



Dr. Segen Chase



Dr. Matt Floersch



Dr. Chance Williams

## CenterPointe Assumes Operations of Clinic

Ahead of the completion of a new medical office building being constructed on Meadowlark's campus near Blue Hills Shopping Center, CenterPointe Physicians will assume operations of the existing Meadowlark clinic effective Thursday, July 1.

This change will not affect existing appointments or change the process of scheduling a future visit. The only change residents who are patients of the Meadowlark clinic can expect is that payments will be sent to CenterPointe instead of Meadowlark. To schedule an appointment or inquire about becoming a patient of CenterPointe Physicians, please call (785) 537-1900.

## On About People

*by Helen Roser*

A kid could learn a lot about people. After Daddy died, Mama worked in a store selling ready-to-wear. Her employer gave her a special price so she could buy me the prettiest dress I ever had. It was blue, with a big skirt that stood out when I twirled.

Her nice employer didn't celebrate Easter. So he gave Mama the box of White Rabbit Easter Egg Dye he found in the basement, so I could dye Easter eggs.

But Mama had a different idea. She taught me how to be a sales lady. I took my sack of White Rabbit and went door to door selling packets for ten cents each

or three for twenty-five cents.

I walked miles every day, until all were sold. I learned a lot about people. In the poorest houses, the ladies were nice when they said they were sorry they couldn't buy any. At the big, fancy houses, the women banged their door in my face, not saying a word.

When I had sold all the White Rabbit, Mama said I could pick out the new shoes we bought. I chose patent leather slippers with silver buckles on the straps that went across my feet.

With my pretty new dress, they looked nice. So I was all dressed up and looked pretty good, even if I was a tall, skinny red head with big feet. I was learning about my fellow persons.

## New Menu at Prairie Star

*by Sarah Duggan, Comm. Relations Dir.*

Prairie Star Restaurant re-opened with its new menu on Monday, June 21. The meal options include an updated Restaurant Favorites menu, which is an always-available menu for both lunch and dinner. Additionally, the restaurant has 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 current featured entrée 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 coming to dine in the restaurant. This helps the server team know when you arrive and supports their efforts to provide prompt and efficient service.

The Pub is open daily at 4 p.m. Pub drinks are available to order at lunch or dinner.

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

## EVENTS & OPPORTUNITIES

### 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 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

### 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 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 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.

### Entertainment: The Price is Right

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

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 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.

### Technology Assistance, canceled

Technology Assistance for the week of June 28 has been canceled. This opportunity will resume on at 10:30 a.m. Tuesday, July 5, in the Game Room.

### Kansas Seniors Farmers Market

#### Nutrition Program

**Tuesday, June 28, at 9 a.m.**

The Kansas Seniors Farmers Market Nutrition Program is a federally-funded program that provides \$35 to those 60 years and older that meet financial requirements. The \$35 is provided in the form of checks that are redeemable at the local Farmers' Market on locally grown produce.

Meet Lizz Daniels between 9 to 11:30 a.m. Tuesday, June 28, to learn more and register for

## EVENTS & OPPORTUNITIES

this program.

### **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.

### **Vespers Focus Group**

**Tuesday, June 29, at 1 p.m.**

There have been several requests from residents to resume weekly Vespers services. Although this has previously been a resident-led program, the Meadowlark team is excited to start the conversation on how we can offer this opportunity again. A focus group has been scheduled for 1 p.m. Tuesday, June 29, in the Bison Room. Those interested in the return of Vespers or those who have historical knowledge of Vespers at Meadowlark are encouraged to attend.

### **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!

### **Shopping Trip: Walmart & Dillons**

**Wednesday, June 30, at 10 a.m.**

Meadowlark Transportation is provided to Walmart and Dillons for grocery shopping each Wednesday free of charge. The next shopping trip is scheduled for Wednesday, June 30. The bus will depart from the Village Entrance at 10 a.m. and return around 11:30 a.m. A sign-up sheet is located in the Blue Book at the Hospitality Desk.

### **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.

### **Manhattan Municipal Band**

**Tuesday, July 6, at 7 p.m.**

Meadowlark is in for a special treat when the Manhattan Municipal Band performs in the West Parking Lot near the Lyle House Patio. Bottled water will be provided.

The Manhattan Municipal Band is very proud of its history and its place as a central part of life in Manhattan, Kan. As they close in on a century of service to central Kansas, they look forward to continued growth and excellence. If you have

Continued on page 4



The poster features the Riley County Police Department star logo on the left. To the right, the text reads: "Save the Date" in large yellow script, followed by "RILEY COUNTY POLICE DEPARTMENT" in bold blue block letters. Below that, "BBQ Buffet" is written in large yellow script. At the bottom, it says "JUNE 28TH AT 11:00 A.M." and "MEADOWLARK COURTYARD" in bold blue block letters, with a large "\$8" in bold blue block letters to the right.

# EVENTS & OPPORTUNITIES

never attended a performance, you're invited to take advantage of this opportunity!

### 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.

### E-mail & Phone Security: UFM Class

**Tuesday, July 13, at 6:30 p.m.**

E-mail and phone scams are everywhere, and we run into them daily. UFM Lifetime Learning is offering the class *E-mail and Phone Security* in Prairie Star's Event Center at Meadowlark. This course is led by Brent Morrill. Learn the script that many scams use so you can spot them easily and what steps you should take after a scam occurs.

The class will meet Tuesday, July 13, from 6:30

to 7:30 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.

### Military History: UFM Class

**Wednesday, July 14, at 6:30 p.m.**

UFM Lifetime Learning is offering the class *Military History* in Prairie Star's Event Center at Meadowlark. This course is led by Dr. Robert Smith, Director for the Fort Riley Museums Complex. This three-session class will examine the evolution of tactics and command by focusing on six Civil War battles, three in the eastern theater and three in the western theater.

The class will meet from 6:30 to 8 p.m. on three consecutive Tuesdays beginning July 14. 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.



### Skilled Nursing

- 7/4 Jerome Berry**
- 7/15 Rodolfo Pacumbaba
- 7/18 Dorothy Slimmer
- 7/22 Nancy Goy
- 7/26 Beverly Pelfrey**
- 7/31 Darlene Empson

### Assisted Living/Riley House

- 7/5 Jean Reynard
- 7/6 Alton Barnes
- 7/6 Ellen Jantz
- 7/10 Barbara Raukman

### Independent Living

- 7/1 Karen Trail
- 7/5 Charlotte Kelly
- 7/7 Linda Hall
- 7/10 Doris Brannan

## July Birthdays

- 7/11 Oscar Larmer
- 7/12 Nyle Larson
- 7/21 Joan Strickler
- 7/25 Carla Cranmer
- 7/26 Enell Foerster
- 7/28 Orris Kelly
- 7/30 Nancy Prawl

### Employees

- 7/2 Mike Davis
- 7/4 Julie Underwood
- 7/4 Alayna Law
- 7/6 Ellie Hahn
- 7/6 Trish Reichert
- 7/6 Dustin Reed
- 7/7 Dave Zerfas
- 7/9 Shawna Bard
- 7/9 Mya Brown



- 7/9 Max Bowyer
- 7/12 Dena Van Horn
- 7/12 Anya Ginzburg
- 7/12 Rachel Dillard
- 7/13 Katelyn Coker
- 7/14 Georgia Adolph
- 7/15 Dylan Eklund
- 7/16 Kyra Dettmer
- 7/19 Audrey Swisher
- 7/20 Jacquette Davis
- 7/20 Paige Hatfield
- 7/20 Kallie Sorell
- 7/23 Kaitlynn Grimmett
- 7/25 Katie Schminke
- 7/25 Jaden Moon
- 7/26 Robyn Harris
- 7/29 Jadin Waddell

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



**Nyle and Norma Larson were the featured couple in last week's *Who Are We* article. Did you guess correctly?**

The Larsons' story began one Sunday afternoon in Westmoreland, Kan., where Norma was visiting her grandmother. She was walking down the street with a friend when Nyle happened to spot them! He was cruising the streets and enjoying the view. Accompanied by a friend, they locked eyes on the two pretty gals and stopped the car. He asked if they would be available for a double date that evening, and the ladies accepted his offer. During the date, Nyle and Norma were paired with one another's friend, but by the end of the night, they realized they were the better fit! Nyle started to pursue Norma through romantic phone calls, and a year and a half later, they married on March 22, 1959.

Around that same time, Nyle did a short stint in the Army, followed by eight years in the National Guard. Meanwhile, Norma worked as a bookkeeper for apartment complexes and bridge contractors in the Ogden area, including time spent working at Farm Bureau.

After the military, Nyle started working for an underground utility construction company called Umscheid Trenching. He continued to work there for 22 years, until 1980, when he and Norma had the opportunity to buy the company. With Nyle's experience in the field, and Norma's bookkeeping and office expertise, they were the perfect partners! In 1982, they changed the name to Larson Construction. They installed underground utilities within a 200-mile radius of Manhattan. The company started with just six employees. Today, it is still a family-owned business, with Nyle lending a hand every now and then. To this day, it has grown to be a multi-million-dollar company, with approximately 60 employees!

Nyle still continues to be involved with the Riley County Rural Water District, as the

## WHO ARE WE?

appointed manager. He has done so since 1985, and oversees the day-to-day management of repairing leaks, meets with new

customers, overseeing meter readings and much more. Like the energizer bunny, he just keeps going and going!

The Larsons love to spend time with their family, including their two daughters, Tawnie and Tammi, grandsons, and son-in-law. During the seven years they have lived at Meadowlark, Nyle has volunteered his time as a Meadowlark Board of Trustee and as a member of Meadowlark's Independent Living Resident Council, while Norma has enjoyed many of the weekly fitness classes Meadowlark offers.

Nyle enjoys woodworking, woodturning, hunting, and fishing. Norma enjoys all things crafts, including quilting.

They invite fellow residents to give them a call for some good conversation over a cup of joe!

*Nine of the 10 guesses submitted were correct! Congratulations to **Pat Vogt**, Meadowlark resident, on being this week's *Who Am I* Winner. Please collect your prize at the Hospitality Desk!*

**[top left]** Nyle and Norma pictured with their daughters Tawnie and Tammi. **[top right]** The Larsons married on March 22, 1959. **[above]** Nyle and Norma on their balcony of their 2nd floor home at Meadowlark.

# Work That Brain!

1	2	3	4		5	6	7	8	9		10	11	12	13
14					15						16			
17					18						19			
20					21						22			
23				24					25	26				
				27				28					29	30
31	32	33					34					35		
36						37						38		
39					40						41			
42				43						44				
			45						46			47	48	49
50	51						52	53				54		
55						56						57		
58						59						60		
61						62						63		

## ACROSS

- 1. Stow, as cargo
- 5. Test versions
- 10. Ripe
- 14. Flying saucers
- 15. Utilizers
- 16. Wisdom
- 17. Make amends for
- 19. Godsend
- 20. Regret
- 21. Marble
- 22. Pantywaist
- 23. Senior
- 25. Animal life
- 27. Beer
- 28. Type of onyx
- 31. Declares
- 34. Hosiery
- 35. 24 hours
- 36. French for "Names"
- 37. River muds
- 38. Precious stones
- 39. Pair
- 40. Soft drinks
- 41. Explode
- 42. Inhabitant of an island
- 44. Tall hill
- 45. Inuit boat
- 46. A person who disputes
- 50. Astronomical visitor
- 52. Small islands
- 54. American Dental Association
- 55. Baking appliance
- 56. Starting up
- 58. Cleave
- 59. Hockey footwear
- 60. Leer at
- 61. The products of human creativity
- 62. Heretofore (2 words)
- 63. Overtake

## DOWN

- 1. Ill-gotten gains
  - 2. Be in trouble with
  - 3. Vaulted
  - 4. Clairvoyant's gift
  - 5. An embarrassing mistake
  - 6. An analytic composition
  - 7. Nipple
  - 8. Man-made objects
  - 9. South southeast
  - 10. A person without pigment
  - 11. Common merganser
  - 12. God of love
  - 13. Declare untrue
- 18. Noblemen
  - 22. Lather
  - 24. Hearing organs
  - 26. Boats
  - 28. Pertaining to the Sun
  - 29. Sweet potatoes
  - 30. A covered garden walk
  - 31. Against
  - 32. Solemn pledges
  - 33. A type of compensation
  - 34. Cronies
  - 37. Fizzy drink
  - 38. Firearms
  - 40. Agitated state
- 41. African antelope
  - 43. Redress
  - 44. Temporary higher rank
  - 46. High society
  - 47. Subarctic coniferous forests
  - 48. Graven images
  - 49. Flogs with a stick
  - 50. Daughter of Zeus and Demeter
  - 51. Not under
  - 53. Remain
  - 56. An Old Testament king
  - 57. Not bottom

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

**Composition** is how the artist organizes the elements of art within the principles of art and design to create an artwork that draws the viewer into the design and moves the eye around it. For example, in this painting, the artist employs the elements of line, shape and color to develop the principles of balance and unity within the picture. A piece relays unity when all the objects or figures appear to belong cohesively. Balance is achieved when the painting is in harmony, all the visual weight is spread around the canvas. The artist has defined some of the figures and objects clearly, others are just hinted at with shape. What shapes did the artist use to complete this combo? Where does your eye begin and in which direction does it move around the image?



Bruce Handside Mitchell

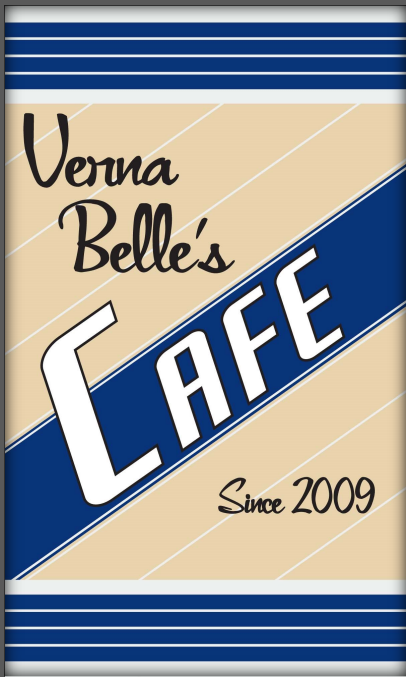
*Title unknown (Kansas City jazz), ca. 1955*

Oil on board

KSU, Marianna Kistler Beach Museum of Art, gift of Jim and Virginia Moffett

2003.96





**Celebrate Summer with a fresh-squeezed  
LEMONADE or LIMEADE in the Café for \$3!**

## **Breakfast & Lunch Specials**

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

### **Monday, June 28**

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

**Lunch: Turkey Cream Cheesy Bagel, \$4.50 / \$6.50**

*turkey, swiss cheese, tomato, cucumber, avocado, and cream cheese on an everything bagel and served with a side of your choice*

### **Tuesday, June 29**

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

**Lunch: Grilled Ham & Cheese, \$4.50 / \$6.50** *ham and cheddar cheese grilled on butter-toasted Italian bread and served with tomato soup*

### **Wednesday, June 30**

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

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

### **Thursday, July 1**

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

**Lunch: Patty Melt Sandwich, \$4.50 / \$6.50** *grilled hamburger topped with sautéed onions, swiss cheese, and 1000 island dressing on butter-toasted rye bread served with your choice of side*

### **Friday, July 2**

**Breakfast: Baked Breakfast Casserole with Fruit, \$4.50 / \$6.50**

**Lunch: Chicken Fajita Quesadilla, \$4.50 / \$6.50** *seasoned chicken, peppers, onions, and cheddar cheese in a crisp flour tortilla served with your choice of side*

### **Saturday, July 3, & Sunday, July 4**

**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 and scallop 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 27

10:30 a.m. ~ Worship Service, EC  
10:30 a.m. ~ Transportation to FUMC, VE  
2 to 4 p.m. ~ Meadowlark Market, 1217 ML Circle

## Monday • June 28

9:00 a.m. ~ KS Sr. Farmers Market Program, FHR  
9:30 a.m. ~ Seated Strength, CR  
10:30 a.m. ~ Weights 101, CR  
11:00 a.m. ~ RCPD BBQ, CY  
11:30 a.m. ~ Sit & Be Fit, CR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
1:00 p.m. ~ UFM Class: Art Appreciation, EC  
1:30 p.m. ~ Contemporary God Talk, BR  
7:00 p.m. ~ BINGO Night, EC

## Tuesday • June 29 *Trash & recycling pick-up*

10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
1:00 p.m. ~ Vespers Focus Group, BR  
2:00 p.m. ~ Memory Activities Class, KSU CL  
2:00 p.m. ~ 10-Point Pitch, GR  
7:00 p.m. ~ Transportation to Manhattan  
Municipal Band Performance, VE

## Wednesday • June 30

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. ~ Courtyard Chorus, EC  
3:00 p.m. ~ Rock Steady Boxing, CR

## Thursday • July 1

9:00 a.m. ~ Messenger Team, PR  
10:30 a.m. ~ Steady Yourself, CR  
11:00 a.m. ~ Speedy Pd Art Making, PR  
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  
2:00 p.m. ~ Parkinson's Education Group, CR  
3:00 p.m. ~ Rock Steady Boxing, BF  
5:30 p.m. ~ Meadowlark Circle Dinner, BR

## Friday • July 2

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  
7:30 p.m. ~ Transportation to Arts in the Park, 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 28 to July 1*

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

### Monday, June 28

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 29

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

### Wednesday, June 30

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

### Thursday, July 1

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



# CHANNEL 1960 Entertainment Guide

## Sunday, June 27

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	<b>NEW!</b> Worship Service with Reverend Jim Reed
2:00 p.m.	<b>(Re-run)</b> 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 28

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 6/17.

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

## Tuesday, June 29

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 30

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 Jim Reed
1:00 p.m.	Sit & Be Fit Exercise Class
2:00 p.m.	Weights 101 Exercise Class

## Thursday, July 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

## Friday, July 2

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, July 3

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

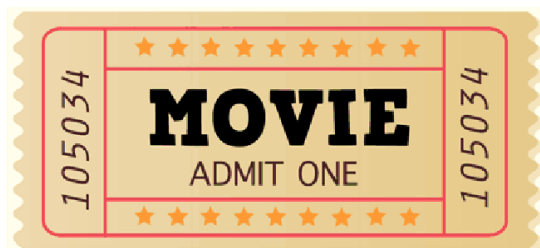
## Leader of the Pack: June 2021



Congratulations to Meadowlark's June 2021 Leader of the Pack—Shannon Sak! Shannon is passionate about serving Meadowlark residents and she makes each shift fun and exciting. A supportive

and helpful teammate, Shannon picks up shifts and makes coming to work each day fun and easy. Thank you for all you do, Shannon!





## 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.

### **SERIES SUNDAY:** June 27

**RESIDENT REQUEST**

***HEARTSTRINGS, EP. 1: JOLENE (2019)*** TV-14, 1 hr. 7 min. *Heartfelt, Emotional, Feel-Good*

Cast: Dolly Parton, Julianne Hough, & Kimberley Williams-Paisley

Jolene's back—and bolder than ever. Revisit the story of the auburn-haired icon with this modern take on her seductive reputation.

### **MUSICAL MONDAY:** June 28

**RESIDENT REQUEST**

***MAMA MIA (2008)*** PG-13, 1 hr. 48 min. *Musical, Romantic, Comedy*

Cast: Meryl Streep, Pierce Brosnan, & Colin Firth

On the idyllic Greek isle of Kalokairi, single mom Donna Sheridan goes into a tizzy when her bride-to-be daughter, in a bid to learn her father's identity, invites three of Donna's ex-lovers to the wedding.

### **TRUE TUESDAY:** June 29

***BRAIN ON FIRE (2016)*** PG-13, 1 hr. 29 min. *Emotional, Movie Based on Real Life*

Cast: Chloe Grace Moretz, Thomas Mann, & Richard Armitage

Stricken with seizures, psychosis and memory loss, a young New York Post reporter visits doctor after doctor in search of an elusive diagnosis.

### **WESTERN WEDNESDAY:** June 30

***FISTFUL OF DOLLARS (1964)*** R *for violence*, 1 hr. 41 min. *Classic Wester, Violent, Gritty*

Cast: Clint Eastwood, Marianne Koch, & John Wels

A wandering gunfighter plays two rival families against each other in a town torn apart by greed, pride, and revenge.

### **THRILLER THURSDAY:** July 1

***AMERICAN ME (1992)*** R *for strong violence, drug content & language*, 2 hr. 5 min. *Drama*

Cast: Edward James Olmos, William Forsythe, & Pepe Serna

Three friends born in poverty create their own capitalist dream as powerful gang members. Time in prison makes one of them consider a fresh beginning.

### **FEATURE FRIDAY:** July 2

***NATIONAL TREASURE (2004)*** PG, 2 hr. 11 min. *Mystery, Thriller, Action-Adventure*

Cast: Nicolas Cage, Jon Voight, & Harvey Keitel

Benjamin Franklin Gates, in hot pursuit of a legendary treasure, must steal one of America's most sacred and guarded documents—the Declaration of Independence—or let it, and a key clue to the mystery, fall into dangerous hands.

### **SWEET SATURDAY:** July 3

**RESIDENT REQUEST**

***THE PINK PANTHER (1963)*** NR, 1 hr. 55 min. *Comedy, Crime, Romance*

Cast: David Niven, Peter Sellers, & Robert Wagner

The bumbling Inspector Clouseau travels to Rome to catch a notorious jewel thief known as “The Phantom” before he conducts his most daring heist yet; a princess’ priceless diamond with one slight imperfection, known as “The Pink Panther.”