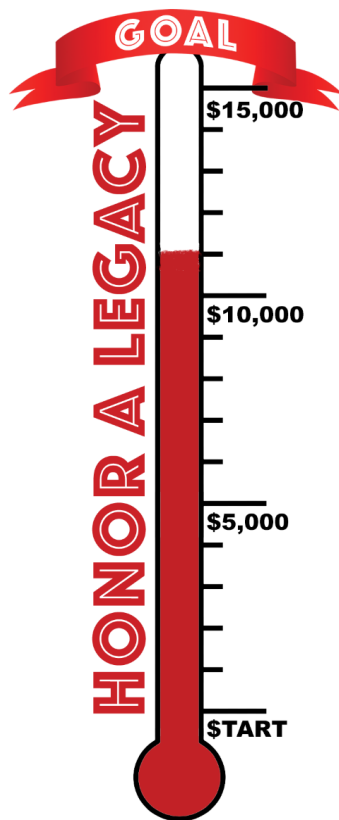


Honor a Legacy 2021



by Becky Fitzgerald, Development Dir.

The annual Honor-a-Legacy initiative, launched in early June, has generated slightly more than \$11,000 in donations in memory or honor of loved ones. This year's campaign ambassador, Pat Vogt, and Becky Fitzgerald, Development Director, appreciate the generosity of those who have contributed thus far. Your tax-deductible gifts have pushed the current total well past the halfway mark toward our goal of \$15,000. Thank you!

Contribute during July, and the name of your honoree will be published in the Aug. 5 edition of Meadowlark Messenger. The Honor-a-Legacy campaign benefits our Good Samaritan Fund, which assists Meadowlark residents living in a healthcare household who have outlived their financial resources. Pat and Becky appreciate your consideration of this opportunity.

LEADER OF THE PACK

Congrats to Meadowlark's Leader of the Pack for July 2021, Saif Alankarli, Hospitality Team



member. Saif is an outstanding employee who goes out of his way to help residents, families, and staff. He takes pride in his job duties and has a positive and infectious personality. We are so lucky to have Saif as a part of the Meadowlark family!

On The Merry-Go-Round

by Helen Roser

The Hispanic children I met probably are great-grandparents now. Maybe they tell their little ones about their first ride on a merry-go-round, when they helped an American lady who was lonesome.

The big merry-go-round on the Santa Monica pier was open all year. Few were there that cloudy day. A Hispanic couple stood with their young school-age children, looking at the device they couldn't afford to buy tickets for their kids to ride.

Not wanting to embarrass them, I

said quietly: "Senóra, would you mind if I bought tickets for your children to ride with me? I am alone." Then I added: "I am lonesome."

Emotions showed in her caring face. Delight for her children, concern for me. Excitedly she and her husband explained to the children they were being given a free ride, adding: "She is lonesome."

There was a mixture of delight, appreciation and concern. One little hand gently grasped mine.

I handed a bill to the operator as he helped kids aboard, whispering:

"Give us an extra long ride."

I shouted: "I am going to ride a horse that goes up and down!" The others decided to do the same as the smiling operator helped them onto their horse that would go up and down.

The music began as our horses all lurched into action. We went around and around and up and down. It was such fun.

Their tearful mother thanked me as I thanked her. The happy kids looked proud. The American Lady was not lonesome anymore.

EVENTS & OPPORTUNITIES

National Ice Cream Day!
SUNDAE FUNDAY
July 18th at 3:00
Meadowlark Courtyard

\$1.00
per scoop



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 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 final concert date is 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 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.

Series Sunday

Sunday, July 18, 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, *If I Had Wings*, will play in the Cinema Sunday, July 18, at 2 and 6 p.m. The pain of the past and the promise of the future collide in this emotional tale of a family divided by difference—and reunited by chance.

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.

Courtyard Communion with FUMC

Wednesday, July 21, at 9:30 a.m.

Join Pastor Melanie Nord from First United Methodist Church at 9:30 a.m. Wednesday, July 21, in the Courtyard to receive communion. If the weather does not permit an outdoor event,

EVENTS & OPPORTUNITIES

communion will be offered in the Bison Room.

The opportunity is open to anyone wanting to invite Christ into his or her heart.

Artist Discussion with the Beach

Wednesday, July 21, at 4 p.m.

Join Kim Richards from the Beach Museum of Art for “Maurice Bebb: Florist turned Printmaker” at 4 p.m. Wednesday, July 21, in the Bison Room. Bebb was born in Illinois and moved to Oklahoma after college. We will explore his transformation from florist to self-taught printmaker, enjoying his detailed etchings along the way.

Military History: UFM Class

Wednesday, July 21, 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 second session will meet from 6:30 to 8 p.m. Tuesday, July 21. 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.

Fiesta to Remember

Thursday, July 29, 11 a.m. to 10 p.m.

Dine in or carry out at Rockin K’s located at 1880 Kimball Avenue all day on July 29 for Fiesta to Remember: Tastes and Tunes for a Reason. There will be food and drink specials, plus live music.

You’re invited to visit Meadowlark Memory Program’s information station during the event. The program will receive 10-percent from all restaurant sales on July 29.

Fiesta to Remember is proudly sponsored by Central National Bank and Rockin K’s. If you have questions about the event or are interested in VIP tickets, please call Michelle at (785) 323-3899.



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



Work That Brain!

1	2	3	4	5		6	7	8	9		10	11	12	13
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63					64					65				
66					67					68				
69					70					71				

ACROSS

- 1. Style of interior furnishings
- 6. Applies lightly
- 10. Blacken
- 14. Chopin composition
- 15. Small island
- 16. Hindu princess
- 17. Cars
- 18. Smudge
- 19. Varieties
- 20. Contempt
- 22. Only
- 23. After-bath powder
- 24. Not greater
- 26. Fired a weapon
- 30. Wager
- 31. And so forth
- 32. Near
- 33. Where the sun rises
- 35. Betel palm
- 39. Debt
- 41. Footstool
- 43. Equals
- 44. River of Spain
- 46. "Your majesty"
- 47. Barely manage
- 49. Estimated time of arrival
- 50. Goulash
- 51. Horrified
- 54. Thorny flower
- 56. Meat from cows
- 57. Vacillation
- 63. Not straight
- 64. Frosts
- 65. A type of dance
- 66. Feudal worker
- 67. Algonquian Indian
- 68. Anagram of "Sneer"
- 69. 365 days
- 70. Totals
- 71. Offensively curious

DOWN

- | | | |
|----------------------|------------------------|----------------------|
| 1. Extinct | 13. Part of a stair | 42. Brownd bread |
| 2. Decorative case | 21. Cavalry weapon | 45. Yellowish annual |
| 3. Gashes | 25. French for "State" | clover |
| 4. Smell | 26. Break | 48. Morals |
| 5. Adjust again | 27. Employ | 51. Nunnery |
| 6. Disappoint | 28. Brute | 52. Ganders |
| 7. Distinct features | 29. From that time on | 53. Reddish brown |
| 8. Coalition | 34. Turtles | 55. Consumed |
| 9. Homestead | 36. Send forth | 58. Beige |
| 10. Traverse | 37. Concern | 59. Tropical tuber |
| 11. Angelic headgear | 38. Afresh | 60. Hotels |
| 12. Tarsus | 40. Demands | 61. Curved molding |
| | | 62. Prying |

Art Engagement *from the* Beach Museum of Art

Compare and Contrast ... In the Midwest, we think of houses built on concrete slabs or basement foundations (if you are worried about tornadoes!). However, houses in other places may be built in other ways. As you spend time looking at the prints, what do you notice is the same or different about the two abodes and their locations?



[above] Margaret Evelyn Whittemore
Boat House at Lake View, mid-20th century
Woodcut on paper
KSU, Marianna Kistler Beach Museum of Art, gift of
Jim and Virginia Moffett, 2006.82

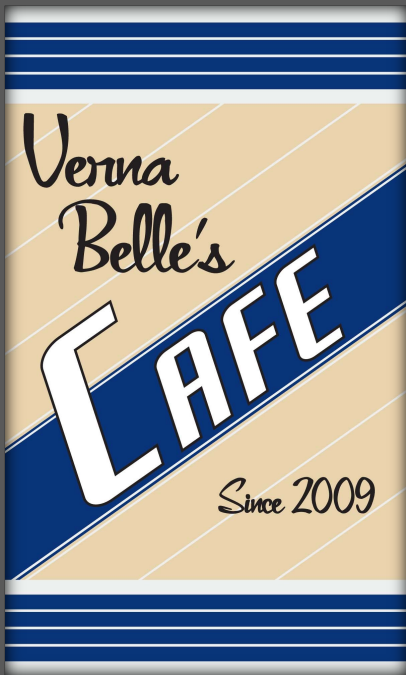
[left] Herschel C. Logan
House in Assam, 1927
Woodcut on paper
KSU, Marianna Kistler Beach Museum of Art, gift of
Peggy L. Sondergard & Samuel H. Logan, 2002.37



WHO AM I?

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





**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 19

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

Lunch: Italian Sandwich, \$4.50 / \$6.50

ham, salami, pepperoni, & provolone cheese on butter-toasted Italian bread and served with a side of your choice

Tuesday, July 20

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

Lunch: Chicken Bacon Ranch Quesadilla, \$4.50 / \$6.50 *shredded chicken, bacon, ranch dressing, & cheddar cheese on a crisp flour tortilla and served with your choice of side*

Wednesday, July 21

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

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

Thursday, July 22

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

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

Friday, July 23

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

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

Saturday, July 24, & Sunday, July 25

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 July 15 through July 28.

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

Steak Fries

grilled flank steak with chimichurri sauce served with steak fries and fry sauce, **\$18**

Creamy Herb Chicken

slow-cooked chicken thigh in a white wine sauce served with mashed potatoes and broccolini, **\$14**

Roasted Pork Tenderloin

roasted pork tenderloin with raspberry balsamic glaze served with roasted fingerling potatoes and broccolini, **\$14**

Grilled Ahi Tuna Melt

grilled ahi tuna with gruyere cheese, cheddar cheese, avocado, wasabi mayo on rye bread and served with fries, **\$13**

Lemon Linguine

linguine pasta with roasted tomato, ricotta cheese, & fresh parsley served with your choice of grilled chicken or grilled shrimp, **\$11**

BLT Salad

butter lettuce, bacon, cherry tomatoes, & cheese crisps served with green goddess dressing, **\$10**

Veggie Terrine

eggplant, zucchini, grilled red pepper, sundried tomato pesto, portabella mushrooms, & goat cheese with a basil cream sauce, **\$12**

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 18 to July 24*

Sunday • July 18
10:30 a.m. ~ Worship Service, EC
10:30 a.m. ~ Transportation to FUMC, VE
3:00 p.m. ~ Sundae Funday, CY

Monday • July 19
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 • July 20 *Trash & recycling*
~~10:30 a.m.~~ ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
2:00 p.m. ~ Memory Activities Class, KSU CL
2:00 p.m. ~ 10-Point Pitch, GR
2:00 p.m. ~ Prairie Star Writers Group, PR
5:30 p.m. ~ 2nd Floor Supper, EC
7:00 p.m. ~ Transportation to Manhattan
Municipal Band Performance, VE

Wednesday • July 21
9:30 a.m. ~ Seated Strength, CR
9:30 a.m. ~ Courtyard Communion with FUMC, CY
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
10:00 a.m. ~ Memory Care Partner Group, PR
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
1:00 p.m. ~ Memory Café, KSU CL
3:00 p.m. ~ Courtyard Chorus, EC
3:00 p.m. ~ Rock Steady Boxing, CR
4:00 p.m. ~ Artist Discussion with the Beach, BR

Thursday • July 22
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
3:00 p.m. ~ Rock Steady Boxing, **BF**

Friday • July 23
9:30 a.m. ~ Seated Strength, CR
10 a.m. to 3 p.m. ~ ML Market, 1217 Meadowlark 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**
7:30 p.m. ~ Transportation to Arts in the Park, VE

Saturday • July 24
10 a.m. to 3 p.m. ~ ML Market, 1217 Meadowlark 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 *July 19 to July 22*

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

Monday, July 19

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

Tuesday, July 20

2 p.m.	Memory Activities Class
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Wednesday, July 21

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

Thursday, July 22

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

Sunday, July 18

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 19

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 7/8.

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Tuesday, July 20

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 21

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 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

Friday, July 23

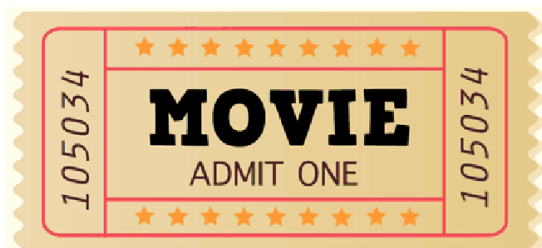
9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:15 a.m.	Sit & Be Fit Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Saturday, July 24

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

Where do you
find a cow with
no legs?

Right where
you left it.



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 18

RESIDENT REQUEST

HEARTSTRINGS, EP. 3: IF I HAD WINGS (2019) TV-14, 1 hr. 2 min. *Heartfelt, Emotional*

The pain of the past and the promise of the future collide in this emotional tale of a family divided by difference—and reunited by chance.

MUSICAL MONDAY: July 19

MY FAIR LADY (1964) G, 2 hr. 53 min. *Musical, Witty, Classic Movie*

Cast: Audrey Hepburn, Rex Harrison, & Stanley Holloway

When a Cockney flower girl takes elocution lessons from an aloof professor, he decides to introduce her to high society, transforming both of their lives.

TRUE TUESDAY: July 20

22 JULY (2018) R *for violence, graphic images, & language*, 2 hr. 24 min. *Cerebral, Gritty*

Cast: Jonas Strand Gravli, Anders Danielsen Lie, & Jon Oigarden

After devastating terror attacks in Norway, a young survivor, grieving families and the country rally for justice and healing. Based on a true story.

WESTERN WEDNESDAY: July 21

RESIDENT REQUEST

RIO GRANDE (1950) NR, 1 hr. 45 min. *Western, Sentimental, Exciting*

Cast: John Wayne, Maureen O'Hara, & Ben Johnson

Between skirmishes with the Apache on the Mexican border, Lt. Col. York tries to reconcile with his estranged wife and son.

THRILLER THURSDAY: July 22

THE RELIANT (2019) PG-13, 1 hr. 56 min. *Inspiring, Suspenseful, Drama*

Cast: Kevin Sorbo, Mollee Gray, & Eric Roberts

When a town suffers an economic collapse, social unrest forces a family to seek refuge in the wilderness as bitter outlaws threaten their survival.

FEATURE FRIDAY: July 23

BLACK OR WHITE (2014) PG-13, 2 hr. 1 min. *Heartfelt, Emotional, Courtroom Movie*

Cast: Kevin Costner, Octavia Spencer, & Jillian Estell

A widowed lawyer struggles to retain custody of his biracial granddaughter when the girl's paternal grandmother questions his competence.

SWEET SATURDAY: July 24

TUCK EVERLASTING (2002) PG, 1 hr. 31 min. *Romance, Drama, Fantasy*

Cast: Alexis Bledel, Ben Kingsley, & Sissy Spacek

A young woman meets and falls in love with a young man who is part of a family of immortals.