



by Michelle Haub, Special Prog. Leader
The Meadowlark Memory Program, Central National Bank, and Rockin K's are working together to bring the Manhattan community an unforgettable event on Thursday, July 29, 2021. *Fiesta to Remember* is in its third year with each year bringing new opportunities, and this year is no different. The constants for the event are the purpose and the commitment of our sponsors.

The purpose is to bring awareness, knowledge, and understanding of memory and cognitive changes caused by aging, disease, and or head injury. Dementia is a broad term describing changes in thinking, reasoning, or remembering that impact daily living. There are several different types of dementia. A few of which include Lewy Body, Frontotemporal, and Alzheimer's. There is not a cure for dementia however, there are a couple of medications that may help slow the progression of the disease. A healthy diet, exercise, cognitive stimulation,

social engagement, and an active lifestyle help prevent and/or delay the onset of the disease. The Meadowlark Memory Program offers several free opportunities, for people throughout the Manhattan community, to participate. We provide all of these opportunities either in-person or in a hybrid setting (in-person and simultaneous virtual, via Zoom).

We are thrilled to continue working with Central National Bank on this event! Staff have been active in the planning of this event each year and take pride in helping us reach people and raise money. Additionally, we are blessed to continue our work with Bud and Bobby Cox, and this year we were fortunate to add Scott Sieben to the mix who brings more ideas and will bring new tastes to our event! *Fiesta to Remember* will feature a taco buffet at lunch, a fajita bowl at dinner and a signature drink, "Fiesta-Rita" throughout the day. As with Pig Out for Parkinson's and

See FIESTA, page 5

On Who You Are

by Helen Roser

I never had a chance to explain to Santa Claus in the big store that I was a Tom boy. Someone yanked me off of his lap, shoved a peppermint stick at me and yelled: "Next!"

There was only time enough to say: "Please don't bring me doll stuff." Mama heard me. She had her expression of: "When you make a mistake, life gives you a lesson."

I hoped there wasn't doll stuff under the tree. There wasn't. There was underwear. It was awful. With lots of buttons, even in back where there was a flap with buttons to hold it shut on my behind.

What was my lesson? Should I have used my few words to say I was a Tom boy? I was the only girl on our block. The boys were nice. None had a sister. Their parents told them girls are different. When we played football and I had the ball, they couldn't tackle me. Just touch me. But I could tackle them and did, with a thud. My dress was stuffed under my coveralls to play.

I never saw Santa again. I didn't get any more underwear for Christmas. Instead, I got things to try to make me look pretty. Which was not easy when it is a tall, skinny red head, with big feet. But that is who I am.

EVENTS & OPPORTUNITIES

Heads UP: An Election Alert

There will be a primary election in Manhattan on Aug. 3. It will be for the School Board only. To provide maximum opportunity for the candidates to meet with the voting public, the Riley County Republican Party will be hosting a public Candidate Forum for the School Board primary. All candidates have been invited to attend.

The Candidate Forum will be from 5:30 to 8:45 p.m. Thursday, July 8, in Pottorf Hall at Cico Park in Manhattan, Kan. School Board Candidates will be provided tables to meet with the public from 5:30 to 6:30 p.m. and then will take questions as a group from the public through a moderator from 6:45 to 8:45 p.m.

If you have moved to Meadowlark or within Meadowlark, you must re-register to vote before July 13. Be advised that your apartment/room number must be included as a part of your address as well as the street address.

For the general election you must be registered by Oct. 12, 2021. The general election will be held Nov. 2. Again, remember, that your apartment number must be included as part of your address on the application.

Registration and requests for mail-in ballot forms have not changed and are available online or at Meadowlark's Hospitality Desk. If you have questions or need help contact Monte Spiller (785) 323-3801 or Kay Shanks at (785) 770-5054.

Arts in the Park Transportation

Depart on Fridays at 7:30 p.m.

Meadowlark transportation is available 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. The upcoming concerts are as follows: **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; and **July 30:** Professional Improv by The KC Improv Company.

Transportation to Band Performances

Depart on Tuesdays at 7 p.m.

Meadowlark transportation is available 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. The upcoming concert dates are July 13, and July 20.

Speedy Pd Art Making

Thursdays at 11 a.m.

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.

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.

Betsy Young: Celebration of Life

Friday, July 2, at 4 p.m.

A Celebration of Life for Passport member Betsy Young will begin at 4 p.m. Friday, July 2, in Prairie Star's Event Center. All are invited 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, stay for 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

EVENTS & OPPORTUNITIES

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

PD Education Group

Thursday, July 8, at 2 p.m.

You're invited to the July PD Education Group at 2 p.m. Thursday, July 8, in the Community Room. Jason Wollenberg, OTR/L, is an Occupational Therapist with Ascension Via Christi Therapy Center. He will present, "Small Handwriting, Big Solutions: Approaches for Combating Micrographia."

Difficulties with legible handwriting is a common symptom for most people with Parkinson's disease. Jason will explain why this skill maybe come difficult and share exercises, modifications, and strategies that one can use to improve legibility.

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.

Series Sunday

Sunday, July 11, at 2 and 6 p.m.

Grosh Cinema is 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*.

The second episode, *Two Doors Down*, will play in the Cinema Sunday, July 11, at 2 and 6 p.m. Holy matrimony meets hardheaded tradition as one family prepares for a big-budget wedding ... and a string of life-changing announcements.

Bingo Fiesta

Monday, July 12, at 7 p.m.

For July's theme BINGO, we will be having a Mexican Fiesta! There will be exciting decorations and prizes to fit the theme, so be sure to attend at 7 p.m. Monday, July 12, in Prairie Star's 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.

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.

Continued on page 4

June Gifts to Meadowlark Foundation

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

Memory of

Una Allen*	Simon Malo*
Avis Bidwell*	Bruce McCallum*
Imogene Lamb Bolls*	Marjorie McKee*
Irene Burckel*	Clifton Meloan*
Ed Call*	Michael Myers*
Betty Campbell*	Charles Niernberger*
Wulf T. Doerry*	Lawrence Parsons*
Bill Everhart*	John O. Rees*
Eldon Hageman	Guy Riggs
Pat Hartman*	Mary Roberts*
Frances Holcombe	Ruth Todd*
Jan Kruh*	Marvin Towse

John Vogt*

Honor of

Glenna Burckel*

**Remembered during the annual Honor a Legacy campaign.*

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



**RED
WHITE
AND
BBQ**

JOIN US FOR A
4th OF JULY BBQ

Meadowlark Courtyard
5:00-8:00
\$13 per person

**BBQ Ribs
BBQ Chicken
Baked Beans
Corn on the Cobb
Watermelon & Peaches
Macaroni Salad
Fruit Pizza
Rice Crispy Treat**

Fireworks & Live Music
to Follow on Lyle Patio

EVENTS & OPP., cont.

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. 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. Call UFM at (785) 539-8763 to sign up.

My Story: From Hating, To Hurting, To Healing by Dr. Lorenza Lockett

Thursday, July 15, at 7 p.m.

On Thursday, July 15, at 7 p.m. in Prairie Star's Event Center, Meadowlark welcomes guest speaker Dr. Lorenza Lockett. He will speak on racial reconciliation in his talk titled, *My Story: From Hating, To Hurting, To Healing*.

Dr. Lockett joined the Kansas State University Social Work faculty as an instructor in 2008. After obtaining his PhD in the fall of 2015, Dr. Lockett continued on as a tenure-track Assistant Professor in Social Work. He teaches at all levels within the social work curriculum to include: SOCWK 100, SOCWK 315 and SOCWK 570. In addition, Dr. Lockett has experience as an online instructor and has previously taught SOCWK 200 and SOCWK 510.

Dr. Lockett takes great pride in his excellent relationship with students and his legacy as a classroom instructor. His motto, "People Matter" is more than a catch phrase. As Dr. Lockett observes, "I enjoy connecting with students from all backgrounds and empathically embrace diversity and inclusion."

Frances Jones Ramsay Holcombe

The following full obituary for Frances Holcombe is printed at the request of Frances' family.



Frances Holcombe, age 96, of Manhattan, Kan., and Texarkana, Texas, died Monday June 21, 2021.

She was born in Fordyce, Ark., to her parents, Carmile and Louis L. Ramsay. She had two brothers,

Louis L. Ramsay, Jr. and Rodney Ramsay. Frances attended Fordyce High School and was a member of the National Honor Society. She attended Arkansas State Teachers College, now University of Central Arkansas.

Frances married James Thomas Holcombe in 1946. He had served in WWII as a Master Sergeant in the European theater. He was captured by the Germans and released at the end of the war, returning to Arkansas where he became an Arkansas State Police Trooper. He preceded her in death on Dec. 31, 1987. They were blessed with two children, Jeri Lynn Ragan and Thomas Hayden Holcombe.

Frances started her teaching career in the Texarkana Arkansas Public Schools and while teaching returned to college to receive her Master's Degree in Special Education. After 10 years in the public schools she started the Texarkana Special Education Kindergarten with six special needs children. Under her guidance, the kindergarten has grown into what today is Opportunities, Inc., serving more than 800

special needs children and adults. She was the program director there for 40 years.

Frances served on the Texarkana Beautiful Board, the Texarkana Friends of the Library Board, and was President of the Altrusa Club. In 2014, she was honored by the City of Texarkana with the Frances Holcombe Day! She had many, many friends in Texarkana with whom she worked and with whom she traveled to Europe and the United States. These friends always held a special place in her heart.

She retired at the age of 75, and in October 2014, she moved from Texarkana to Manhattan, Kan., and Meadowlark Hills. She was an Ambassador at Meadowlark and in 2018, she received the Margaret Wheat Spirit of Meadowlark Hills Award. After moving into her duplex, she added a screened-in porch for her and her many friends to enjoy while discussing the world's problems.

Frances is survived by her daughter, Jeri Lynn Ragan and her husband Ken of Chandler, Ariz., and her son Thomas Hayden Holcombe and wife Barbara of Manhattan, Kan., and Scottsdale, Ariz. She also is survived by her grandchildren: Matt, Rod and Kasey Ragan, and Rebecca Holcombe Blair and Courtney Holcombe Koenig; and her great-grandchildren: Liam, Barrett and Jasper Koenig, Molly Blair and Rowan Ragan.

Online condolences may be left for the family

See HOLCOMBE, page 11

FIESTA, from page 1

HOGtoberfest, you will have the opportunity to order and have the food delivered right to your door. More information about this will be provided in the next couple of weeks.

A new twist this year is our special VIP opportunity from 5 to 9 p.m.! The Rockin K's venue in the K-State Foundation Building offers us the second floor lobby and balcony, which is prime real estate for a smaller gathering, enjoying the beautiful weather and listening to Dr. G's Vintage Rock Review led by Wayne Goins from 7 to 9 p.m. There will be a special VIP buffet. Watch future editions of the Messenger for the full VIP menu

listing! Each VIP ticket is \$50 and includes two drinks served by your own bartender. To purchase your ticket(s), contact Michelle at (785) 323-3899.

The Meadowlark Memory Program offers FREE services to ALL who want to learn more about: how to live a healthy lifestyle that may help prevent and/or delay the onset of dementia, engaging with others socially in cognitively stimulating activities and groups, how to take care of oneself as a care partner for someone with dementia. If you would like more information about the Memory Program, please contact Michelle at (785) 323-3899.

Work That Brain!

Gone With The Wind

T	K	G	L	D	W	C	H	A	R	L	E	S	G
K	P	Y	A	Y	O	D	R	W	H	T	P	W	R
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TARA
DEATH
YANKEE
NORTH
ATLANTA
FRANK
SOUTH
PRISSY
WAR
MELANIE
GETTYSBURG
PITTYPAT
CHARLES
RENEGADE
BLOCKADE RUNNER
TWELVE OAKS
HUNGER
MAMMY
ASHLEY
SOLDIERS

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Art Engagement *from the* Beach Museum of Art

Fact or Fiction? The story is that in 1782 Benjamin Franklin proposed the Wild Turkey to be on the Great Seal of the United States instead of the Eagle. This is *fiction*. Franklin did write a letter to his daughter expressing his disapproval of the eagle stating, “*Bald Eagle...is a Bird of bad moral Character. He does not get his Living honestly...[he] is too lazy to fish for himself.*”

It is a fact that the Bald Eagle has been known to snatch a fish directly from an Osprey’s talons, an otter’s grip and from human’s while fishing.

The eagle exudes authority and has been a symbol of statehood since before Ancient Rome. Eight other countries use some species of an eagle for their national symbol.

Happy 4th of July!

Caroline Thorington
Bald Eagle, 1975
Lithograph on paper

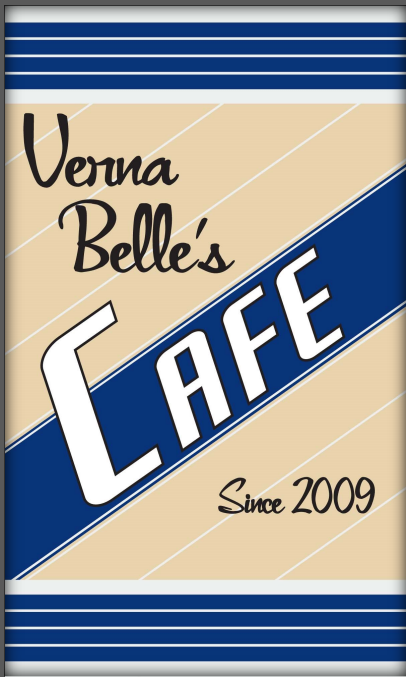
KSU, Marianna Kistler Beach Museum of Art, gift
of Caroline Thorington, 2017.288



WHO-AM I?

Throwback Thursday!

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



**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, July 5

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

Lunch: Chipotle Chicken Sandwich, \$4.50 / \$6.50

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

Tuesday, July 6

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

Lunch: Caesar Steak Wrap, \$4.50 / \$6.50 *strips of steak, romaine lettuce, tomato, parmesan
cheese, & Caesar dressing wrapped in a flour tortilla and served with your choice of side*

Wednesday, July 7

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

Lunch: Bierocks, \$6.50 *ground beef, shredded cabbage, carrots, & onions wrapped in a biscuit
and served with your choice of side*

Thursday, July 8

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

Lunch: Mexican Chicken Bowl, \$6.50 *seasoned chicken & shredded cheese over cilantro lime
rice with your choice of toppings*

Friday, July 9

Breakfast: Ham & Cheese Quiche with Fruit, \$4.50 / \$6.50

Lunch: Reuben Bratwurst, \$6.50 *grilled bratwurst topped with sauerkraut, swiss cheese, &
thousand island dressing on a hotdog bun served with a side of your choice*

Saturday, July 10, & Sunday, July 11

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

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, corn, sugar snap peas, cherry tomatoes, 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 *July 4 to July 10*

Sunday • July 4

10:30 a.m. ~ Worship Service, EC
10:30 a.m. ~ Transportation to FUMC, VE
5 to 8 p.m. ~ 4th of July BBQ Buffet, CY
8:30 p.m. ~ 4th of July Celebration, Lyle House
Patio & West Parking Lot

Monday • July 5

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
7:00 p.m. ~ BINGO Night, EC

Tuesday • July 6 *Trash & recycling pick-up*

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Kimball Luncheon, BR
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
3:30 p.m. ~ Ambassador Meeting, PR
7:00 p.m. ~ Manhattan Municipal Band, Lyle
House Patio & West Parking Lot

Wednesday • July 7

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 8

9:00 a.m. ~ Messenger Team, PR
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
2:00 p.m. ~ PD Education Group, CR
2:30 p.m. ~ Blood Pressure Clinic, PR
3:00 p.m. ~ Celebration of Life for Frances
Holcombe EC
3:00 p.m. ~ Rock Steady Boxing, BF

Friday • July 9

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

Saturday • July 10

9:00 a.m. ~ Workout & Rhythm, EC

Room Abbreviations

BF, Body First	GR, Game Room
BR, Bison Room	HD, Hospitality Desk
CR, Community Room	KSU CL, KSU Classroom
CY, Courtyard	MR, Manhattan Room
EC, Event Center	PR, Patriot Room
FHR, Flint Hills Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	VE, Village Entrance



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

Monday, July 5

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

Tuesday, July 6

2 p.m.	Memory Activities Class
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Wednesday, July 7

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

Thursday, July 8

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

Sunday, July 4

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

Monday, July 5

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 6/24.

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Tuesday, July 6

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, July 7

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

Thursday, July 8

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

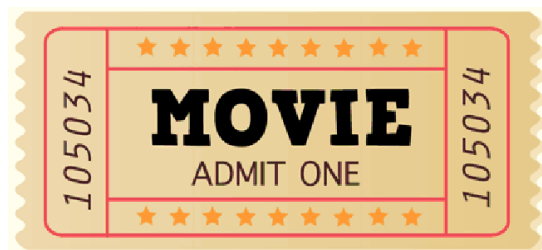
Friday, July 9

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 10

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

HOLCOMBE, from page 5
through the Yorgensen-Meloan-Londeen Funeral Home website at ymfuneralhome.com.
Memorials to honor the life of Frances Holcombe may be sent to Opportunities, Inc., 6101 North Stateline, Texarkana, Texas, 75503, or the Meadowlark Hills Foundation, 2121 Meadowlark Road, Manhattan, Kan., 66502.
A Celebration of Life for Frances will be held at 3 p.m. Thursday, July 8, in Prairie Star's Event Center at Meadowlark.



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: July 4

***INDEPENDENCE DAY* (1996)** PG-13, 2 hr. 33 min. *Sci-Fi, Suspenseful, Action*

Cast: Will Smith, Bill Pullman, & Jeff Goldblum

When aliens in an enormous spacecraft suddenly arrive in Earth's atmosphere and start blowing things up, it falls to a cocky pilot and a goofy scientist to save the planet from destruction.

MUSICAL MONDAY: July 5

***THE BELLE OF NEW YORK* (1952)** NR, 1 hr. 21 min. *Musical, Classic, Romantic*

Cast: Fred Astaire, Vera-Ellen, & Marjorie Main

Charles Hill is a playboy trying to win the heart of Angela Bonfils, a Salvation Army worker. Notorious for leaving his brides-to-be at the altar, it's not surprising that Angela doesn't return his affection, but Charles is determined to win her over with plenty of song and dance.

TRUE TUESDAY: July 6

***MIRACLE LANDING ON THE HUDSON* (2014)** TV-G, 44 min. *Documentary*

Cast: Todd Boyce, Miriam Lucia, & James McGregor

This documentary tells the dramatic true story of the frightening and ultimately triumphant emergency landing of Flight 1549 in the Hudson River.

WESTERN WEDNESDAY: July 7

***GERONIMO: AN AMERICAN LEGEND* (1993)** PG-13, 1 hr. 55 min. *Western, Violent, Drama*

Cast: Jason Patric, Gene Hackman, & Robert Duvall

A traditional Western recounting famed Apache warrior Geronimo's losing battle with the U.S. Army in the late-1800s Southwest.

THRILLER THURSDAY: July 8

***THE PATRIOT* (2000)** R *for strong war violence*, 2 hr. 45 min. *Military, Exciting, Violent*

Cast: Mel Gibson, Heath Ledger, & Joely Richardson

A widower and past war hero just wants to live in peace and farm his land—until a cruel British officer brings the American Revolution to his door.

FEATURE FRIDAY: July 9

***JUSTINE* (2019)** TV-MA, 1 hr. 46 min. *Intimate, Drama, Independent Movie*

Cast: Stephanie Turner, Glynn Turman, & Daisy Prescott

A widowed, single mom takes a job caring for a young girl with spina bifida, and the two discover they have more in common than they realized.

SWEET SATURDAY: July 10

***FORREST GUMP* (1994)** PG-13, 2 hr. 22 min. *Sentimental, Emotional, Heartfelt*

Cast: Tom Hanks, Robin Wright, & Gary Sinise

Forrest Gump, a simpleminded man, finds himself in the middle of nearly every major event of the 1960s and '70s. Along the way, he makes friends, changes lives, and yearns for his childhood sweetheart, Jenny.