



*by Michelle Haub, Special Prog.
Leader*

The 2021 Fiesta to Remember event will offer a special new VIP opportunity!

The Rockin K's venue in the K-State Foundation Building offers us the second floor lobby and balcony for our VIP-ticket holders to dine and enjoy the beautiful weather, while listening to Dr. G's Vintage Rock Review led by Dr. Wayne Goins on the guitar from 7 to 9 p.m. Each VIP ticket is \$50 and includes the opportunity to be on the balcony/second floor where you can come and go between 5 and 9 p.m. The ticket also includes a special VIP buffet (described below) and two drinks. The second floor will have its own bar service to enhance your experience.

The VIP buffet includes appetizers of guacamole, Queso Blanco, and Salsa Fresca served with warm chips. The meal options include: slow roasted pork carnitas with warm flour tortillas, shredded seasoned chicken tacos, borracho beef

burritos, frijoles and three cheeses in a flour tortilla smothered in chili Verde, frijoles ranchera, Mexican rice and Mexican bread pudding.

Only 50 VIP tickets are available! To purchase your ticket(s), contact Michelle at (785) 323-3899.

Proceeds from Fiesta to Remember will benefit Meadowlark Memory Program, which offers several free opportunities for people throughout the Manhattan community. These include: Memory Café, Memory Activities Class, art classes in collaboration with the Beach Museum of Art, dementia friendly exercises classes, care partner support group, and personal consultations. The program provides all of these opportunities either in-person or in a hybrid setting (in-person and simultaneous virtual, via zoom).

Even during COVID-19 shutdowns, Bridget Larkin, Kathleen Spearman, Kim Richards, and Michelle Haub continued to

See FIESTA, page 11

On The Queen Mary

by Helen Roser

Recently, I have been dreaming of her majesties' ship, The Queen Mary, knowing she is in distress.

As a kid, it was my dream to take a voyage aboard her. I never did, but I saw her twice. During WWII, I saw her in New York Harbor. She was painted grey-blue to not be so noticeable at sea. She was waiting to take our troops to Europe.

My friend, who was aboard her as she took them for D Day, was killed as he went ashore.

After the war, the Queen's owners offered her and other ships for sale. But her need of a large port and costly maintenance was a turn-off for responsible buyers.

Then the Queen's owners did a terrible thing. Instead of giving her a dignified, appreciative "end" and allowing her parts to be used for respectful needed purposes, they offered her for sale at a very low price.

The city of Long Beach snatched up the "bargain." They envisioned fame and fortune from turning her into a tourist trap. Not on their agenda was the Queen's high cost of maintenance.

One would-be tourist attraction after another failed. That the Queen required maintenance was ignored by one and all.

Her pathetic condition finally came to the attention of some who realize she is on the verge of capsizing.

Instead of putting her out of her misery and giving her a dignified

See QUEEN, page 4

EVENTS & OPPORTUNITIES

Speedy Pd Art Making

Speedy Pd Art Making will not meet Thursday, July 15. Classes will resume on Thursday, July 22.

Heads UP: An Election Alert

There will be a primary election in Manhattan on Aug. 3. It will be for the School Board only.

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.

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.

~ **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 July 13, and July 20.

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 through Aug. 22 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 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.

Town Meeting

Monday, June 12, at 9:30 a.m.

Come hear the Meadowlark campus updates at the June Town Meeting on Monday, June 12, at 9:30 a.m. in the Event Center. All are welcome.

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

EVENTS & OPPORTUNITIES

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.

Speaker: Dr. Lorenzo 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. Lorenzo 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."

Dr. Lockett is ethically, morally, and spiritually grounded and openly shares his faith convictions while honoring the ideal of others without judgment or intimidation. Lockett further explains, "I just flat out enjoy people and celebrating life with them, regardless of their

philosophical, political or religious ideals."

Dr. Lockett has a strong sense of community. He is a motivational speaker and is active in numerous advocacy-based groups in the Greater Manhattan Community to include being an affiliated

Continued on page 4

Solutions from 7/1.

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

EVENTS & OPPORTUNITIES



Hawaiian Luan

JULY 23RD 5:30 P.M. \$28

MEADOWLARK COURTYARD

Reservations Required

APPETIZER

Coconut Shrimp

WITH PINA COLADA SAUCE

SALAD

Papaya & Avocado Salad

WITH VANILLA VINAIGRETTE

ENTREE

Kalua Pork

WITH MACARONI SALAD

Mahi Mahi

WITH PINEAPPLE BEURRE BLANC

HAWAIIAN RICE

Hawaiian Roasted Vegetables

DESSERT

Hampia Cake

WITH PINEAPPLE WHIP SORBET



facilitator with The Institute for Civic Discourse and Democracy (ICDD); Storytelling for Social Justice, Community Conversations, Manhattan-Riley County Coalition for Equal Justice, and Community Conversation on Race & Reconciliation

Saturday Shopping Trip

Saturday, July 17, at 10:30 a.m.

Transportation will be provided to Hobby Lobby and Dollar Tree for resident shopping on Saturday, July 17. 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.

QUEEN from page 1

“farewell,” then allowing her parts to be used in useful service, there are wails that she must be restored. “Better than used for razor blades.”

Such persons are failing to consider the Queen’s reality: She is a very high-cost vessel, just to have sitting there.

I had planned to write a true story about the revenge of the Queen’s last crew. The city of Long Beach, as her proud new owners, ordered her departing crew to “put all your keys in the barrel as you leave.”

So the sad crew did. Then they went home to England. To make a long story short: Long Beach found their big barrel of keys had no clue to what any key unlocked.

“The key problem ‘never got in the news.’ I think I know who gave the Queen’s crew the idea of a ‘departing message.’” He had wanted to buy her for a floating exhibit of American exports, but couldn’t raise the price of buying her. The owners invited him as their guest on her final trip.

He didn’t join them for the entire trip but took a helicopter to meet her and boarded her for her last mile at sea.

I went aboard her once in Long Beach, briefly. Seeing her as a tourist trap made me cry. I hope she will be given a dignified end. Let her parts serve a useful purpose. Rest in peace, dear Queen Mary.



WHO AM I?

Carol Balding was featured in last weeks Who Am I article. Did you guess correctly?

Carol dedicated over 40 years of her life as a nurse. She received her nursing degree in the 1950s when K-State and KU offered a dual program that took five years to complete. She spent half the time in the classroom and the other half in on-the- job training at KU Medical Center. She graduated with a dual degree in home economics and nursing. When asked why she decided upon nursing, Carol said, "It's because I enjoy taking care of people."



When she graduated, she took a position at KU Med Center, in Kansas City, Kan., and worked there for five years. She remembers her time there fondly. Carol went floor to floor checking on charge nurses and patients.

Around this time, she attended a friend's wedding and there she reconnected with a man named Jim Balding, who she had briefly dated in high school. Jim's older sister happened to be Carol's best friend in high school! They married on Nov. 27, 1958. After their wedding, Carol continued to work as a nurse, this time at a local hospital in Manhattan, and Jim worked on his degree at K-State. Carol worked as a nurse in pediatrics, surgical, and obstetrics.

The Baldings moved to North Carolina when Jim

graduated from K-State because of an exciting job opportunity.

It was there that their wonderful daughter, Amy, was born! About five years went by and they made the decision to move back to Manhattan to be closer to family. Jim's work with Feed Technology included opportunity for travel, including internationally. Carol remembers one trip in particular when they had the chance to go to Europe, and stay on the Blue Danube River. She said it was just "magical."

When they retired, Carol and Jim continued to travel throughout the country, and enjoyed their cabin at Lake Elbo. They eventually moved to Meadowlark, which Carol has called home for 11 years.

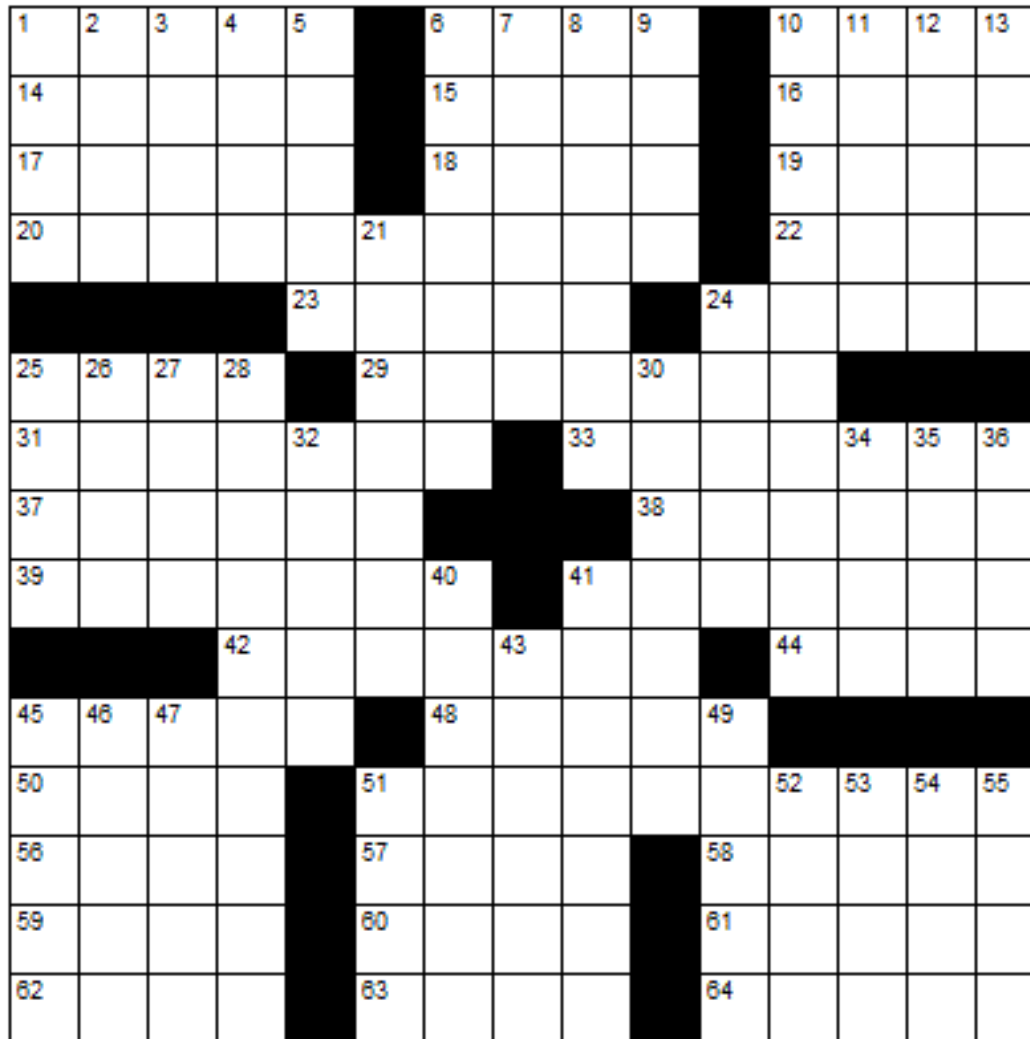
Carol credits Jim for knowing when it was the right time to move to Meadowlark. She said Meadowlark took the guess work out of important decisions that needed to be made when Jim passed quickly of cancer, about seven years ago. She appreciates all of the support she received, and still does, from staff and residents!

Currently, Carol enjoys the many comforts Meadowlark provides, including the festive events and time with friends! She loves to spend time with her daughter, grandchildren, and their significant others! She encourages others who are thinking about moving to Meadowlark to take the plunge, and invites them to reach out to her if they want to meet up for some quality chit-chat!



[top left] Carol's daughter, Amy, and her family. **[top right]** The Baldings were married on Nov. 27, 1958.

Work That Brain!



ACROSS

1. Scrimp
6. Behold, in old Rome
10. Whacks
14. House style
15. Diva's solo
16. Dash
17. Lacquer ingredient
18. Obtains
19. Way in
20. Corridor
22. Dogfish
23. Enticed
24. Creek
25. Beige
29. Asserted
31. Metalworks
33. Very drunk (British slang)
37. Repleted
38. Characteristic of winter
39. Smiled contemptuously
41. Ductile
42. Paunch
44. Goulash
45. Bearing great weight
48. Alerts
50. Desire
51. Relating to frogs and toads
56. Principal
57. Chills and fever
58. Eagle's nest
59. Small island
60. Small slender gull
61. A group of lions
62. Accomplishment
63. Tall woody plant
64. Alleviated

DOWN

- | | | |
|-----------------------------|---------------------------------|-----------------------------|
| 1. Stair | 13. Move stealthily | 40. Widow |
| 2. A city in western Russia | 21. Protected | 41. Terrestrial |
| 3. Midmonth date | 24. Start | 43. Ripe |
| 4. French for "Names" | 25. F F F F | 45. Damp |
| 5. Courtroom event | 26. Metal money | 46. Delete |
| 6. Thirstily | 27. Govern | 47. Spry |
| 7. Embroidery yarn | 28. Made without yeast | 49. Anagram of "Space" |
| 8. Stronghold | 30. Tartarus | 51. Insulation |
| 9. Not difficult | 32. Type of hat | 52. Sister and wife of Zeus |
| 10. In spite of everything | 34. Send forth | 53. Colored part of an eye |
| 11. San Antonio fort | 35. An exchange involving money | 54. Orderly |
| 12. Terrace | 36. Killed | 55. Require |

Art Engagement *from the* Beach Museum of Art

Curator's Choice! It's your turn to design an exhibition! Below are five colorful artworks. You need to decide which three will hang together in the gallery. Which three do you choose and why? Do you look at color similarities or differences? Maybe it is the composition or style of the pieces that bring them together. *Extra challenge: After you pick your first set of three, pick a second set.*

1.



2.



3.



4.



4. John Steuart Curry
Sketch of Flowers,
ca. 1935-1940
Watercolor on
paper
KSU, Marianna
Kistler Beach
Museum of Art,
bequest of
Kathleen G.
Curry, 2002.1461

5.

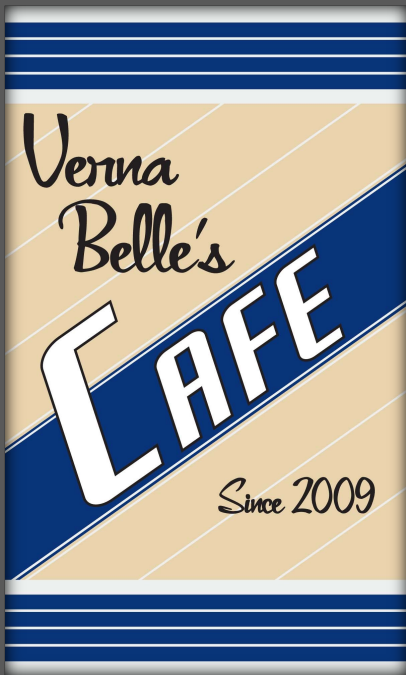


1. Ralph G. Wolfe, *Flowers II*, late 20th Century
Aquatint on paper, KSU, Marianna Kistler Beach Museum of Art, S18.2017

2. Lydia V. Aseneta, *Dandelion II*, 20th Century, Screenprint on paper
KSU, Marianna Kistler Beach Museum of Art, gift of Lydia V. Aseneta,
2009.171

3. Bernard Joseph Steffen, *Untitled*, ca. 1955-1965, Screenprint on
paper

5. Karsten Creightney, *Hydrangea*, 2013, Linoleum cut on paper
KSU, Marianna Kistler Beach Museum of Art, gift of Joe and Barb
Zanatta, Zanatta Editions, 2014.17



**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 12

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

Lunch: Steak Fajita Quesadilla, \$4.50 / \$6.50

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

Tuesday, July 13

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

Lunch: Pulled Pork Cornbread Slider, \$4.50 / \$6.50 *shredded pork, BBQ sauce, & cheddar cheese on a cornbread muffin and served with your choice of side*

Wednesday, July 14

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

Lunch: Philly Cheesesteak Sandwich, \$4.50 / \$6.50 *sliced roast beef, Swiss cheese, sautéed peppers & onions on toasted Italian bread and served with your choice of side*

Thursday, July 15

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

Lunch: Turkey Reuben Sandwich, \$4.50 / \$6.50 *turkey, Swiss cheese, sauerkraut, & thousand island dressing on butter-toasted rye bread and served with your choice of side*

Friday, July 16

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

Lunch: Nacho Burger, \$6.50 *grilled hamburger topped with queso, pico de gallo, & lettuce on a butter-toasted bun served with your choice of side*

Saturday, July 17, & Sunday, July 18

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 11 to July 17*

Sunday • July 11
10:30 a.m. ~ Worship Service, EC
10:30 a.m. ~ Transportation to FUMC, VE

Monday • July 12
8:30 a.m. ~ IL Resident Council, BR
9:30 a.m. ~ Town Meeting, EC
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
5:30 p.m. ~ Tuttle Creek Supper, BR
7:00 p.m. ~ BINGO Night, EC

Tuesday • July 13 *Trash & recycling*
~~10:30 a.m.~~ ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ 4th Floor Luncheon, BR
2:00 p.m. ~ Memory Activities Class, KSU CL
2:00 p.m. ~ 10-Point Pitch, GR
3:00 p.m. ~ Coffee Corner, EC
6:30 p.m. ~ UFM Class: E-mail & Phone Security, EC

Wednesday • July 14
9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
10:00 a.m. ~ Memory Care Partner Group, PR
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
1:00 p.m. ~ ARTful Memories, KSU CL
3:00 p.m. ~ Courtyard Chorus, EC
3:00 p.m. ~ Rock Steady Boxing, CR
5:00 p.m. ~ S'mores Night, CY
5:30 p.m. ~ Eastside Supper, BR
6:30 p.m. ~ UFM Class: Military History, EC

Thursday • July 15
9:00 a.m. ~ Messenger Team, PR
10:30 a.m. ~ Steady Yourself, CR
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
5:30 p.m. ~ Meadowlark Circle Supper, MR
7:00 p.m. ~ Speaker: Dr. Lorenzo Lockett, EC

Friday • July 16
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 17
10:30 a.m. ~ Hobby Lobby/Dollar Tree Shopping Trip, 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 *July 12 to July 15*

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

Monday, July 12

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

Tuesday, July 13

2 p.m.	Memory Activities Class
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Wednesday, July 14

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

Thursday, July 15

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

Sunday, July 11

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.	Progressive Muscle Relaxation with Bridget Larkin, LMSW
3:30 p.m.	Chair Yoga

Monday, July 12

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 7/1.

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

Tuesday, July 13

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 14

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 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

Friday, July 16

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 17

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

FIESTA from page 1

provide all of these opportunities. Typically, we also provide classes in conjunction with the KU Alzheimer's Disease Center and quarterly education meetings. These activities will resume in the near future.

If you would like more information about the Memory Program, please contact Michelle at (785) 323.3899. The team is looking forward to seeing you at the event you won't want to forget...Fiesta to Remember at Rockin K's on Thursday, July 29, 2021!



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: July 11

RESIDENT REQUEST

HEARTSTRINGS, EP. 2: TWO DOORS DOWN* (2019) TV-14, 1 hr. 2 min. *Heartfelt, Emotional

Holy matrimony meets hardheaded tradition as one family prepares for a big-budget wedding ... and a string of life-changing announcements.

MUSICAL MONDAY: July 12

CADILLAC RECORDS* (2008) R for language & some sexuality, 1 hr. 49 min. *Music, Drama

Cast: Adrien Brody, Jeffrey Wright, & Beyonce Knowles

The sounds of 1950s Chicago color this drama based on the true story of a bar owner who signed a lineup of future legends to a fledgling record label. He crosses paths with Muddy Waters, Chuck Berry, and Etta James, changing the face of pop music.

TRUE TUESDAY: July 13

HUMAN NATURE* (2019) TV-PG, 1 hr. 34 min. *Documentary, Science, Nature

From breakthrough science to the boundaries of mortality, this documentary spotlights a revelation in genetic modification research known as CRISPR.

WESTERN WEDNESDAY: July 14

DAVY CROCKETT: KING OF THE WILD FRONTIER* (1955) PG, 1 hr. 32 min. *Historical

Cast: Fess Parker, Buddy Ebsen, & Basil Ruysdael

There's never been a folk hero quite like Davy Crockett, and you'll see why when you watch him take on an alligator, battle an Indian chief in a tomahawk duel, and fight for freedom at the Alamo.

THRILLER THURSDAY: July 15

RESIDENT REQUEST

***PROMISING YOUNG WOMAN* (2020) R for strong violence & sexual material, 1 hr. 53 min.**

Cast: Carey Mulligan, Bo Burnham, & Alison Brie

A young woman, traumatized by a tragic event in her past, seeks out vengeance against those who crossed her path.

FEATURE FRIDAY: July 14

THE IRON LADY* (2011) PG-13, 1 hr. 44 min. *Intimate, Cerebral, Drama

Cast: Meryl Streep, Jim Broadbent, & Olivia Colman

Margaret Thatcher, the first female prime minister of Britain, navigates a career destined to change the rules of leadership and politics.

SWEET SATURDAY: July 15

RESIDENT REQUEST

THE AFRICAN QUEEN* (1951) PG, 1 hr. 45 min. *Romantic, Action, Classic Movie

Cast: Humphrey Bogart, Katharine Hepburn, & Robert Morley

Charlie Allnut, the booze-guzzling, rough-hewn captain of a broken-down East African riverboat, teams with a straitlaced, iron-willed missionary to take on a menacing German gunboat during World War I.