



Empowered LIVE!

Empowered LIVE!, presented by Vanderbilt's the evening of Friday, Aug. 27, is an evening to celebrate living well with Parkinson's disease. The evening activities include a presentation by 2021's featured speaker, Jimmy Choi, American Ninja Warrior competitor.

At the age of 27, endurance athlete and two-time world record holder Jimmy Choi was diagnosed with Young Onset Parkinson's disease.

Physical therapy led him to running and other activities that helped both his physical and mental Pd symptoms. His passion to push beyond his limits led him to the national stage as he took on a new challenge and competing as an American Ninja: Warrior the last five years. "I don't move like other runners, cyclists, and I certainly don't move like other ninjas," Choi said. "Yet I try to find ways to defy the odds presented to me. When one road is blocked, change your course. You will find a way."

All are welcome to attend Empowered LIVE! on Friday, Aug. 27, at the Holiday Inn at the Campus. Vendor booths, VIP displays, and a meal will be available from 5 to 6:30 p.m. Dinner is \$15 per person and \$7 per child 10 years of age and younger. A cash bar will be available. Jimmy Choi will take the stage at 6:30 p.m.

Packet pick-up for Speedy Pd registrants will be open at the Holiday Inn at the Campus during Empowered LIVE! from 4:30 to 7 p.m. Packets can also be picked up between 6:30 and 7:30 a.m. the morning of the race, Aug.

Back to School!

It's time for back to school for USD 383—the first day back for grades K through 12 was yesterday, Aug. 18. Several Meadowlark kids and teenagers are making their return for another year of learning, fun, and growth. Good luck to all of our students!

[top left] Max Bowyer, 12th grade—dishwasher in Prairie Star and son of Annie Peace, Health Services Director. [top right] Murphy Duggan, 2nd grad—daughter of Sarah Duggan, Community Relations Director. [bottom left] Rowan Minton, 4th grade—Meadowlark volunteer and son of Jayme Minton, Support Services Director. [bottom right] Elliott Heidbreder, 4th grade—daughter of Jeff Heidbreder, Fitness Services Leader.

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EVENTS & OPPORTUNITIES

Meadowlark Singers

Calling all singers! Meadowlark Singers is a group of residents who enjoy singing. They meet weekly at 3:30 p.m. for one hour, beginning typically around the end of August and continue through May. Traditionally, the group has presented three concerts for residents, family, and friends at Christmas, Valentine's Day, and in the Spring. Many of the musical selections are old favorites and show tunes, but the group also likes to be challenged to continue growing their strengths. If this is an opportunity that interests you, be on the lookout for more information in the future!

Pull Cord Reminders

Independent living apartments and cottages are equipped with nurse pull cords. These can be used to address an urgent need; however, in the event of a true emergency, please call 911 first then call for a nurse by pulling your cord.

The function of the cords is routinely monitored by the team at Meadowlark, and because of this ability to monitor remotely, the cord units themselves do not need to be checked annually. If you have a question or concern about the pull cords in your residence, please contact Monte Spiller at (785) 323-3801.

Courtyard Bar Hours & Drink Specials

The Courtyard Bar will feature a Frozen Watermelon Mint Margarita on Aug. 19 and 20. Frozen drink specials are available for \$5 each.

The Courtyard Bar is open on Thursdays and Fridays at 4 p.m. The bar features a frozen drink of the week and a selection of beer.

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

Friday, Aug 20, 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 Friday, Aug. 20.

Series Sunday

Sunday, Aug. 22, 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 sixth episode, *Sneed*, will play in the Cinema Sunday, Aug. 22, at 2 and 6 p.m.

Tom's Gab & Games

Friday, Aug. 20, 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 Flint Hills Room. He invites you to come and engage in some friendly play and conversation!

Poetry Hour with Monte Spiller

Friday, Aug. 20, at 7 p.m.

Join Monte Spiller, Resident Services Leader, at 7 p.m. Friday, Aug. 20, in Prairie Star's Event Center as he hosts Meadowlark's Poetry Hour. Monte will be reading some of his own poems, and attendees will have the opportunity to read or recite their favorite poem for the group. It's a great opportunity to share your appreciation for the art of poetry. All are welcome.

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.

Walk to End Alzheimer's Kick-Off Event

Saturday, Aug. 21, at 2 p.m.

There will be a Kick-Off Event to learn more about how you can get involved in the Alzheimer's

EVENTS & OPPORTUNITIES

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.

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.

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

Music with JahVelle Rhone

Friday, Aug. 27, at 7 p.m.

Meadowlark is in for a treat as we welcome saxophonist Jah Velle Rhone to Prairie Star's Event Center at 7 p.m. Friday, Aug. 27!

Rhone has played alongside many jazz greats and shares a platform in ministry with numerous Gospel recording artists. Some may know him as J-R Saxophonic, but he is more commonly known as JahVelle Rhone.

Speedy Pd Race for Parkinson's Disease

Saturday, Aug. 28, at 8 a.m.

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 event features a 5K, 10K, and Half-Mile Walk/Run.

Meadowlark transportation to and from Speedy Pd is available to residents at no cost. The bus will depart from the Village Entrance at 7:15 a.m. Saturday, Aug. 28. If you would like to utilize this opportunity, please sign up in the Blue Book at the Hospitality Desk.

This year will mark a new opportunity to pay tribute to those who have passed away. The half-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.

You do not need to be a fast walker or runner to participate in Speedy Pd! Part of the event's beauty is the encouragement one feels while participating. We have the best volunteers throughout the courses to cheer for you!

To register, visit www.meadowlark.org or stop by the Hospitality Desk to pick up a paper registration form. You may 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 Speedy Pd, please contact Michelle at (785) 323-3899 or via email at michelle.haub@meadowlark.org.

Ice Cream Social: Celebration of Life

Saturday, Aug. 28, at 4:30 p.m.

All are invited to an ice cream social to celebrate the life of Don Rasmussen. Join the family in Prairie Star's Event Center from 4:30 to 5:30 p.m. Saturday, Aug. 28.

Joanne Barkyoub's Birthday Party

Sunday, Aug. 29, at 2 p.m.

All are invited to join Joanne Barkyoub as she celebrates her 90th Birthday! Enjoy refreshments and live music at 2 p.m. Sunday, Aug. 29, in Prairie Star's Event Center. Happy birthday, Joanne!

**How do poets
say hello?**

**Hey, haven't
we metaphor?**



WHO ARE WE?

Last week's *Who Are We* article featured John and Karen Trail. Did you guess correctly?

Karen was sitting atop of her childhood horse, *Big Red*, in last week's photo. She grew up on a farm south of Gardner, Kan. Thinking back to that time, Karen smiles and laughs reminiscing about the Spanish saddle on *Big Red* and how long it took her to grow and reach the stir-ups, since he was such a large horse!

John's photo from last week showed him at age 15 in his school portrait. John was also raised on a farm in the small town of Basehor, Kansas.

The two were introduced when they were young adults by Karen's parents. At the time, Karen was an elementary school teacher in Cheney, Kan., and John was a junior high teacher in Oskaloosa, Kan. Karen's mother was a fellow educator and she and her husband had a tradition every week to host weekly game nights at their home. The invitation was open to any teachers in the area. John, a fellow educator in their school system, decided to take them up on their offer! Karen had the chance to enjoy John's company when she ventured back home from time to time, but it was not until a few years later they became romantically linked.

John asked Karen one day if she would like to come with him to a basketball game. He had to *scout out* the competition, since he was the coach of the local team. It was on that day, through the long car ride together, they realized there was more to their relationship! After a year of long-distance dating, they married on Aug. 2,

1969. Since their marriage, they traveled all over the state working as educators in towns such as Montezuma, Axtell, and Seneca. Both worked for more than 30 years as teachers in the Kansas education system until they retired in 2000.

Their connection with Meadowlark began through music! When John worked at a dairy farm during college at Ottawa University, he was invited by a co-worker to join the local barbershop singing group. This special group continued for 42 years! Many members came to live at Meadowlark, and it was through this connection the Trails felt a calling to move to Manhattan and become a part of the Meadowlark community!

Since moving to Meadowlark in 2016, they enjoy going on walks around campus with their loyal dog, Skipper, volunteering their time each week folding Meadowlark Messengers, and taking part in social activities.

They invite others to reach out to them and catch up over some sweet treats at Coffee Corner or during a friendly game of BINGO!

Two of the three guesses submitted were correct! Congratulations to Irma Sjo, Meadowlark resident, on being this week's Who Am I winner. Please collect your prize at the Hospitality Desk!

[top left] Karen and John went on a white-water rafting adventure down Snake River in June 2008. [top middle] Karen (second from the left) and John (center) with their acapella singing group from the Methodist Church in Axtell, Kan., The group performed around the state during the late '80s. [top right] John, Karen, and their dog, Skipper, enjoy walks together around Meadowlark's beautiful campus!

On The Little Signs

by Helen Roser

There had not been an increase in crime in the high-dollar neighborhood. But little wire signs had been popping up on front lawns. "This property protected by (name of the company)," the little sign said.

My hostess was excitedly showing me her home's new security system. We saw all the windows and doors with invisible wires to a loud alarm.

She counted the carpeted steps to the upper floor. At one, she topped and pointed. Under it, she told me, was a vault with all her valuables. It, too, was wired to the loud alarm.

Excitedly, she led me to the front door. On the wall beside it was a little red plastic switch, with a toggle that could be moved from "off" to "on." She lifted it from its off to demonstrate its movement to "on," Then back to "off." She whispered in a voice of delighted conspiracy: "I don't keep it on. That would use too much electricity and run up my electric bill."

Her face took on an expression of victory as she told me: "I have the little sign out front. It scares away the bad guys!" I almost thought I heard a band blasting "ta dah!" at her cleverness.

What she didn't know was that her beloved security system had been designed by, its installation carefully taught, and its promotion and sale had been taught to long-time Federal guests, about to re-enter society, how to earn an honest living. Judging from the plethora of little signs, some had headed for the high-dollar parts to practice their new skills. Ta dah!

Roberts receives award

by Ron Williams

Meadowlark resident Mike Roberts was honored Saturday afternoon, Aug. 7, at a luncheon meeting at the Salina Hilton Garden Inn. During the luncheon, the annual Pete Loux Achievement Award was presented to him by the Kansas District of Kiwanis International.

Mike was cited for his professional achievement in small engine mechanics, recreational vehicle repair, and his work in a variety department store. He was also cited for his work with newly blind persons, teaching them both professional and practical life skills.

Mike's blindness was caused by retinitis pigmentosa, which affects both sight and hearing. Mike has totally lost his sight and has serious hearing loss. It is an inherited disease which Mike can trace through the men in his family for several generations. Mike was recognized for receiving degrees from several institutions including Manhattan Technical College. When receiving the award he was accompanied by his faithful friend and guide dog, Delilah.

Mike was presented the award by President Designate Duane Oestman of Arkansas City. Kiwanis is a worldwide organization with clubs in more than 80 countries, with major emphasis in helping children. In the past 25 years, Kiwanis has had major success in funding the UNICEF effort at eradicating the diseases of Iodine Deficiency Disorder and Maternal Neonatal Tetanus. Mike's nomination was chosen from clubs all over



Kansas, and was chosen by the Executive Committee of the Kansas Kiwanis Foundation. At the luncheon, Mary Scharfe, Manhattan realtor, was also recognized as Kansas District Kiwanian of the year. The luncheon was in connection with the Kansas District Kiwanis Convention.

The Pete Loux Achievement Award was funded by State Legislator Pete Loux Sr. in honor of his son, also named Pete Loux who died at a young age. It is given annually by the Kansas Kiwanis Foundation to honor a disabled person who has made significant progress and contribution to society in spite of his or her disability. The award is accompanied with a plaque and a sizable cash award.

Mike was nominated by the Manhattan Solar Kiwanis Club and was the eighth person nominated by the Solar Club to receive the awards. Nine members of the Solar Club journeyed to Salina to witness Mike and Mary receiving the award. Mike is one of eight Solar Club members living in an apartment at

Work That Brain!

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	6						1	
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Musical Terms

C	O	A	D	O	C	I	O	O	T	A	O	I	S
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V	L	E	T	Z	D	I	G	D	U	E	T	L	R
A	N	L	R	E	E	V	E	N	C	S	O	E	A
T	D	E	E	M	N	C	L	E	N	O	C	Y	I
I	A	C	C	O	C	N	L	C	F	D	E	E	L
N	O	N	N	L	E	R	A	A	O	L	T	C	L
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C	G	N	C	G	T	A	A	E	S	A	C	D	G
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E	D	S	E	T	S	S	U	R	O	H	C	N	Z
F	A	S	N	O	D	R	O	H	C	T	G	Z	E
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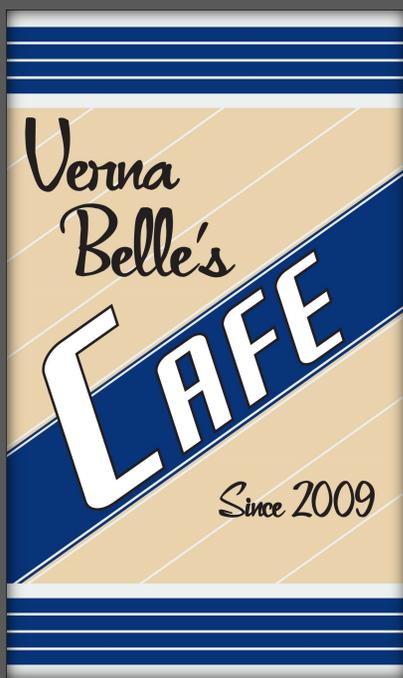
- MEDLEY
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- ATONAL
- ALLEGRO
- LEGATO
- CHORD
- CLEF
- CADENZA
- CADENCE
- GALLIARD
- CONCERTO
- MEZZO
- DISSONANCE
- CHORUS
- DUET
- ESPRESSIVO
- FALSETTO
- CAVATINA

Art Engagement *from the Beach Museum of Art*

Contrast is a principle of design that artists use to create interest, variety, conflict, or drama. Elements such as light and dark color, large and small objects, smooth and rough texture, straight and curved lines are used to build the contrast for the viewer. As you spend time looking at this painting, do you think the artist was successful at creating contrast? What elements do you see in contrast?



Dean Mitchell, *White Cup*, 1996, Oil on board, KSU, Marianna Kistler Beach Museum of Art, gift of Jim, Angele, Luke, and Julia Johnson, in memory of Jeaneane Berryhill Johnson, 2003.232



Updated Café Hours:
Verna Belle's Café is now open Monday through Friday from 7 a.m. until 3 p.m. and Saturday and Sunday from 7 to 11 a.m.

Breakfast & Lunch Specials

Mon. to Fri., 7 a.m. to 3 p.m. / Sat. & Sun., 7 to 11 a.m.

Monday, Aug. 23

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

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

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

Tuesday, Aug. 24

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 crispy flour tortilla and served with your choice of side*

Wednesday, Aug. 25

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

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

Thursday, Aug. 26

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

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

Friday, Aug. 27

Breakfast: Bacon & Cheese Quiche with Side of Fruit, \$4.50

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

Saturday, Aug. 28, & Sunday, Aug. 29

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 Aug. 12 to Aug. 25.

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

Filet Mignon*

6-ounce filet served with a baked potato and broccolini, **\$25**

Orange Chicken

lightly breaded (gluten free) chicken tossed in an orange sauce and served over vegetable fried rice, **\$14**

Veggie Lasagna

spinach pasta layered with carrots, eggplant, roasted peppers, squash, onion, tomato sauce, ricotta cheese, & fresh mozzarella served with garlic toast, **\$12**

Swedish Meatballs

pork and beef meatballs in a brown cream gravy with egg noodles and lingonberry relish, **\$13**

Pork Sandwich

grilled pork with provolone cheese, caramelized apples and onions, & a creamy horseradish Dijon on toasted French bread served with au jus sauce and pub chips, **\$12**

Crab Cakes

three lump crab cakes with a light breading served with roasted pepper aioli, **\$15**

Mediterranean Flatbread Pizza

chicken, feta cheese, kalamata olives, & pepperoncini peppers with garlic-infused olive oil served on a flatbread crust, **\$10**

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. 22 to Aug. 28

Sunday • Aug. 22

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

Monday • Aug. 23

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
7:00 p.m. ~ BINGO Night, EC

Tuesday • Aug. 24 *Trash & recycling pick-up*

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 • Aug. 25

9:30 a.m. ~ Seated Strength, CR
9:30 a.m. ~ Courtyard Communion, CY
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
1:30 p.m. ~ Diabetic Wellness Group, FHR
3:00 p.m. ~ Sing-A-Long, EC
3:00 p.m. ~ Rock Steady Boxing, CR
5:30 p.m. ~ 1st Floor Supper, MR

Thursday • Aug. 26

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. ~ ARTful Making, KSU CL
3:00 p.m. ~ Rock Steady Boxing, BF

Friday • Aug. 27

9:30 a.m. ~ Seated Strength, CR
10 a.m. to 3 p.m. ~ Meadowlark Market, 1217 ML Circle
10:30 a.m. ~ Weights 101, CR

Friday • Aug. 27

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, FHR
5:15 p.m. ~ Depart for Empowered LIVE!, VE
7:00 p.m. ~ Music by JahVelle Rhone, EC

Saturday • Aug. 28

7:15 a.m. ~ Depart for Speedy PD, VE
8:00 a.m. ~ Speedy Pd Race, Tuttle Creek Park
10 a.m. to 3 p.m. ~ Meadowlark Market, 1217 ML Circle
4:30 p.m. ~ Ice Cream Social: Celebration of Life for Don Rasmussen, 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. 23 to Aug. 26

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

Monday, Aug. 23

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

Tuesday, Aug. 24

2 p.m.	Memory Activities Class
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Wednesday, Aug. 25

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

Thursday, Aug. 26

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

Sunday, Aug. 22

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. 23

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 8/12.

O	R	E	A	D		C	R	A	G		R	A	T	A		
P	A	S	T	E		H	A	Z	E		O	M	A	N		
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C	H	E	A	P	E	R	P	E	R	P	E	R	C	H		
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E	N	D	S			T	E	N	T		S	E	N	D	S	

Tuesday, Aug. 24

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. 25

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. 26

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. 27

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. 28

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

LIVE, from page 1

28.

Meadowlark transportation is available to and from Empowered LIVE! at no cost. The bus will depart from the Village Entrance at 5:15 p.m. Friday, Aug. 27, and will return following Jimmy Choi's presentation.

If you would like to utilize this transportation opportunity, please sign up in the Blue Book 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.

RESIDENT REQUEST

SERIES SUNDAY: Aug. 22

HEARTSTRINGS, EP. 7: J. J. SNEED (2019) TV-14, 56 min. *Heartfelt, Emotional*

The Old West finds new life in this action-packed story of a sharpshooter Maddie Hawkins, outlaw J. J. Sneed, and their complex bond in the face of chaos.

MUSICAL MONDAY: Aug. 23

HIGH SCHOOL MUSICAL (2006) TV-G, 1 hr. 40 min. *Romantic Comedy, Coming of Age,*

Cast: Zac Efron, Vanessa Hudgens, & Ashley Tisdale

Troy, the star captain of the basketball team, and Gabriella, a brainy new student, get roles in the school musical and develop a friendship that threatens East High's social order.

TRUE TUESDAY: Aug. 24

MY OCTOPUS TEACHER (2020) TV-G, 1 hr. 25 min. *Investigative, Emotional*

A filmmaker forges an unusual friendship with an octopus living in a South African kelp forest, learning as the animal shares the mysteries of her world.

WESTERN WEDNESDAY: Aug. 25

HORSE SENSE (1999) TV-G, 1 hr. 32 min. *Drama, Coming of Age*

Cast: Joey Lawrence, Andy Lawrence, & Susan Walters

When young Tommy visits his spoiled cousin Michael in Beverly Hills, he feels completely out of place. But tables turn when Michael spends the summer on Tommy's Montana ranch, learning a valuable lesson about family.

THRILLER THURSDAY: Aug. 26

STOWAWAY (2021) TV-MA, 1 hr. 56 min. *Cerebral, Dark, Suspenseful*

Cast: Anna Kendrick, Toni Collette, & Daniel Dae Kim

A three-person crew on a mission to Mars faces an impossible choice when an unplanned passenger jeopardizes the lives of everyone on board.

FEATURE FRIDAY: Aug. 27

LARRY CROWNE (2011) PG-13, 1 hr. 39 min. *Romantic, Comedy, Feel-good*

Cast: Tom Hanks, Julia Roberts, & Bryan Cranston

After he's laid off from his longtime job at a retail giant, average middle-aged guy Larry Crowne decides to change his life and head back to college, where he finds new perspective — and romance with a professor.

SWEET SATURDAY: Aug. 28

GENIUS (1999) TV-G 1 hr. 25 min. *Coming of Age, Comedy*

Cast: Trevor Morgan, Emmy Rossum, & Yannick Bisson

14-year-old physics genius and hockey fan, Charlie Boyle finds that even his high IQ can't solve all of his problems when he takes on a bad boy persona in order to make friends his own age. At first, he's able to juggle the double life, but it's not long before his worlds collide.