



by Sarah Duggan, Comm. Rel. Director
The Alzheimer's Association Walk to End Alzheimer's Walk for Manhattan, Kan., is set to be an outdoor, in-person event for 2021. The Walk will be at Manhattan City Park on Saturday, Oct. 23, 2021.

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser for Alzheimer's care, support, and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease.

In moving forward with plans to host in person walks in the fall of 2021, the health and safety of participants, association staff, and volunteers remain the top priority for the Alzheimer's Association. In addition to the in-person City Park event, participants will also have

the option to participate online or in their neighborhood.

There is no fee to register for the Walk. However, all participants are encouraged to raise funds that allow the Alzheimer's Association to provide 24/7 care and support and advance research toward methods of prevention, treatment, and ultimately, a cure.

To participate, visit www.act.alz.org and click "Find a Walk Near You." Meadowlark has a team already started, and all residents, family members, Passport members, staff, and volunteers are invited to join the team. Once registered, you can start fundraising and spread the word, then on Oct. 23, you're invited to join the Walk Day event.

Registration on Walk Day will begin at 8 a.m. The Walk Day ceremony will start at 9 a.m. and

the Walk will begin around 9:15 a.m. The Walk route is one mile long.

There will be a Kick-Off Event to learn more about how you can get involved in the Alzheimer's Association Walk to End Alzheimer's from 2 to 4 p.m. Saturday, Aug. 21, at Midwest Dream Car Collection located at 3007 Anderson Avenue in Manhattan, Kan. Stop by this come-and-go event where you can register for the walk, visit with special guests, check out the silent auction and raffle items, and enjoy the car collection. There will be beer and wine available for purchase.

If you have questions about registering for the Walk or the Kick-Off Event, please contact Sarah Duggan at (785) 323-3878.

EVENTS & OPPORTUNITIES

Courtyard Bar Hours & Drink Specials

Starting Thursday, Aug. 5, the Courtyard Bar will be open on Thursdays and Fridays at 4 p.m. The bar will feature a frozen drink of the week and a selection of beer.

The Courtyard Bar will feature a Frozen Lime Margarita on Aug. 5 and 6. Frozen drink specials are available for \$5 each.

The bar will open only if the heat index is below 95 degrees. However, the frozen drink special will be offered at Prairie Star Pub if the Courtyard Bar is unable to open because of the heat.

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 moved to the West Tower on Tuesday, July 27.

Meadowlark's maintenance team will remove screens from windows prior to the washing.

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 gutters are located above the third floor. The crew plans to complete the gutter replacement by Friday, Aug. 6, weather permitting.

Speedy Pd Training Walk

Fridays 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 30, Aug. 6, Aug. 13, and Aug. 20. We will walk rain or shine!

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 the final Arts in the Park concert for summer 2021. Performing Friday, July 30, will be the Professional Improv by The KC Improv Company.

Town Meeting

Monday, Aug. 2, at 9:30 a.m.

Come hear the Meadowlark campus updates at the August Town Meeting on Monday, Aug. 2, at 9:30 a.m. in the Event Center. All are welcome.

Shopping Trip: Walmart & Dillons

Wednesday, Aug. 4, at 10 a.m.

Meadowlark Transportation is provided to Walmart and Dillons for grocery shopping each Wednesday free of charge. The next shopping trip is scheduled for Wednesday, Aug. 4. The bus will depart from the Village Entrance at 10 a.m. and return around 11:30 a.m. A sign-up sheet is located in the Blue Book at the Hospitality Desk.

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.

EVENTS & OPPORTUNITIES

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.

Tom's Gab & Games

Friday, Aug. 6, at 2 p.m.

Join Tom Barcellina, former Hospitality Team Member turned Meadowlark Volunteer, in an exciting game of Yahtzee! Each week, Tom will be conducting friendly games of Yahtzee, a popular dice game, from 2 to 3 p.m. on Fridays in the Game Room. He invites you to come and engage in some friendly play and conversation!

Please sign up in the Blue Book at the Hospitality Desk. This opportunity is limited to the first seven players each week, but more spots may become available if there is greater interest. The first session will be Friday, Aug. 6.

Celebration of Life: Barbara Harlan

Saturday, Aug. 7, at 11 a.m.



A celebration of the life of Barbara Anne Harlan is scheduled for 11 a.m. Saturday, Aug. 7, at Zeandale Community Church. The family requests that attendees wear face masks.

Barbara was a resident of

Lyle House from December 2013 until her death April 2, 2020, of complications from a Parkinson's-like illness.

Laughter is the Best Medicine

Saturday, Aug. 7, at 3 p.m.

Are you getting tired of summer TV? Why don't you plan to come to a laughing party on Saturday, Aug. 7, at 3 p.m. in the Flint Hills Room? No skills required, just bring your silly self. Laughter is the best medicine!

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.

Saturday Shopping Trips: Target, Hobby Lobby, & Dollar Tree

There have been several resident requests to schedule a trip to Target and the new Dollar Tree store on Manhattan's west side. The Blue Book has been updated and trips to Target and Dollar Tree West along with Hobby Lobby and Dollar Tree East have been added. The outings will alternate every other month. The next scheduled trip is Saturday, Aug. 21, with transportation going to Target and Dollar Tree West. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

On Sept. 18, the shopping trip will be to Hobby Lobby and Dollar Tree East.

**I always knock on
the fridge door
before I open it.**

**Just in case
there's a salad
dressing.**

On No Six 'O'Clock News

by Helen Roser

At the Van Nuys Air Show, a man, with a worried face, spoke to me. "I've been told maybe you could help me," he said. I had no authority. I just cared about pilots.

He was an aerobatic pilot who wanted to compete in the Air Olympics in Russia in two months. One of the team of three could afford to get his plane and himself to Russia. The other two needed help.

There was too little time for a fund-raiser. I suggested he call one of the local aircraft companies, explain their need and ask for help. It could be nice for everyone.

A few days later, the excited, happy pilot called me. The aircraft company would take him and the other pilot, but because of the size of the plane they'd use, there was room enough for only one plane and some limited seats, for the two pilots and a few others.

The pilot was excited and happy. I wished him good luck. On the afternoon of the day before the flight to Russia, my phone rang. It was the pilot, sounding so stressed he could hardly speak. "I have just been called by someone at (the mentioned aircraft company). He told me they will still take our plane, but the other pilot and I will have to find some other way to get to Russia, because all the seats are taken." "All the seats are taken," he said again, sadly.

I knew what had happened. When VIPs at the company heard about the plane going to Russia, they all descended on the non-VIP arranging the flight and demanded a seat on the plane.

In our group of people, sometimes called "the human comedy," some will do death-defying stunts in airplanes, while, on the ground some are afraid to say no to a VIP.

After the trip arranger had assigned all the seats, it apparently came to mind that it might be a good idea to let the pilots know they had been bumped. So someone called one of the pilots to let him know.

I looked at the clock. Time enough before KTTV's deadline for the six o'clock news. They would relish this story, but it would not be great PR for the aircraft company to report their plane would fly off to Russia tomorrow with the plane and VIPs, while the two pilots were left behind.

I told the pilot: "Stay by your phone. Keep your line open." I called the aircraft company and, with ominous mention of six o'clock news, reached an executive. I told him about his company's phone call to the pilot. I told him: "Thank you for acting on this. You have ten minutes to call the pilot and tell him he and the other pilot are back on the plane. If I don't hear from him I am giving the story to KTTV for their six o'clock news. Ten minutes. Thank you."

Four minutes later, the excited pilot called me. "I don't know how you did it, but we are back on the plane! OH! And he told me to call you right away and tell you!"

So, the next day, one plane took off, carrying a small plane, two aerobatic pilots, and a few VIPs, and flew to Russia. Italy won the Air Olympics. USA was second.



WHO ARE WE?

Do you know the Meadowlark residents 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!



[top left] On July 20, Meadowlark Ambassadors served a variety of lollipops and delicious lemonade for celebrated to celebrate National Lollipop Day.
[top right] Meadowlark hosted a Luau Dinner for 40 attendees on July 23.



[left] Meadowlark Ambassadors hosted a Popsicle Party in the Courtyard on June 29.

Solutions from 7/22.

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

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



August Birthdays



Skilled Nursing

- 8/7 David Bowers
- 8/8 Dennis Law
- 8/10 Josephine White
- 8/19 Lyn Toburen
- 8/25 Johanna Slinger
- 8/28 Wayne Bailie
- 8/31 Michael Troy

Assisted Living/Riley House

- 8/15 Nancy Marks

Independent Living

- 8/1 Ron Williams
- 8/2 Fred Freeman
- 8/6 Judy Cattell
- 8/6 Joseph Merklin
- 8/7 Candace Pannbacker
- 8/8 Carolyn Thompson
- 8/14 Ernestine Hamel

- 8/18 Jo Lindly
- 8/20 Don Kessinger
- 8/21 Tom Fryer
- 8/22 Mary-Rita Spooner
- 8/25 Ellie Cox
- 8/29 Joanne Barkyoub**

Employees

- 8/1 Lisa Schwarz
- 8/3 Olujoke Aina
- 8/4 Veronica Gallegos
- 8/6 Kyrsten Denyer-Capp
- 8/8 Sheila Frihart
- 8/8 Brigitte Monroe
- 8/8 Angela Gerena
- 8/9 Patricia Smithhisler
- 8/9 Sarah Duggan
- 8/9 Grace Ruder
- 8/10 Rachel Ivers
- 8/11 Trisha Montgomery

- 8/12 Annie Peace
- 8/12 Liz Elsasser
- 8/12 Evan Olson
- 8/12 Coy Cavender
- 8/13 Stacey Hayter
- 8/14 Dawie Maphosa
- 8/16 Kristal Reamer
- 8/17 Dustin Price
- 8/17 Arielle Wheeler
- 8/18 Danielle Medina
- 8/21 Julian Rosine
- 8/22 Troy Lower
- 8/23 Cecilia Reiser
- 8/24 Larry Wesche
- 8/24 Carolina Reyes
- 8/26 LaTisha Conder
- 8/27 Zachary Adkins
- 8/30 Pam Mann
- 8/31 Rhonda Lund
- 8/31 Tori Lamb

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

Work That Brain!

1	2	3	4	5		6	7	8	9		10	11	12	13	
14						15					16				
17						18					19				
20						21					22				
				23					24	25					
26	27	28	29				30	31							
32						33						34	35	36	
37						38					39				
40					41						42				
			43						44						
	45	46						47							
48						49	50	51				52	53	54	55
56						57					58				
59						60					61				
62						63					64				

- ACROSS**
- 1. Fragrant oil
 - 6. Level
 - 10. Ammunition
 - 14. Water park slide
 - 15. Rant
 - 16. Godsend
 - 17. Cantaloupe for example
 - 18. Baking appliance
 - 19. Swing around
 - 20. Graniteware
 - 22. Horse feed
 - 23. Be victorious
 - 24. Gift of the Magi
 - 26. Decisive moment in a novel
 - 30. Slumber
 - 32. Neighborhood
 - 33. Downburst
 - 37. Cain's brother
 - 38. Self-reproach
 - 39. Bright thought
 - 40. In a coveted manner
 - 42. Annuls
 - 43. 9 9 9 9
 - 44. Unable to
 - 45. Damp
 - 47. Woman
 - 48. A hollow cylindrical shape
 - 49. Contemplative
 - 56. Lascivious look
 - 57. Visual organs
 - 58. Point of greatest despair
 - 59. Brute
 - 60. "Darn!"
 - 61. Calcium carbonate
 - 62. Sweet juicy gritty-textured fruit
 - 63. Hearing organs
 - 64. S S S S

DOWN

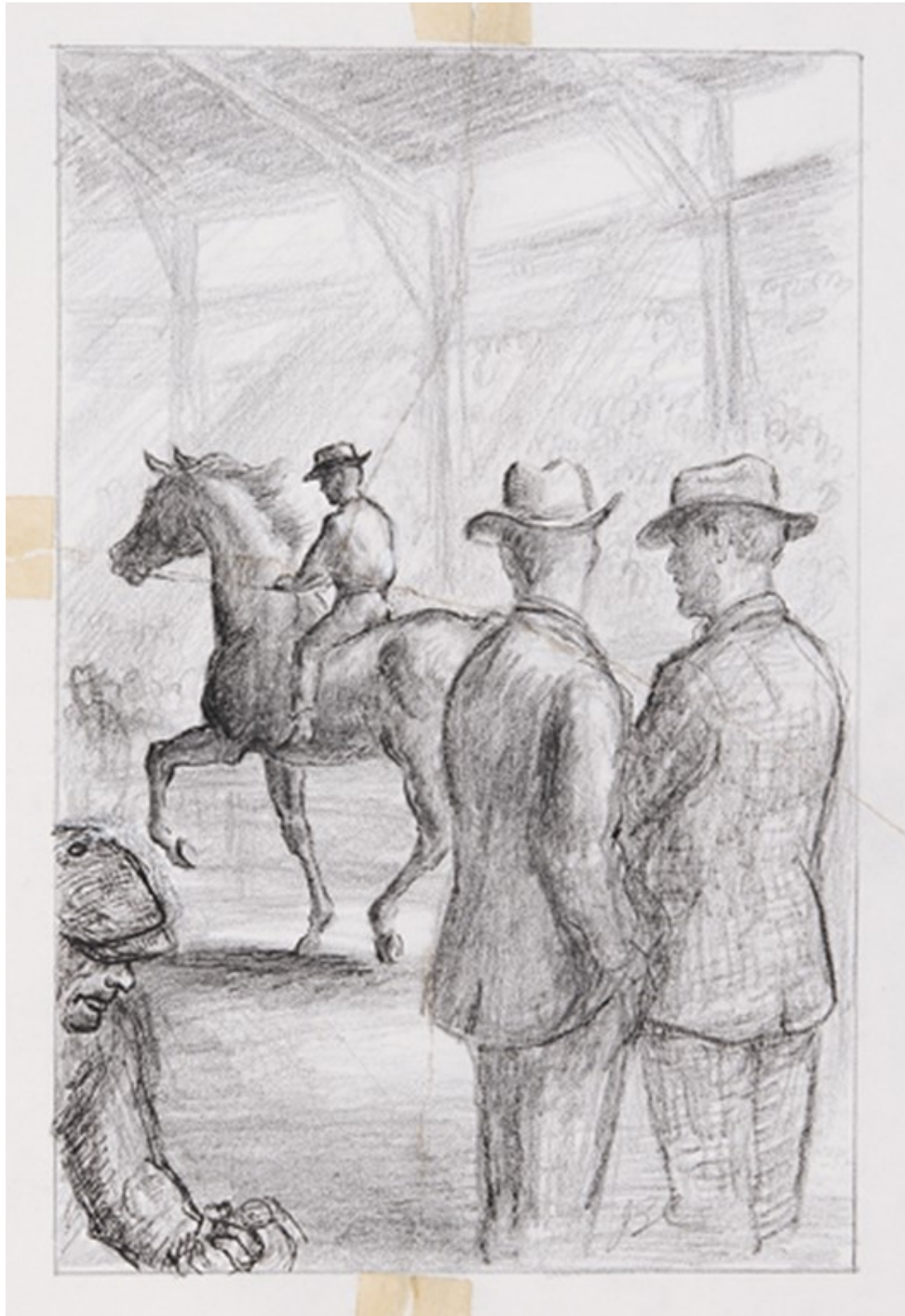
- 1. Apex
- 2. Not now
- 3. A city in western Russia
- 4. "Smallest" particle
- 5. Restoration
- 6. Displeased look
- 7. Magma
- 8. Affirm
- 9. A run-down apartment house
- 10. Soaking up
- 11. Back tooth
- 12. Oral cavity
- 13. 1 1 1 1
- 21. 59 in Roman numerals
- 25. Aye
- 26. Attired
- 27. Part of the outer ear
- 28. Frosts
- 29. Slacker
- 30. Travels on water
- 31. Easter flower
- 33. Country bumpkin
- 34. Norse god
- 35. Start over
- 36. Spar
- 38. A moon of Jupiter
- 41. 18-wheeler
- 42. Cornice
- 44. Feline
- 45. Blockade
- 46. A drama set to music
- 47. Central points
- 48. Raindrop sound
- 50. Tropical American wildcat
- 51. Costly
- 52. Sailors
- 53. Midmonth date
- 54. Briskly (music)
- 55. Historical periods

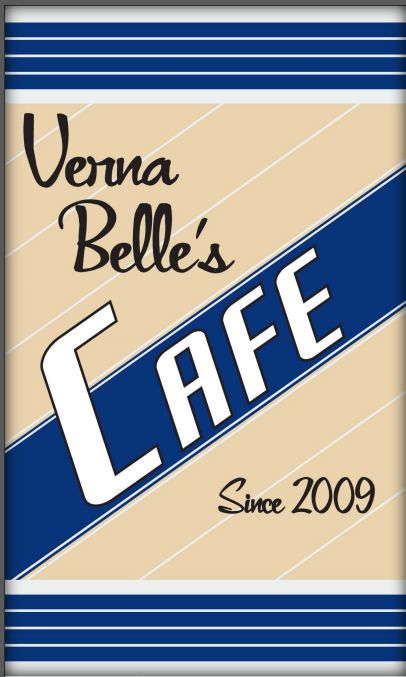
Art Engagement *from the* **Beach Museum of Art**

What is going on? Take a long moment to look closely at this image.

Then ask yourself, what is going on in this picture? Any thoughts you have about this image are worth mentioning. Ask yourself, what do you see that gives you these ideas?

Artist information listed on page 11.





**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, Aug. 2

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

Lunch: Mississippi Ham Slider, \$4.50 / \$6.50

ham, bacon, & cream cheese mixture on a slider buns and served with a side of your choice

Tuesday, Aug. 3

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

Lunch: Grilled Chicken Sandwich, \$4.50 / \$6.50 *grilled chicken & Swiss cheese on a croissant with roasted garlic aioli, lettuce, tomato, & onion served with your choice of side*

Wednesday, Aug. 4

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

Lunch: Beer Cheese Chicken Pretzel Sliders, \$4.50 / \$6.50 *beer cheese over pulled chicken served on a pretzel slider bun with your choice of side*

Thursday, Aug. 5

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

Lunch: Turkey Bruschetta Sandwich, \$4.50 / \$6.50 *sliced turkey, mozzarella cheese, & tomato bruschetta on butter-toasted Italian bread and served with your choice of side*

Friday, Aug. 6

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

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

Saturday, Aug. 7, & Sunday, Aug. 8

Breakfast: A la 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 29 to Aug. 11.

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

Chicken Fried Steak

hand-breaded chicken fried steak served with mashed potatoes and squash, **\$15**

Salmon Bowl*

orange-glazed sesame salmon served over brown rice with carrot raisin salad **\$16**

Honey Bourbon Pork Chop*

bone-in pork chop served with steak fries and broccolini **\$17**

Fiesta Salad

ground beef, lettuce, tomato, shredded cheese, black beans, roasted corn, black olives, green onions, & tortilla strips with a creamy southwest dressing served in a fried flour tortilla, **\$11**

Teriyaki Kabobs

grilled chicken, pineapple, cherry tomatoes, bell peppers, & onion served with brown rice, **\$14**

Parmigiana

your choice of chicken parmesan or eggplant parmesan served with marinara linguini and honey-glazed carrots, **\$14**

Lemon Linguine

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

**Consuming raw or undercooked meat, poultry, seafood, shellfish, or eggs may increase your risk of foodborne illness.*

Weekly Opportunities Calendar Aug. 1 to Aug. 6

Sunday • Aug. 1

10:30 a.m. ~ Worship Service, EC
10:30 a.m. ~ Transportation to FUMC, VE

Monday • Aug. 2

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
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ Contemporary God Talk, BR
5:30 p.m. ~ Tuttle Creek Dinner, BR
7:00 p.m. ~ BINGO Night, EC

Tuesday • Aug. 3 *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. ~ Prairie Star Writers Group, PR
2:00 p.m. ~ Memory Activities Class, KSU CL
2:00 p.m. ~ 10-Point Pitch, GR
3:30 p.m. ~ Ambassadors Meeting, PR

Wednesday • Aug. 4

9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
10:00 a.m. ~ Memory Care Partner Group, FHR
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. ~ Sing-A-Long, EC
3:00 p.m. ~ Rock Steady Boxing, CR

Thursday • Aug. 5

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
2:00 p.m. ~ Parkinson's Education Group, CR
3:00 p.m. ~ Rock Steady Boxing, BF
5:00 p.m. ~ S'mores Night, CY
5:30 p.m. ~ Meadowlark Circle Dinner, BR
6:00 p.m. ~ Dinner with the League, EC

Friday • Aug. 6

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
2:00 p.m. ~ Tom's Gab & Games, GR

Saturday • Aug. 7

3:00 p.m. ~ Laughter is the Best Medicine, FHR

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 Aug. 2 to Aug. 5

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

Monday, Aug. 2

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

Tuesday, Aug. 3

2 p.m.	Memory Activities Class
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Wednesday, Aug. 4

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

Thursday, Aug. 5

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

Sunday, Aug. 1

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, Aug. 2

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 7/22.

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

Tuesday, Aug. 3

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, Aug. 4

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, Aug. 5

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, Aug. 6

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, Aug. 7

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

Artist information from page 7.

John Steuart Curry
Horse Show/Fair Grounds, ca. 1938-1940
Crayon on paper
KSU, Marianna Kistler Beach Museum of Art,
bequest of Kathleen G. Curry, 2002.818



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.

Movie showtimes have been canceled for Saturday, July 31, and Sunday, Aug. 1, to allow time for carpet cleaning. Series Sunday will continue with episode five of Heartstrings on Sunday, Aug. 8.

MUSICAL MONDAY: Aug. 2

RESIDENT REQUEST

WALK THE LINE (2005) PG-13, 2 hr. 16 min. *Heartfelt, Emotional, Romantic*

Cast: Joaquin Phoenix, Reese Witherspoon, & Ginnifer Goodwin

This critically acclaimed biopic distills country singer Johnny Cash's transformation from man to icon—from his hardscrabble days on an Arkansas farm to his time inside Memphis's Sun Studios, where he finally found a voice for his talents.

TRUE TUESDAY: Aug. 3

THE FOUNDER (2016) PG-13, 1 hr. 55 min. *Drama, Intimate, Movie Based on Real Life*

Cast: Michael Keaton, Nick Offerman, & Linda Cardellini

After a fateful encounter with the McDonald brothers, struggling salesman Ray Kroc becomes driven to change the way hamburgers are made and sold.

WESTERN WEDNESDAY: Aug. 4

THE LOST HUSBAND (2020) PG-13, 1 hr. 50 min. *Heartfelt, Intimate, Feel-Good*

Cast: Leslie Bibb, Josh Duhamel, & Nora Dunn

Looking to start anew, a widow retreats with her children to her aunt's goat farm, where the ranch's manager helps her navigate country life and loss.

THRILLER THURSDAY: Aug. 5

DIAMONDS ARE FOREVER (1971) PG, 2 hr. *Cerebral, Suspenseful, Exciting, Violent*

Cast: Sean Connery, Jill St. John, & Charles Gray

When he discovers that his archenemy is stockpiling the world's supply of diamonds for use in a deadly laser satellite, secret agent James Bond set out to thwart the madman with help from beautiful smuggler Tiffany Case.

FEATURE FRIDAY: Aug. 6

THE OTTOMAN LIEUTENANT (2017) R *for some war violence*, 1 hr. 50 min. *Romantic, Military*

Cast: Michiel Huisman, Hera Hilmar, & Josh Hartnett

As World War I looms, an American nurse travels to the Ottoman Empire on a medical mission, where she clashes with a dashing lieutenant.

SWEET SATURDAY: Aug. 7

THE LAST LAUGH (2019) TV-MA, 1 hr. 38 min. *Witty, Irreverent, Heartfelt*

Cast: Chevy Chase, Richard Dreyfuss, & Andie MacDowell

After moving to a retirement home, restless talent manager Al reconnects with long-ago client Buddy and coaxes him back out on the comedy circuit.