



## Delivery option available for Fiesta

The 3<sup>rd</sup> annual Fiesta to Remember: Tastes & Tunes for a Reason is set for 11 a.m. to 10 p.m. next Thursday, July 29. We hope to see you for lunch or dinner at Rockin K's, 1880 Kimball Ave. Dine in or carry out to enjoy a taco buffet at lunch time, select from the special Taco Thursday menu for dinner, or try an entrée or appetizer from the regular Rockin K's menu throughout the day. New this year is an evening VIP option. From 5 to 9 p.m., VIP guests may enjoy 2<sup>nd</sup> floor indoor and/or outdoor seating, a buffet of select Fiesta foods, and drinks served by a nearby bartender. The VIP ticket price of \$50 per person includes your food and two alcoholic beverages. The VIP balcony promises to be a prime location to enjoy a beautiful Kansas sunset and live music from 7 to 9 p.m. by Dr. G's Vintage Rock Review.

Meadowlark residents also have the option to have Fiesta meals delivered to your doors. Use the form on the back page of today's Messenger to select lunch, dinner, or both meals and return to the Hospitality Desk by noon on Tuesday, July 27. Two tacos with chips and salsa are available for lunch, with a chicken or steak fajita bowl available for dinner. The day's drink special, a Fiesta-Rita, may be ordered with either lunch or dinner.

Fiesta to Remember is proudly sponsored by Central National Bank and Rockin K's, with the restaurant donating 10% of the day's proceeds to Meadowlark Memory Program. All sales, whether you dine in, carry out, or place an order for delivery, add to the day's tally. Now in its 5<sup>th</sup> year, the memory program provides free education, engagement opportunities, and support services for persons in the Flint Hills region affected by cognitive changes. If you have questions about the event or are interested in VIP tickets, please call Michelle Haub at (785) 323-3899.

## On Personal Protection

*by Helen Roser*

Years ago, personal protection was offered for sale as an alternative to the police department.

The way the service operated was explained in TV ads. A little old lady is shown sitting in her chair by the window. Two hands are shown pushing the window up and open.

The little old lady, being a customer of the personal protection service, sees the hands and calmly reaches for her phone on the table at her elbow. She places a call. Next scene is an office full of desks, each with a phone on it, with a man wearing a three-piece suit sitting at each desk.

The little old lady's call comes in. The three-piecer, accompanied by another three-piecer, is shown in an auto, presumably rushing to the little old lady's defense.

Apparently the bad guy, who is pushing up the little old lady's window, is in an advanced condition of arthritis, because he is still in the process of getting in the little old lady's window when the three-piecers arrive. Since they don't have power of arrest, it is not said what they do with the bad guy.

Suffice that the three-piecers tell the little old lady their delight in rescuing her. Happily, she returns to reading her book.

I asked my friend, a police officer, if he was afraid of being replaced. He wasn't.

## EVENTS & OPPORTUNITIES

### Volunteer Assistance

Meadowlark has two new community volunteers who are interested in engaging with residents and assisting them through one-on-one opportunities! They are interested in engaging in conversation, being a listening ear, playing games such as cards, puzzles, or dominoes, or helping residents with reading or writing projects. They are able to come once a week, for an hour or so at a time. As volunteers, they are unable to assist with personal care duties, and will be donating their time.

If you are interested in having a Meadowlark Volunteer meet with you on a weekly basis and would like to meet someone new, please contact Jana, Volunteer Engagement Specialist, for more details at (785) 323-3847.

### Window Washing

Window washing began July 21 for the independent living duplexes. The crew will move to the West Tower on Tuesday, July 27. Meadowlark's maintenance team will be coming to each apartment to remove screens from windows prior to the washing. Screen removal will begin today, July 22.

Once the window washing is complete, the maintenance team members will reinstall all screens. If you have questions, please contact Monte at (785) 323-3851.

### Gutter Replacement

The guttering crew will be at Meadowlark to replace the gutters and downspouts on the east side of Miller Place and around to the front of the main building.

The crew plans on starting on Tuesday, July 27, with a completion date of Friday, Aug. 6, weather permitting. The gutters are located above the third floor. The plan is to start on the south end and work north.

### Arts in the Park Transportation

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

Please sign up in the Blue Book at the Hospitality Desk if you plan to utilize Meadowlark Transportation to attend Arts in the Park. The upcoming concerts are July 23, Rock music by The

Box Turtles; and July 30, Professional Improv by The KC Improv Company.

### 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 Patriot Room. You may come and go between this time frame as you please.

### Speedy Pd Training Walk

**Friday, July 23, at 8:30 a.m.**

In preparation for Speedy Pd on Saturday, Aug. 28, Jeff Heidbreder, Fitness Services Leader, will be leading group walks on the Meadowlark campus every Friday. If you are interested in utilizing this training opportunity, please meet at the Village Entrance at 8:30 a.m. on the following Friday mornings: July 23, July 30, Aug. 6, Aug. 13, and Aug. 20. We will walk rain or shine!

### Series Sunday

**Sunday, July 25, 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, *Cracker Jack*, will play in the Cinema Sunday, July 25, at 2 and 6 p.m. What happens when life interrupts a loyal friendship? Four women reunite for a weekend of memories

## EVENTS & OPPORTUNITIES

and try to make peace with lingering secrets.

### **Seated Strength Class, canceled**

Seated Strength exercise class is canceled for Monday, July 26. The class will resume at its normal time on Wednesday, July 28.

### **School Board Candidate Discussion**

*submitted by Kay Shanks, IL resident*

**Wednesday, July 28, at 2 p.m.**

You are invited to a discussion regarding the upcoming election for UDS 383 School Board. Put 2 p.m. Wednesday, July 28, in the Bison Room on your calendar for an opportunity to share information and opinions we all have about the School Board Primary Election which will be held Aug. 3.

Early voting is open now. At this meeting there will be time to share to help us be informed voters. This will be a nonpartisan session. There will be no candidates who are running for the position attending—just us sharing our views, hopes, and questions. Be an informed voter.

### **ARTful Making: Clay Play**

**Wednesday, July 28, at 2:30 to 3:30 p.m.**

Join Kathrine Schlageck from the Beach Museum of Art to explore creating with clay at 2:30 p.m. Wednesday, July 28, in the KSU Classroom. Materials will be provided.

### **Military History: UFM Class**

**Wednesday, July 28, 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 final session will meet from 6:30 to 8 p.m. Wednesday, July 28. 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.

### **Dinner with the League**

**Thursday, Aug. 5, at 6 p.m.**

Come to the Dinner with the League at 6 p.m. Thursday, Aug. 5, in the Event Center. Jared Wasinger, Assistant to the City Manager, will talk about the relationship of Manhattan City Government, the boards of appointed citizens, the City Commission, and the Manhattan residents. Non-League guests are welcome to come and learn more about League of Women Voters and about Manhattan city government.

If you would like to attend the presentation and not eat dinner, please sign up in the Blue Book at the Hospitality Desk.

Meadowlark residents can also attend the dinner portion of the evening. The meal will be cilantro lime chicken with mango salsa, wild rice, and broccoli and the cost is \$13 per person. Please sign up in the Blue Book to attend dinner.

### **Big Boy No. 4014 Steam Locomotive**

**Monday, Aug. 9, depart at 10:45 a.m.**

On Monday Aug. 9, Big Boy No. 4014 will be arriving in Onaga, Kan., at 12 p.m. and departing at 12:30 p.m. as part of its Steam Locomotive Tour.

Meadowlark is offering transportation to see the locomotive and a box lunch will be provided for the excursion. The cost of the lunch is \$9, and includes a choice of a chicken salad wrap or a cold cut sub. The lunch also includes pub chips, a bottled water, and a s'mores Rice Krispie treat. The cost of transportation is \$7.50 per person. We will depart from the Village Entrance at 10:45 am. Monday, Aug. 9. A sign-up sheet is located in the Blue Book at the Hospitality Desk.

Locomotive 4014, also known as the "Big Boy," is owned and operated by the Union Pacific as part of their heritage fleet. It is a four-cylinder simple articulated 4-8-8-4 "Big Boy" type built in 1941 by the American Locomotive Company of Schenectady, N.Y.



**Polly Ferrell was featured in last weeks *Who Am I* article. Did you guess correctly?**

The youngest of six, Polly was born at her family farm in Elmdale, Kan. Built on a foundation of love and faith, Polly remembers her home as a place of encouragement, with lots of great home cooking and conversation. Her childhood and young adult life were filled with memories as a member of the Emerald 4-H Club in Chase County. These experiences inspired Polly to become an Extension Home Economist, and she did exactly that in 1953. Obtaining a degree from K-State, she was also a member of the Alpha Chapter of the Clovia 4-H House. To this day, she remains an active member, planning educational programs and luncheons for alumni.

While at K-State, she was introduced to her late husband, John [pictured below]. John was also an avid 4-Her, and they were married in 1954. Her life changed a few years later when John passed of an unexpected heart attack. At the time, Polly was expecting their second child, Molly. Needing to find a better work-life balance, Polly went back to school and obtained a master's degree in Secondary Education and Home Economics from Emporia State University. She became a high school home economics teacher for the next 22 years.



After her children, Molly and Andy

[pictured with Polly, top right], were grown, Polly went back to her roots and took a position as the Northwest Kansas Area Home Economist, where she supervised county home economists in 21 counties, from 1983 until 1991.

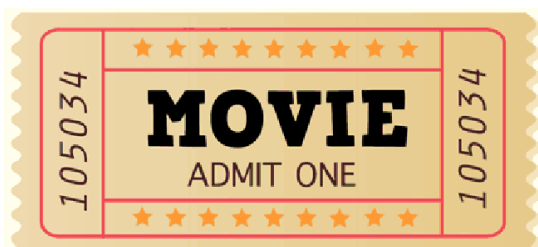
Normally, after two careers, that would be the time one would be retiring and slowing down. But not Polly! She did the opposite! At the age of 60, she fulfilled a lifelong dream to become a motivational speaker. Polly embarked on a new and exciting journey, speaking to church and civic groups for the next 21 years.

Through her meticulous data collection, she recalls speaking to a total of 228 groups, with an average group size of 20 to 50 persons. Her topics varied. Some of her most popular were *Poetic Potpourri*; *Kansas- Verse By Verse*; and *God is Near*. Her engagements took her all around the state of Kansas and into Nebraska and Iowa. Although she did not become rich in monetary funds, she became rich with new friendships and experiences!

Even today, Polly continues to inspire others. Many know her for her wonderful smile, love of sunflowers, and Kansas pride! Her enthusiasm for life and for others is evident each day. She is a proud mother, grandmother, and great-grandmother [pictured top left]. In true Polly spirit, she invites others to find what brings them joy and reminds them be thankful for each day!

*Three of the seven guesses submitted were correct! Congratulations to **Elaine Manges**, Meadowlark resident, on being this week's Who Am I Winner. Please collect your prize at the Hospitality Desk!*





## 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 25**

**RESIDENT REQUEST**

***HEARTSTRINGS, EP. 4: CRACKER JACK (2019)*** TV-14, 1 hr. 4 min. *Heartfelt, Emotional*

What happens when life interrupts loyal friendship? Four women reunite for a weekend of memories and try to make peace with lingering secrets.

### **MUSICAL MONDAY: July 26**

**RESIDENT REQUEST**

***LOVE ME TENDER (1956)*** NR, 1 hr. 29 min. *Musical, Emotional, Romantic*

Cast: Elvis Presley, Debra Paget, & Richard Egan

Young Texas farmhand Clint is spared participation in the American Civil War because of his age, but his older brother, Vance, goes off to battle. When a report indicates Vance has been killed, Clint asks Vance's sweetheart, Cathy, to marry him. But the report turns out to be wrong, and Vance returns, dismayed at the union.

### **TRUE TUESDAY: July 27**

***BEING THE QUEEN (2020)*** TV-14, 44 min. *Documentary, Biographical*

Being the Queen chronicles the life of Queen Elizabeth II, using never-before-heard interview recordings from those who know her the best.

### **WESTERN WEDNESDAY: July 28**

***THE APPLE DUMPLING GANG (1975)*** G, 1 hr. 40 min. *Western, Family, Comedy*

Cast: Bill Bixby, Susan Clark, & Don Knotts

The hilarity begins when a bachelor inherits three young orphans who stumble upon a huge gold nugget. While everyone in town is after their claim, the kids join forces with two bumbling outlaws to stage a robbery to get it back.

### **THRILLER THURSDAY: July 29**

***RED JOAN (2019)*** R for brief sexuality/nudity, 1 hr. 41 min. *Cerebral, Emotional, Romantic*

Cast: Sophie Cookson, Judi Dench, & Stephen Campbell Moore

Loosely inspired by a true story, this dramatized biopic shifts between two eras as it recounts the tale of Joan Stanley, a longtime British spy for the KGB who sees her peaceful suburban retirement abruptly shattered when she's arrested for treason.

### **FEATURE FRIDAY: July 30**

***THE TIME TRAVELER'S WIFE (2009)*** PG-13, 1 hr. 47 min. *Sci-Fi, Emotional, Romantic*

Cast: Rachel McAdams, Eric Bana, & Arliss Howard

Due to a genetic disorder, handsome librarian Henry involuntarily zips through time, appearing at various moments in the life of his true love.

### **SWEET SATURDAY: July 31**

***PANTS ON FIRE (2014)*** TV-G, 1 hr. 27 min. *Goofy, Family*

Cast: Bradley Steven Perry, Joshua J. Ballard, & Tyrel Jackson Williams

Jealous girlfriends and aliens are just some of the things Jack lied about to become popular. Now the lies are coming to life and ruining everything.

# Work That Brain!

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## Disney Animated Movies

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WALL-E  
PETER PAN  
TARZAN  
BAMBI  
BROTHER BEAR  
ROBIN HOOD  
CARS  
JUNGLE BOOK  
PINOCCHIO  
TANGLED  
BOLT  
MULAN  
MONSTERS INC  
CINDERELLA  
ALADDIN  
HERCULES  
DUMBO  
FANTASIA  
DINOSAUR

# Art Engagement *from the* Beach Museum of Art

**Matching ...** Artists will apply principles of design to create visually interesting artwork. Below are three of those principles and three artworks. Your challenge is to match the principle with the artwork. You may find that more than more principle matches one artwork.

**Rhythm** in an artwork occurs when an element of art is used repeatedly to create a sense of movement in the piece. You might find shapes or lines in repetition.

**Unity** is a sense of completeness within the artwork. All parts of the work of art appear in accord.

**Pattern** is when an element or motif is repeated in a predictable manner. This adds interest and order for the viewer.



[top, left] Charles Harry Eaton, *Pastoral*, ca. 1890  
Oil on canvas  
KSU, Marianna Kistler Beach Museum of Art, 1968.3

[above] Margaret Evelyn Whittemore  
*Berryton Bridge*, ca. 1936  
Block print on paper  
KSU, Marianna Kistler Beach Museum of Art, gift of  
the Works Progress Administration Federal Art  
Project, 1940.12

[left] Charles Leroy Marshall, Sr.  
*Missouri River - Atchison*, 1987  
Linoleum cut on paper  
KSU, Marianna Kistler Beach Museum of Art, Gift of  
Charles Marshall, S4.2014

## Notes

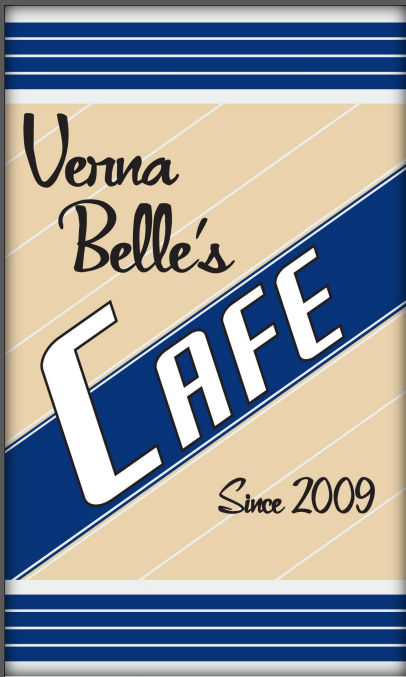
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**Celebrate Summer with a fresh-squeezed  
LEMONADE or LIMEADE in the Café for \$3!**

## **Breakfast & Lunch Specials**

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

### **Monday, July 26**

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

**Lunch: Triple Meat Pizza, \$4.50 / \$6.50**

*bacon, sausage, pepperoni, marinara sauce, & mozzarella cheese on a flatbread crust and served with a side of your choice*

### **Tuesday, July 27**

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

**Lunch: Beef Enchiladas, \$4.50 / \$6.50** *ground beef, cheese, & onions in a flour tortilla with red sauce and served with your choice of side*

### **Wednesday, July 28**

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

**Lunch: The Kansan Sandwich, \$4.50 / \$6.50** *roast beef, cheddar cheese, sautéed mushrooms, & onions on butter-toasted Italian bread with a side of jalapeño ranch served with your choice of side*

### **Thursday, July 29**

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

**Lunch: Grilled Chicken Mac & Cheese Bowl, \$4.50 / \$6.50** *mac & cheese topped with grilled chicken, shredded cheese, & your choice of toppings from the salad bar*

### **Friday, July 30**

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

**Lunch: Street Tacos, \$4.50 / \$6.50** *shredded pork, cheddar cheese, cilantro lime slaw, & avocado sauce on a mini flour tortillas and served with your choice of side*

### **Saturday, July 31, & Sunday, Aug. 1**

**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**

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*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 25 to July 30*

## Sunday • July 25

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

## Monday • July 26

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 27

*Trash & recycling*

~~10:30~~ 10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
2:00 p.m. ~ Memory Activities Class, KSU CL  
2:00 p.m. ~ 10-Point Pitch, GR  
3:00 p.m. ~ Coffee Corner, EC  
5:30 p.m. ~ 3rd Floor Supper, BR

## Wednesday • July 28

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  
1:30 p.m. ~ Diabetic Wellness Group, FHR  
2:00 p.m. ~ School Board Candidate Discussion, BR  
2:30 p.m. ~ ARTful Making, KSU CL  
3:00 p.m. ~ Sing-A-Long, EC  
3:00 p.m. ~ Rock Steady Boxing, CR  
5:30 p.m. ~ 1st Floor Supper, EC  
6:30 p.m. ~ UFM Class: Military History, EC

## Thursday • July 29

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  
3:00 p.m. ~ Rock Steady Boxing, **BF**

## Friday • July 30

8:30 a.m. ~ Speedy Pd Training Walk, VE  
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

<b>BF, Body First</b>	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 26 to July 29*

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

## Monday, July 26

1 p.m.	Parkinson's Exercise Class
2 p.m.	Change & Loss Support Group

## Tuesday, July 27

2 p.m.	Memory Activities Class
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## Wednesday, July 28

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

## Thursday, July 29

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

## Sunday, July 25

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	<b>NEW!</b> Worship Service with Chaplain Patty Brown-Barnett
2:00 p.m.	<b>(Re-run)</b> 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 26

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 7/15.

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## Tuesday, July 27

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 28

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 Chaplain Patty Brown-Barnett
1:00 p.m.	Sit & Be Fit Exercise Class
2:00 p.m.	Weights 101 Exercise Class

## Thursday, July 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

## Friday, July 30

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 31

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

**Why aren't  
koalas actual  
bears?**

**They don't meet the  
koalafications.**



Benefiting Meadowlark Memory Program

# Order Form

for Delivery on Thursday, JULY 29

Would you like lunch, dinner, or both? Check the box for the corresponding meal(s) and return form to the Hospitality Desk by noon, Tuesday, July 27. Total at bottom will be added to your monthly statement.

☐ LUNCH (Prices include sales tax.)

Quantity

## Taco Meal, \$8

Includes two meat tacos topped with lettuce, shredded cheese & tomato; served with tortilla chips and side of salsa

*Please check only one meat option per meal.*

Meal 1 : Chicken \_\_\_\_\_ Beef \_\_\_\_\_

Meal 2 : Chicken \_\_\_\_\_ Beef \_\_\_\_\_

## Fiesta-Rita, 16-oz. re-sealable bottle, \$5

Blanco tequila, house-made margarita mix  
with fresh lime juice

Lunch Sub-Total \$ \_\_\_\_\_ . \_\_\_\_\_

☐ DINNER (Prices include dessert and sales tax.)

Quantity

## Fajita Bowl, \$12

Choice of chicken OR steak on a bed of spring mix, brown rice quinoa, onions, green and red peppers, and sour cream. Dessert: Mexican Bread Pudding

*Please check one meat option per meal*

Meal 1 : Chicken \_\_\_\_\_ Steak \_\_\_\_\_

Meal 2 : Chicken \_\_\_\_\_ Steak \_\_\_\_\_

## Fiesta-Rita, 16-oz. re-sealable bottle, \$5

Blanco tequila, house-made margarita mix  
with fresh lime juice

Dinner Sub-Total \$ \_\_\_\_\_ . \_\_\_\_\_

## Meadowlark Memory Program Donation (optional)

*Now in its 5th year, Meadowlark Memory Program provides free education, engagement opportunities, and support services for persons in the Flint Hills region affected by cognitive changes.*

Donation Amount \$ \_\_\_\_\_ .00

Total \$ \_\_\_\_\_ . \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_

*Please print.*