Aug. 28.

If you have a connection with Parkinson's and would like to help us create these pieces/awards, we would love to have you join us! The Beach Museum of Art donates their time and materials to us for this activity. No previous art experience is needed! Come enjoy fellowship and fun with us each Thursday from 11 a.m. to 12:30 p.m. in the KSU Classroom (except July 1st we will meet in the Patriot Room). You may come and go between this time frame as you please.



Bob Crawford, resident at Meadowlark and member of the Meadowlark Board of Trustees, with his awards from two different Speedy Pd races.

### 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

## EVENTS & OPPORTUNITIES

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.

### Father's Day: Sunday Punday

*Sunday, June 20*

Mark your calendar for Sunday Punday to celebrate 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 for lunch to celebrate "**Taco** 'bout all the awesome Dads!" and "**Nacho** Average Dad." The cost of the Taco and Nacho Bar is \$11 per person. Bring your friends and family out for a *fun day* in the Courtyard!

### 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.

### ARTful Making

*Wednesday, June 23, at 2:30 p.m.*

It is fun to bird watch all year long! By June, summer migrants have settled in. Let's try our hand at painting some basic

bird silhouettes with a twist. The medium will be watercolor, and inspiration pieces and materials will be provided. Join Kim Richards from the Beach Museum of Art at 2:30 p.m. Wednesday, June 23, in the Patriot Room for some relaxing creative fun with paint.

### Entertainment: The Price is Right

*Friday, June 25, at 7 p.m.*

Come on down! You're the next contestant on the Price is Right!

Who doesn't like a good television game show? Don't miss your chance to be a contestant or audience member as Meadowlark hosts our own version of The Price is Right. The game will begin at 7 p.m. Friday, June 25, in Prairie Star's Event Center.

If you would like to participate as a contestant, please sign up in the Blue Book at the Hospitality Desk. Audience-only attendees do not need to register in advance.

### Series Sunday

*Sunday, June 27, at 2 and 6 p.m.*

Starting Sunday, June 27, Grosh Cinema will be hosting *Series Sunday*. Each Sunday from June 27 through Aug. 22, with the exception of July 4, the Cinema will show a new episode of the Netflix Series, *Dolly Parton's Heartstrings*.

This series features eight stories celebrating family, faith, love, and forgiveness inspired by Dolly Parton's iconic country music catalog. The first episode, *Jolene*, will play in the Cinema

Continued on page 4



Save the Date  
RILEY COUNTY  
POLICE DEPARTMENT  
BBQ Buffet  
JUNE 28TH AT 11:00 A.M.  
MEADOWLARK COURTYARD \$8

## EVENTS & OPPORTUNITIES

Sunday, June 27, at 2 and 6 p.m. Jolene's back—bolder than ever. Revisit the story of auburn-haired icon with this modern take on her deductive reputation.

### 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.

### Popsicle Party

**Tuesday, June 29, at 3 p.m.**

Are you looking for a way to cool off this summer? The Meadowlark Ambassadors invite you to a Popsicle Party on Tuesday, June 29. This event will be a come-and-go from 3 to 4 p.m. in the Courtyard. The Ambassadors will be available to greet event attendees and pass out refreshments. All are welcome to attend!

### Fourth of July Celebration

**Sunday, July 4, at 8:30 p.m.**

Meadowlark's annual Fourth of July Celebration returns for 2021! There will be cold drinks available while you enjoy some hot music from *The Heart Strings*. Music will start around 8:30 p.m. on the Lyle House Patio.

Following the performance, stick

around the firework display beginning at sundown in the West parking lot. Residents, staff, and families are invited to join the fun.

### 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.



RICE



## PROJECT CARE

We are seeking volunteers who are currently dementia family caregivers for an important research study on **emotions & caregivers' health**.

#### Our purpose:

The goal of this remote research study is to find out more about dementia caregivers' mental and physical health during COVID-19.

#### Inclusion criteria:

- Devoting at least 4 hours daily to the care of the relative for at least the last 3 months.
- Owning a mobile phone with a cellular data plan.
- Access to a computer or laptop with internet.

#### Participation includes...

- Online screening survey
- Surveys on a cell phone over 3 weeks (1 month apart)
- Online surveys before/after mobile surveys
- Wearing a provided smartwatch
- Up to \$255 compensation for your time
- No major risks or benefits

Some additional criteria apply. To determine study eligibility, follow this link to <https://tinyurl.com/ProjectCARE-screener>.

If you are interested or would like more information please contact the BMED Lab at 832-819-4297 or email us at [careduringCOVID@rice.edu](mailto:careduringCOVID@rice.edu)

This research study has been reviewed and approved by Rice University Institutional Review Board. If you have concerns regarding this study or questions regarding your rights as a study participant, please contact Joanna Espinosa, Compliance Administrator -IRB, at Rice University. Email: [irb@rice.edu](mailto:irb@rice.edu) or Telephone: 713-348-3586.

PI: Dr Christopher Fagundes

**Why have we seen a reappearance of Styrofoam products at Meadowlark?** Although we are all fatigued of the COVID-19 pandemic reasons behind everything, the answer to this question is no different. Supply chain and product production issues have affected the world throughout the pandemic and even now as we leave it in the rearview mirror. For over a year, Meadowlark's meal service to independent living residents was delivery-only and as a result, the organization's demand for to-go and one-use containers increased along with that of many restaurants and other businesses across the country. There came a point when all that was available to order was in fact, Styrofoam products.

Now, as we move forward from our pandemic and shut-down days, we are working through our current stock of products, which include the previously purchased Styrofoam containers. Meadowlark's intention is to move back to the paper-based biodegradable products when it is time to re-stock and those products are available. *Have questions and looking for answers? E-mail [sguge@meadowlark.org](mailto:sguge@meadowlark.org) to submit your question to the Messenger team.*

## **Cotton Picking**

*by Ron Williams*

Its been over a year now that I have observed that pod that has been picked from a cotton plant that is on display in the Meadowlark Hills Lobby. There have been a few times in my life that I have driven by a field of cotton, white with the product ready to pick.

Now-a-days the picking is done by a big John Deere or other brand of a Mechanical Picker, but it has not always been that way.

In the 18<sup>th</sup> and 19<sup>th</sup> centuries cotton was picked by hand, pod by pod, and it was done by slave labor. Cotton became the king crop of the South because of the cheap labor provided by slaves. It must be remembered that the enslaved persons in the U.S. were the most efficient pickers of cotton in the world. Part of the reason was the simple fact of enslavement, and the other factor was the use of the whip, used liberally and cruelly, and those whose production was small often received lashes for what they were short. It is no wonder that the term "cotton picking" is a deeply offensive phrase to the Black people of today.

Now, go down to the Meadowlark Lobby and look over that cotton pod again. Notice the sharp hard spindly leaf like things around the edges. As the spine/leaves open to let the fluffy cotton produce come out, the spine leaves become hard and sharp. The trick of cotton picking is to reach down into the pod and grab the cotton out of the pod without injuring the tips of your fingers. Actually it is not only the tip of the finger that got injured but also the quick of the finger nail, that was injured by the cotton spines. Additionally, there was the factor of speed. The more cotton you picked the better you were treated, and the less you were whipped, but often fingers were injured. The invention of the cotton gin made the problem worse. It created a demand for more cotton, more expansion of the fields, and, of course, more whippings.

Admittedly, I am not from the South, and have had little experience with cotton, and this article is from research, but the more I find out about cotton raising in the 18<sup>th</sup> and 19<sup>th</sup> century, the more chilling it becomes.

## **On Nix Romantic Violins**

*by Helen Roser*

It was the start of the dinner hour in the elegant restaurant. There were two diners at one table: an older man, who was rapt in talking, and a younger lady.

The four violinists, assuming a romance, strolled to the table, with discreetly closed eyes, as they softly played romantic music.

My friend, Waldo, the aviation pioneer, was just getting to the best part of his report of touring the junk yards of San Diego. He realized, with annoyance, disturbance, looked up and saw the violinists. Flapping his hand, as if shooing away an annoyance, he said in his loud (often cockpit) voice: "Oh, go away! We want to talk!"

The music stopped and the violinists floated away.

Waldo had come from San Diego to give a talk to an aviation group. I had met him at such a group months before. Waldo knew how interested I was in his challenges as he built new aircraft. He took me to dinner before his talk, knowing I would sit in rapt interest as he told me about his trips to the San Diego junk yards.

Not exactly needed were four violinists playing romantic music (with discreetly closed eyes).

# Work That Brain!

## Ice Cream Flavors

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

- TRIPLE TORNADO
- REESES
- NEOPOLITAN
- CHOCOLATE
- STRAWBERRY
- COTTON CANDY
- COCONUT
- ROCKY ROAD
- COOKIE DOUGH
- TIGER TAIL
- GREEN TEA
- HOKEY POKEY
- MAPLE WALNUT
- FUDGE
- PECAN
- BANANA
- VANILLA



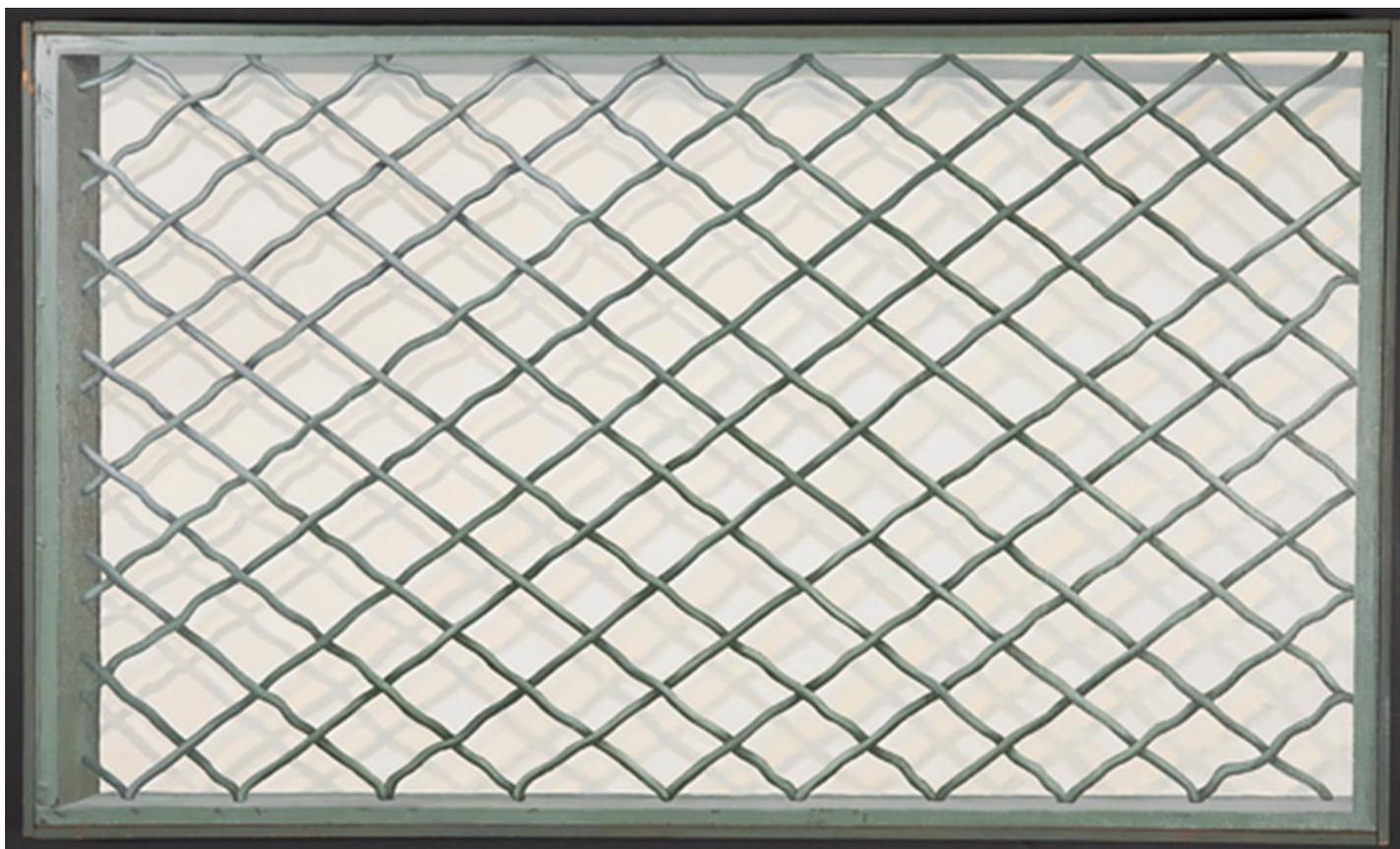
## WHO ARE WE?

### Throwback Thursday!

Do you know the Meadowlark residents 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*

**Optical Illusions ...** In the painting the viewer sees a chain-link fence, which is a three-dimensional form, painted onto a two-dimensional canvas. The artist created an illusion of form using highlights and shadows. To continue the illusion, the artist needs to create space between the fence and its shadow. This allows the viewer to perceive the illusion of depth on a two-dimensional canvas. The artist's tools to create depth are **perspective**, **overlapping** of objects, the **size** of objects from the front to the back, the **placement** of one item higher than the other, more **detail** given to the object in the forefront and giving darker **color** to the objects in the front. Which of the tools do you notice the artist using in this painting?



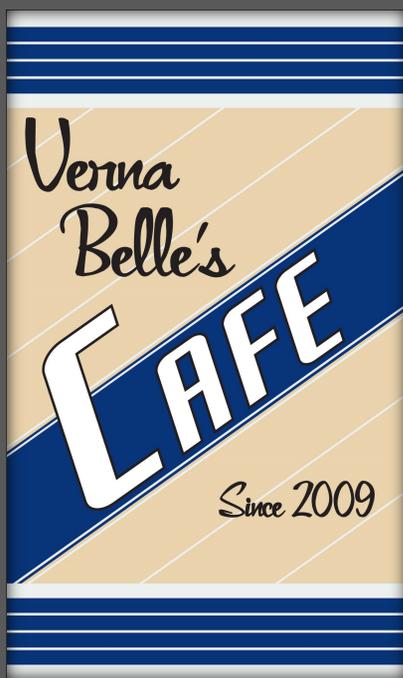
Fleur Farzbod, *Title unknown (chain-link fence)*, 20<sup>th</sup> century, Oil on canvas, KSU, Marianna Kistler Beach Museum of Art, gift of Jim, Angele, Luke, & Julia Johnson in memory of Jeaneane Berryhill Johnson, 2004.41

*Solutions from 6/10.*

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

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

I TRY TO FIND THE GOOD IN  
EVERY SITUATION.  
WAIT.  
THAT WAS A TYPO.  
I MEANT "FOOD".  
I TRY TO FIND THE FOOD IN  
EVERY SITUATION.



## Breakfast & Lunch Specials

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

### Sunday, June 20

#### Breakfast: Ala Carte Menu Options

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

**Lunch: "Nacho Average Dad" & "Taco 'bout All the Awesome Dads" Bar in the Courtyard \$11 per person**

**Dinner: Lasagna, \$8** served with broccoli and garlic toast

### Monday, June 21

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

**Lunch: Mississippi Ham Slider, \$4.50 / \$6.50** ham, bacon, and cream cheese on a slider bun and served with your choice of side

### Tuesday, June 22

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

**Lunch: Grilled Chicken Sandwich, \$6.50** grilled chicken and Swiss cheese on a croissant with roasted garlic aioli and lettuce, tomato, and onions served with your choice of side

### Wednesday, June 23

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

**Lunch: Southwest Cream Cheese & Chicken Wrap, \$4.50 / \$6.50** shredded seasoned chicken, black beans, corn, tomatoes, and cream cheese wrapped in a flavored flour tortilla

### Thursday, June 24

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

**Lunch: Turkey Bruschetta Sandwich, \$4.50 / \$6.50** sliced turkey, mozzarella cheese, and tomato bruschetta on butter-toasted Italian bread and served with your choice of side

### Friday, June 25

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

**Lunch: Avocado BLT Sandwich, \$4.50 / \$6.50** bacon, lettuce, tomato, and avocado on toasted sourdough bread served with your choice of side

### Saturday, June 26, & Sunday, June 27

#### 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.

**Pub Hours**

Open daily at 4 p.m.

## FEATURED **ENTRÉES**

*Available June 21 through July 14.*

*Entrées, excluding the Charcuterie Board, are served with your choice of soup, salad, or fruit.*

**Korean Beef Skewers**

seared ribeye, zucchini, summer cherry tomatoes, jasmine rice, & ginger aioli, **\$18**

**Honey Bourbon Pork Chop**

bone-in pork chop served with steak fries and roasted brussel sprouts, **\$17**

**Chicken Cacciatore**

slow-cooked chicken thighs in a tomato sauce with tagliatelle pasta and honey-glazed carrots, **\$13**

**Spaghetti & Meatballs**

house-made fresh spaghetti and meatballs with fresh green beans and garlic toast, **\$11**

**Seafood Risotto**

shrimp risotto, roasted corn, cherry heirloom tomatoes, & arugula topped with crab relish, **\$18**

**Cauliflower Tacos**

roasted cauliflower, sliced avocado, cabbage, avocado cream, & roasted corn and black bean relish, **\$10**

**Loaded Summer Salad**

cucumber, avocado, watermelon radish, micro greens, mango, & lemon stilton cheese with herby lemon mint vinaigrette and served with your choice of grilled chicken, grilled shrimp, or honey-smoked salmon, **\$11**

**Charcuterie Board**

Enjoy an assortment of meats, cheese, breads, olives, fruits, spreads, and nuts! Selections are seasonal. Share with friends as an appetizer, dessert, or over drinks!, **\$16**

*Individual serving available for \$6.*

# Weekly Opportunities Calendar *June 20 to June 25*

## Sunday • June 20

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

## Monday • June 21

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  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
1:30 p.m. ~ Contemporary God Talk, BR  
5:30 p.m. ~ 5th Floor Supper, BR  
7:00 p.m. ~ BINGO Night, EC

## Tuesday • June 22 *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  
3:00 p.m. ~ Coffee Corner, EC  
5:30 p.m. ~ 3rd Floor Supper, BR  
7:00 p.m. ~ Transportation to Manhattan  
Municipal Band Performance, VE

## Wednesday • June 23

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  
2:30 p.m. ~ ARTful Making, PR  
3:00 p.m. ~ Courtyard Chorus, EC  
3:00 p.m. ~ Rock Steady Boxing, CR  
5:30 p.m. ~ 1st Floor Supper, MR

## Thursday • June 24

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

## Friday • June 25

9:30 a.m. ~ Seated Strength, CR  
10 a.m. to 3 p.m. ~ Meadowlark Market, 1217 ML Circle  
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. ~ Entertainment: The Price is Right, EC  
7:30 p.m. ~ Transportation to Arts in the Park, VE

## Saturday • June 26

10 a.m. to 3 p.m. ~ Meadowlark Market, 1217 ML Circle

### 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 21 to June 24*

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

### Monday, June 21

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, June 22

2 p.m.	Memory Activities Class
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### Wednesday, June 23

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

### Thursday, June 24

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

## Sunday, June 20

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

## Monday, June 21

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

### Solution from 6/10.

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

## Tuesday, June 22

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 23

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 Reverend Glenn Fogo
1:00 p.m.	Sit & Be Fit Exercise Class
2:00 p.m.	Weights 101 Exercise Class

## Thursday, June 24

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 25

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 26

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



### Welcome, Baby!

Bridget Larkin, Social Services Leader, welcome her new baby girl into the world at 4:15 p.m. Friday, June 4.

**Ann Kathryn**  
7 lbs, 9 oz / 21 in



## 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 20

*FATHERHOOD (2021)* PG-13, 1 hr. 49 min. *Heartfelt, Emotional, Feel-Good*

Cast: Kevin Hart, Alfre Woodard, & Lil Rel Howery

A widowed new dad copes with doubts, fears, heartache, and dirty diapers as he sets out to raise his daughter on his own. Inspired by a true story.

### MUSICAL MONDAY: June 21

*FUNNY GIRL (1968)* G, 2 hr. 45 min. *Musical, Romantic, Classic Comedy*

Cast: Barbara Streisand, Omar Sharif, & Kay Medford

Fanny Brice is an unconventional beauty who grew up in the Jewish slums of New York dreaming of stardom. When Brice finally becomes the toast of Broadway, the resentful reaction of her husband threatens to destroy their marriage.

### TRUE TUESDAY: June 22

*ADRIFT (2018)* PG-13, 1 hr. 36 min. *Emotional, Dark, Movie Based on Real Life*

Cast: Shailene Woodley, Sam Claflin, & Jeffrey Thomas

A young couple's sailing adventure becomes a fight to survive when their yacht faces a catastrophic hurricane in this story based on true events.

### WESTERN WEDNESDAY: June 23

*DANCES WITH WOLVES (1990)* PG-13, 3 hr. 1 min. *Western, Military, Emotional*

Cast: Kevin Costner, Mary McDonnell, & Rodney Grant

On the frontier, a Civil War soldier bonds with a Sioux tribe and adapts to their way of life, becoming their ally amid growing threats.

### THRILLER THURSDAY: June 24

RESIDENT REQUEST

*GONE BABY GONE (2007)* R for violence, drug content & language, 1 hr. 54 min. *Suspenseful*

Cast: Casey Affleck, Michelle Monaghan, & Morgan Freeman

When a 4-year-old girl vanishes from a rough Boston neighborhood and cops offer little help, her family hires two private detectives to find answers. But the gumshoes face moral dilemmas as the case becomes increasingly complex.

### FEATURE FRIDAY: June 25

*MARRIAGE STORY (2019)* R for language & sexual references, 2 hr. 16 min. *Witty, Emotional*

Cast: Scarlett Johansson, Adam Driver, & Laura Dern

Academy-Award nominated filmmaker Noah Baumbach directs this incisive and compassionate look at a marriage coming apart and a family staying together.

### SWEET SATURDAY: June 26

*FOOLS RUSH IN (1997)* PG-13, 1 hr. 49 min. *Charming, Feel-Good, Romantic*

Cast: Matthew Perry, Salma Hayek, & Jon Tenney

When a one-night stand results in a pregnancy, two strangers with opposite personalities rush into marriage then must deal with the consequences.