



Trotting Forward with Excitement

by Michelle Haub, Pd Program Leader

After adjusting the 2020 event to completely virtual, the Speedy Pd planning committee is gaining speed to make the 2021 race a winner!

The 13th Annual Speedy Pd Race for Parkinson's disease, presented by Community First National Bank, is Saturday, Aug. 28, at Tuttle Creek State Park. The purpose of the event is multifaceted: raise awareness and understanding of Parkinson's disease (Pd); raise funds to allow the Meadowlark Parkinson's Program to continue its 14-year tradition of providing FREE exercise classes, educational opportunities, community outreach, and scholarship to those in the Flint Hills (and beyond) affected by Pd; celebrate and honor those affected by Pd; remember

those we have lost; exercise (walk and/or run a 5k, 10k or ½ Mile); enjoy the beautiful Tuttle Creek State Park; and have FUN with new and trusted friends!

This year will mark a new opportunity to pay tribute to those who have passed away. The ½ Mile event is being renamed as a "Memorial Walk/Run". Family and friends of those who have lost a loved one with Parkinson's will be able to have a sign posted alongside the road where this walk occurs. With the COVID restrictions, we missed many opportunities to celebrate the lives of those who died, so it is only fitting to be able to give them homage here.

One of the things that makes our race special is having the VIPds (Very Important People with

Parkinson's disease) sing the National Anthem before the start. Using a loud voice and singing are components of exercise we use in voice classes and therapy to improve communication effectiveness. Therefore it is a wonderful opportunity for our VIPds to sing and share the power of their voices!

One does not need to be a fast walker/runner to participate in our event! Part of the beauty of the Speedy Pd is the encouragement one feels while participating. We have the best volunteers throughout the courses to cheer for you!

To register, simply go to www.runspeedypd.org or stop by the Hospitality Desk to pick up a paper registration form. You may

See SPEEDY PD, page 6

EVENTS & OPPORTUNITIES

Clemmie the Cat

Clemmie, short for Clementine, is looking for a pal or two to hang out with at Meadowlark while her family is out of town for a few weeks. Clemmie is an 11-year-old orange tabby cat. She is a curious, loveable house cat who is very low-maintenance.

Sleeping is one of her favorite hobbies!

If you would like to host Clemmie in your home for a few weeks and enjoy her company, please contact Beth Pannbacker at (303) 919-7522. All food and supplies would be provided.



Window Washing Update

Starting today, Aug. 5, the window washing crew will be going into apartments with balconies in the tower to clean the balcony doors. Beginning next week, the maintenance team will return to tower apartments to re-install screens to windows. The window washing company will be working in courtyards next week and should complete the work by Friday, Aug. 13.

Courtyard Bar Hours & Drink Specials

Starting today, 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. The drink special for Aug. 12 and 13 will be a Peach Ballini. Frozen drink specials are available for \$5 each.

The Courtyard will be closed Friday, Aug. 13, for a private event, but the frozen drink special will still be available at Prairie Star's Pub.

The Courtyard 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.

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: Aug. 6, Aug. 13, and Aug. 20.

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.

Where Africa Breaks Apart: A Troubling Trip

Friday, Aug. 6, at 7 p.m.

Join K-State Geography professor Arnaud Temme at 7 p.m. Friday, Aug. 6, in the Event Center as he takes you on a trip to Ethiopia, using his own experience to illustrate both the amazing geology of the African Rift and the current tensions in the region.

Temme's journey went under sea-level, into rebel territory, to a volcano inside a salt lake with an abandoned mine on top, and that was only the start of the trouble! The traveled region is the hottest place on earth according to many, and the heat made an exploration into a true rout. Join us for some truly rare photos and insights.

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.

Need to expand your lungs the fun way? Plan on

EVENTS & OPPORTUNITIES

coming to a laugh gathering on Saturday, Aug. 7, at 3 p.m. in the Flint Hills Room. We will laugh like we did as children to improve our health. No sign up required—all are welcome.

Series Sunday

Sunday, Aug. 8, at 2 and 6 p.m.

Grosh Cinema is hosting *Series Sunday*. Each Sunday through Aug. 29, the Cinema will show a new episode of the Netflix Series, *Dolly Parton's Heartstrings*. The fifth episode, *Down from Dover*, will play in the Cinema Sunday, Aug. 8, at 2 and 6 p.m.

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.

Casino BINGO

Monday, Aug. 9, at 7 p.m.

Come and join the fun during this month's theme bingo on Monday, Aug. 9! *Casino BINGO* will include lots of exciting decorations and prizes to fit the theme, so be sure to attend! Player buy-in will be \$1 for the use of two playing cards. BINGO occurs each Monday, from 7 to 8 p.m., and theme BINGO nights occur on the second Monday of the month. No registration is necessary.

Get the Scoop

Thursday, Aug. 12, at 3 p.m.

You're invited to *Get the Scoop* at 3 p.m. Thursday,

Aug. 12, in the Courtyard! Get the Scoop will feature \$2 scoops of Call Hall Ice Cream and participants will have the opportunity to visit with Stacey Hayter, Prairie Star's General Manager and Executive Chef. No registration necessary to attend.

Celebration of Life: John Strickler

Saturday, Aug. 14, at 10 a.m.

All are welcome to attend a celebration of life for John K. Strickler at 10 a.m. Saturday, Aug. 14, in Prairie Star's Event Center at Meadowlark.

A virtual option is available to those who are unable to attend the service in person. Please contact Monte Spiller at (785) 323-3820 to receive the Zoom link.

John passed away Feb. 23, 2020, at Ascension Via Christi Hospital in Manhattan, Kan. Memorial contributions may be made to either the Kansas Chapter of the Nature Conservancy or the Kansas Association for Conservation and Environmental Education. Contributions may be left in care of Yorgensen-Meloan-Londeen Funeral Home, 1616 Poyntz Avenue, Manhattan, Kan., 66502.

Annual Watermelon Feed

Tuesday, Aug. 17, at 3 p.m.

The Meadowlark Ambassadors are excited to host their Annual Watermelon Feed on Tuesday, Aug. 17, from 3 to 4:30 p.m. Come out and enjoy some delicious watermelon in the Courtyard. All are welcome to attend!

Shopping Trip: Target & Dollar Tree

Saturday, Aug. 21, depart at 10:30 a.m.

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.

**What did the
pirate say when he
turned 80?**

Aye matey.

Walk to End Alzheimer's

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.

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.

On the Shorter Tree

by Helen Roser

The article in Popular Mechanics magazine said if you built the contraption described, it would fly. So teenaged Waldo built one and it flew.

Thus began the career of aviation pioneer Waldo Waterman. He solved problems for designers of commercial aircraft. He was the pilot of the first commercial coast-to-coast flight.

Starting out, he flew his glider down the big hill in San Diego, with its wide street leading to the planned big park.

One Sunday early morning, when Waldo made his experimental flights in his glider, he saw the city had planted palm trees on both sides of the street. They got in his way and his glider hit one tree and broke it off. The tree didn't die, but it was shorter than the others.

Years later, when San Diego decided to honor Waldo Waterman, their aviation pioneer, they put a monument at the top of a hill, honoring his first flight. But no mention of the shorter palm tree.

Early in his career, Waldo designed a flying auto, with detachable wings. A little demonstration movie was shown to Experimental Air Crafters years ago. Apparently it was never seen by the ones who now excitedly say, "the first flying auto is being built."

Waldo may be forgotten and his invention overlooked. But, if the shorter tree is still in San Diego, it remembers Waldo.

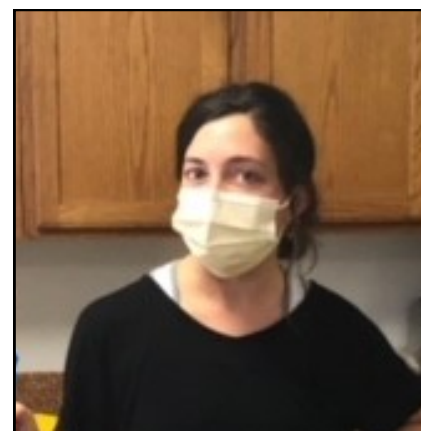
LEADER OF THE PACK

Congratulations to Meadowlark's Leader of the Pack for August 2021, Anna Giersch, a Homemaker in Lyle House!

Anna goes above and beyond when preparing meals with excellent care and quality. The residents enjoy talking with

Anna while everyone is gathered together to dine. One resident described Anna as "quick, efficient, and so caring."

Meadowlark is happy to have Anna as a part of the team!





WHO ARE WE?

Ed and Jo Lindly were featured in last week's *Who Are We* article. Did you guess correctly?

It was while Ed was in his second year as a professor at K-State that he met Gloria Jo Staff, or Jo as she is affectionately known. Jo's father introduced the pair, and it was through friendly games of bridge they became romantically linked!

They were married on May 26, 1951, and took a four-week honeymoon to spend time in Missouri, Louisiana, and Georgia. It was while they were enjoying time in a New Orleans café that Ed made the unfortunate mistake of calling Jo a "friend." When he bought a newspaper from the newsboy Ed failed to acknowledge Jo as his spouse, and simply said, "My friend wants a newspaper." Ed's excuse? Saying the words "my wife" in a sentence had not yet been uttered, so his brain had yet to make the new connection! To this day, Jo has never let Ed forget this entertaining tale.

Throughout their marriage, Ed and Jo have had many adventures. One of their most noted trips was to the Middle East. They spend time in Egypt, Jordan, and Qatar. Ed was given the opportunity to travel and teach, as a faculty member of the K-State civil engineering department. K-State was sending professors to a new university in Egypt during the spring of 1964 through the US Aid for International Development. Ed and Jo, along with their three young children, Kirk, Jay, and Ruth, spent four years in the area. While there, Jo used the bachelor's in nursing she attained at Washington University in the St. Louis to teach at

a local hospital in Jordan. She also oversaw her daughter's education, along with three other young girls whose families came from America to teach at the new university.

Ed and Jo have enjoyed many travels throughout the United States and in foreign countries. Early travel involved job assignments, while the latter half of their life included more time for personal travels, including membership in a "travel club." The club included seven couples. All of the men had active military experience, and most attained foreign services through educational opportunities. They traveled to countries such as France, Slovakia, Mexico, and Germany. Former travel club members included current Meadowlark residents Warren and Nancy Prawl and Orris and Charlotte Kelly.

Ed and Jo became a part of the Meadowlark community in 2002 and have lived in their 5th floor apartment for the past 19 years. Ed and Jo describe Meadowlark as a "large family living together in harmonious friendship." They enjoy catching up with friends, listening to speakers who come to entertain with programs, as well as the weekly worship services.



See GUESS WHO, page 11

[top left] Ed and Jo pictured with their three children. **[top right]** Members of the travel club gathered together. **[inset, left]** A family picture taken in Giza, Egypt with the Sphinx and Khafre's Pyramid.

July Gifts to Meadowlark Foundation

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

Memory of

Beverly Fink Jack Riley*
Lily C. Harkness* Billy Swofford*
Frances Holcombe Ruth Todd

Honor of

Wayne Bailie Team Rasmussen**
IACH Solemates** VIPd's**

**Remembered during the Honor a Legacy campaign.*
***2021 Speedy Pd Team*
If you have questions regarding Meadowlark Foundation, please contact Becky Fitzgerald at (785) 323-3843.

SPEEDY PD, from page 1



turn in your registration and payment to the box at the Hospitality Desk or to Body First Wellness Center.

The 5k and 10k races begin at 8 a.m., and the Half-Mile Memorial Walk/Run starts at 9:15 a.m. Each registered participant receives a Speedy Pd T-shirt (guaranteed until 8/13/21), a finisher's medal, and wonderful post-race food, drink and massages provided by our wonderful sponsors. If you have any questions about our event, please contact Michelle at (785) 323-3899 or email michelle.haub@meadowlark.org.

Work That Brain!

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	3	4	6			9		
			7		4			
						2	9	4
	6		9				3	
9			1			6		
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						1		

	7	1						5
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5			9				8	
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4	6						2	

Art Engagement *from the* Beach Museum of Art

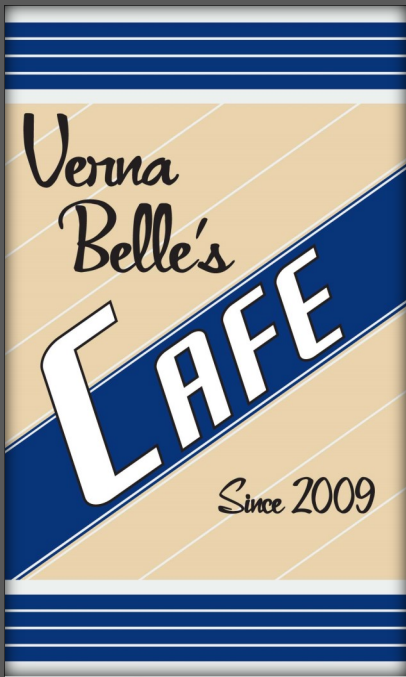
Compare and Contrast ... It is county fair time in states throughout the United States. Let's exercise our observation skills on these carnival-themed prints by making note of what is the same in each image and what is different?



Paul Landacre
Children's Carnival,
published 1946
Wood engraving on
paper
KSU, Marianna Kistler
Beach Museum of Art,
bequest of Raymond &
Melba Budge, 1992.179



Avis Chitwood
Topeka Fair, 20th
century
Etching on paper
KSU, Marianna Kistler
Beach Museum of Art,
Kansas Printmakers
Fund, 2005.369



Updated Café Hours: *Beginning Monday, Aug. 16, Verna Belle's Café will be open Monday through Friday from 7 a.m. until 3 p.m. Saturday and Sunday hours will remain at 7 to 11 a.m.*

Breakfast & Lunch Specials

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

Monday, Aug. 9

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

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

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

Tuesday, Aug. 10

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

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

Wednesday, Aug. 11

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

Lunch: Bierok, \$4.50 / \$6.50 *ground beef, shredded cabbage, carrots, & onions wrapped in a biscuit and served with your choice of side*

Thursday, Aug. 12

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

Lunch: Mexican Chicken Bowl, \$4.50 / \$6.50 *seasoned chicken & shredded cheese over cilantro lime rice with your choice of toppings*

Friday, Aug. 13

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

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

Saturday, Aug. 14, & Sunday, Aug. 15

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 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. 8 to Aug. 14

Sunday • Aug. 8

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

Monday • Aug. 9

9:30 a.m. ~ Seated Strength, CR
10:30 a.m. ~ Weights 101, CR
10:30 a.m. ~ Technology Assistance, GR
10:45 a.m. ~ Depart for Big Boy No. 4014 Trip, VE
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
7:00 p.m. ~ BINGO Night, EC

Tuesday • Aug. 10 *Trash & recycling pick-up*

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

Wednesday • Aug. 11

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. ~ ARTful Memories, KSU CL
3:00 p.m. ~ Sing-A-Long, EC
3:00 p.m. ~ Rock Steady Boxing, CR
5:30 p.m. ~ Eastside Supper, BR

Thursday • Aug. 12

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
2:30 p.m. ~ Blood Pressure Clinic, FHR
3:00 p.m. ~ Get the Scoop, CY
3:00 p.m. ~ Rock Steady Boxing, BF

Friday • Aug. 13

8:30 a.m. ~ Speedy Pd Training Walk, VE
9:30 a.m. ~ Seated Strength, CR
10:30 a.m. ~ Weights 101, CR

Friday • Aug. 13

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
7:00 p.m. ~ Africa Trip Presentation, EC

Saturday • Aug. 14

10:00 a.m. ~ John Strickler Celebration of Life, EC

Room Abbreviations

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



Zoom Opportunities Calendar Aug. 9 to Aug. 12

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

Monday, Aug. 9

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

Tuesday, Aug. 10

2 p.m.	Memory Activities Class
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Wednesday, Aug. 11

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

Thursday, Aug. 12

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

Sunday, Aug. 8

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, Aug. 9

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 7/29.

A	T	T	A	R		F	L	A	T		A	M	M	O
C	H	U	T	E		R	A	V	E		B	O	O	N
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Tuesday, Aug. 10

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. 11

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. 12

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. 13

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. 14

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

GUESS WHO, from page 5

The couple invites others who would like to learn more about their past to contact them. They have exciting stories and are happy to share more about their many and vast adventures with anyone who is interested!

Six of the eight guesses submitted were correct! Congratulations to **Janice Parsons**, 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: Aug. 8

RESIDENT REQUEST

HEARTSTRINGS, EP. 5: DOWN FROM DOVER* (2019) TV-14, 1 hr. 6 min. *Heartfelt, Emotional

Young love faces adversity during the Vietnam War when a reverend's daughter and a budding soldier brave the unknown, one leap of faith at a time.

MUSICAL MONDAY: Aug. 9

WILLY WONKA & THE CHOCOLATE FACTORY* (1971) G, 1 hr. 40 min. *Imaginative

Cast: Gene Wilder, Jack Albertson, & Peter Ostrum

Eccentric candy man Willy Wonka ignites a worldwide frenzy when he announces that golden tickets hidden inside five of his delicious candy bars will admit their lucky holders into his top-secret confectionary.

TRUE TUESDAY: Aug. 10

RESIDENT REQUEST

PROFIT MOTIVE & THE WHISPERING WIND* (2007) NR, 58 min. *Documentary

Proceeding chronologically, the documentary captures monuments to and gravestones of influential rebels and progressive leaders from all across the country, including Frederick Douglass, Sojourner Truth, and many others.

WESTERN WEDNESDAY: Aug. 11

DEAD AGAIN IN TOMBSTONE* (2017) R *for violence, sexuality, & nudity*, 1 hr. 39 min. *Exciting

Cast: Danny Trejo, Jake Busey, & Elysia Rotaru

At the devil's bidding, a deceased outlaw returns to life bent on protecting an ancient relic from a group of soldiers—and raising all kinds of hell.

THRILLER THURSDAY: Aug. 12

THE PELICAN BRIEF* (1993) PG-13, 2 hr. 21 min. *Suspenseful, Mystery, Movie Based on a Book

Cast: Julie Roberts, Denzel Washington, & Sam Shepard

A law student turns to a reporter for help when her far-fetched theory about the assassinations of two Supreme Court justices puts her life in jeopardy.

FEATURE FRIDAY: Aug. 13

SEVEN* (2019) TV-14, 1 hr. 53 min. *Gritty, Exciting, Drama

Cast: Efa Iwara, Richard Mofe-Damijo, & Bimboo Manuel

After his affluent father passes, a man must survive seven days in the Nigerian neighborhood of Ajegunle, where obstacles keep him from his inheritance.

SWEET SATURDAY: Aug. 14

THE LAST LETTER FROM YOUR LOVER* (2021) TV-MA, 1 hr. 50 min. *Swoonworthy, Intimate

Cast: Shailene Woodley, Felicity Jones, & Callum Turner

After finding a trove of love letters from 1965, a reporter sets out to solve the mystery of a secret affair—while embarking on a romance of her own.