



## Fried Chicken: The Real MVP

Sunday dinner is bringing something special to the table on Aug. 29. See page 2 for more delicious details!

## From the Desk of Lonnie Baker, CEO



Fall is coming soon and I hope everyone has taken some time to enjoy the beautiful mornings

we have had recently! Several residents have asked that I share some recent updates with COVID-19 changes and specifically what Meadowlark is doing in reaction to new pandemic developments. As we make course corrections, I will let you know through communication in the Meadowlark Messenger.

The Pfizer vaccine is now FDA approved and a COVID-booster

shot is recommended at eight months post initial inoculation. Our Meadowlark team is working to organize a vaccination clinic like the ones we did before with the first doses. Our eight-month window will place us in September and we will let you know when a date is set.

I am aware that the media is focused on the bad news and if that is all you see, then you might be concerned about the delta variant. Please know that the breakthrough cases associated with COVID have not changed significantly with the spread of this variant. All of this shows us that the vaccine is continuing to work remarkably well.

## Sysco decreases order capacity for Meadowlark

*by Jayme Minton, Support Services Director*

Supply change management has been a frequent headline throughout the COVID-19 pandemic, especially in the past two weeks, a secondary result of months and months of battling the crippling virus. Meadowlark and our Manhattan community are continuing to feel the impact of labor shortages, with food distribution also being affected.

Many may have seen the breaking news story that Sysco Wholesale Food Distributor canceled their contract with USD 383 just days before the school year began, leaving the district to scramble to find other vendors. Reports of Sysco ending long-term relationships with KSU Greek houses and other businesses are coming in, as well.

Sysco has been the primary food provider for Meadowlark for more than a decade, and last week, we were given the unfortunate news that our maximum ordering capacity was to be immediately reduced by 30% for now, though we anticipate more changes or reductions to occur. Sysco says the lack of warehouse employees, drivers, and their suppliers' labor shortages are the main factors limiting their ability to maintain previous order capacity. Meadowlark works with a variety of vendors, including Ben E. Keith, Evco, Sara Lee, Hiland Dairies, Hy-Vee, and other local retailers, though we anticipate they, too, will experience difficulties in providing products.

For Meadowlark, this means we have an opportunity to be creative and expand our local relationships. Prairie Star Restaurant, Verna Belle's Café, and our

See FOOD, page 5

## EVENTS & OPPORTUNITIES

### **Prairie Star Restaurant updates**

*submitted by Jayme Minton, Support Services Director*

The new Featured Entrée menu, printed on page 9, will be available from Thursday, Aug. 26, through Wednesday, Sept. 22.

The new entrée menu was created considering recent feedback from residents and the evolving supply chain challenges. The team at Meadowlark will always strive to provide all listed options every night, but we were purposeful in increasing our variety to prepare for the possibility that Meadowlark is unable to obtain specific products.

In addition to the Featured Entrées, Prairie Star Restaurant will offer limited specials throughout the month when possible. The specials may not have advance notice, but information will be shared in the restaurant when a special option is available. For Sunday, Aug. 29, Prairie Star will offer a Fried Chicken special, which will be available all day, while supplies last. The special will include fried chicken served with mashed potatoes and gravy, green beans, and a biscuit for \$14.

### **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. If this is an opportunity that interests you, be on the lookout for more information in the future!

### **Courtyard Bar Hours & Drink Specials**

The Courtyard Bar will feature a Frozen Pina Colada on Aug. 26 and 27 starting at 4 p.m. Frozen drink specials are available for \$5 each.

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.

### **Tom's Gab & Games**

*Friday, Aug. 27, 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!

### **Empowered LIVE!**

*Friday, Aug. 27, open at 5 p.m.*

Empowered LIVE!, presented by Vanderbilt's the evening of Friday, Aug. 27, is an evening to celebrate living well with Parkinson's disease.

All are welcome to attend the event at the Holiday Inn at the Campus. Vendor booths, VIPd 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. Featured speaker, 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. 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.

### **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.

## EVENTS & OPPORTUNITIES

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.

To register, visit [www.meadowlark.org](http://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. If you have any questions about Speedy Pd, please contact Michelle at (785) 323-3899 or via email at [michelle.haub@meadowlark.org](mailto:michelle.haub@meadowlark.org).

### **Celebration of Life & Ice Cream Social**

**Saturday, Aug. 28, at 3 p.m. & 4:30 p.m.**

A Celebration of Life for Don Rasmussen will begin at 3 p.m. Saturday, Aug. 28, at First United Methodist Church, 612 Poyntz Avenue.

Transportation is available to the service for no charge. The bus will leave from the Village Entrance at 2:30 p.m. Please sign up in the Blue Book if you plan to ride the Meadowlark bus.

All are invited to an ice cream social in honor of Don from 4:30 to 5:30 p.m. Saturday, Aug. 28, in Meadowlark's Courtyard.

### **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!

### **Series Sunday**

**Sunday, Aug. 29, 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 eighth and final episode, *These Old Bones*, will play in the Cinema Sunday, Aug. 29, at 2 and 6 p.m.

### **Pd Education Group**

**Thursday, Sept. 2, at 2 p.m.**

The monthly meeting of the Pd Education

Group will be from 2 to 3:30 p.m. Thursday, Sept. 2, in the Community Room. This month's topic is "Connect and Share." Come for an opportunity to hear program updates, connect with others, and share resources. Contact the Special Programs office at (785) 323-3899 with questions.

### **Dinner with the League**

**Thursday, Sept. 2, at 6 p.m.**

Come to Dinner with League at 6 p.m. Thursday, Sept. 2, in the Event Center. Rich Vargo, Riley County Clerk, will speak about election law changes because of the passage of HB 2183 and HB 2332 and how the changes will affect voting in the next elections. Non-League guests are welcome to attend and learn more about this topic and the League of Women Voters.

Please register in the Blue Book for this opportunity by Monday, Aug. 30. If you would like to attend the presentation and not eat dinner, there is no cost. Joining for dinner is \$13 per person.

### **Kansas State Football**

**Saturday, Sept. 4, at 11 a.m.**

On Saturday, Sept. 4, K-State travels to Arlington, Texas to take on Stanford University in the All-State Kick-Off Classic. Join us in the Game Room and Prairie Star Pub to cheer on the Cats! The game starts at 11 a.m. with light refreshments served during the game. All are welcome.

## IT'S A BOY!



**Congratulations to Jana and Austin Armfield on the birth of their son, Isaac William! Baby Isaac was born on Aug. 18, weighing 8.3 pounds and measuring 21 inches long.**





## On Elegant Courtesy

by Helen Roser

The music department was on an upper floor of the elegant store in New York. Their tastefully groomed and attired crew responded to lend their assistance.

Six men, wearing uniforms attesting to their employment by a piano moving company, walked over to the beautiful big instrument. Each expertly placed their gloved hands on the instrument. With a nod from their leader, they lifted the instrument and began walking.

As they approached the freight elevator, the elegantly clad sales crew remembered their manners. Smiling, they rushed to hold the elevator doors for the piano moving crew who nodded their thanks as they left.

Not long after, the store manager arrived on the escalator. Looking at the bare space on the showroom floor, he asked: "Where is the Steinway Concert Grand?"

This actually happened and was reported in the New York papers. I keep it in my "crime does not pay" memories.



## September Birthdays



### Skilled Nursing

9/10 Shirley Devanney  
9/14 Velma Skidmore  
9/15 Evelyn Irvine  
9/24 John Schlup  
9/27 Roberta Gwinner

### Independent Living

9/3 **Kent Smith**  
9/5 Martin Braaten  
9/9 Art Chaput  
9/11 Ken Kopp  
9/13 Bob Klemm  
9/14 Dorothy Lufburrow  
9/17 Kay Halazon  
9/20 **Carter Lloyd**  
9/22 Irma Sjo  
9/22 Jim Hasler  
9/23 Kathy Towse  
9/23 Edwin Herde

9/23 Darrell Brensing  
9/24 Yvonne Crawford  
9/25 Skip Jones  
9/26 John Walters  
9/28 Edith Doerry

### Employees

9/1 Colton Johnson  
9/3 Aleta Esslinger  
9/3 Breanna Vaughn  
9/4 Jess Leder  
9/4 Megan Miller  
9/5 Sophie Sweetin  
9/6 Trase MccQueen  
9/6 Bethany Schmitz  
9/7 Lauren Chase  
9/7 Chuck Tannehill  
9/9 David Bonner  
9/10 Mario Dupree  
9/10 Pam Martinez  
9/10 Anna Schrader

9/10 **Kourtney Williams**  
9/11 Colleen Elumogo  
9/11 Tessa Irvine  
9/11 Chelsea Jacobson  
9/11 Mikayla Quinn  
9/12 James Bird  
9/16 Dave Prockish  
9/16 Jorden Schoenhofer  
9/16 Audrey Simpson  
9/17 Brecken Padget  
9/18 Audra Jacobs  
9/18 Jayme Minton  
9/20 Yasen Al Ani  
9/21 Christine Norris  
9/22 Tiffany Leballister  
9/22 Kaylin Norris  
9/24 Shadia Lenton  
9/25 Faith Kramer  
9/26 Devan Christensen  
9/26 Emily Washburn  
9/28 Judy Gladow  
9/28 Lauren Hazlett  
9/30 Michaela Essman

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

Roberts receives award

by Ron Williams  
(Article re-printed from last week due to a publishing error that cut off part of the final sentences of the article. The Editor apologizes for the mistake.)

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 Meadowlark.

FOOD, continued from page 1

Healthcare Food Services teams have been working diligently to solidify new relationships and find necessary products from alternate vendors.

Despite the best efforts of our brilliant, hard-working teams, we know we will experience difficulties. Residents and guests should expect that we may need to make modifications to the restaurant and café menus. Additionally, foam to-go containers will likely be used, and certain events, such as floor suppers, may experience last-minute menu changes.

Solutions from 8/19.

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

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

# 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			

## ACROSS

- 1. Insulation
- 5. Panorama
- 10. Wings
- 14. Portent
- 15. Hurt
- 16. A large amount
- 17. The coldest season of the year
- 19. Horse feed
- 20. Conceit
- 21. Chubby
- 22. An independent film company
- 23. Handcuffs
- 25. Hoses
- 27. Emote
- 28. Aesthetically pleasing
- 31. Breasts (slang)
- 34. Beg
- 35. Mineral rock
- 36. Covetousness
- 37. Offensively bold
- 38. Nameless
- 39. French for "Summer"
- 40. Voting groups
- 41. All tuckered out
- 42. A certain lock of hair
- 44. Beer
- 45. Pamphlet
- 46. A fold
- 50. Discharge a firearm
- 52. Small egg
- 54. Scarlet
- 55. A magician's tool
- 56. Praiseworthy
- 58. Away from the wind
- 59. Wampum
- 60. Disable
- 61. Untidyness
- 62. Stagnated
- 63. Ancient Peruvian

## DOWN

- 1. Genuflected
  - 2. Girlfriend (Spanish)
  - 3. Adult male singing voice
  - 4. Explosive
  - 5. Rascalion
  - 6. Convulsion
  - 7. Leveling wedge
  - 8. Femme fatale
  - 9. Citrus drink
  - 10. Makes amends
  - 11. A permanent magnet
  - 12. Against
  - 13. To be, in old Rome
- 18. Long stories
  - 22. Footnote note
  - 24. Child
  - 26. Salt Lake state
  - 28. Exclamation expressive of regret
  - 29. Weightlifters pump this
  - 30. 1/100th of a dollar
  - 31. Meat from cows
  - 32. Savvy about
  - 33. Hints
  - 34. Supervised an exam
  - 37. Coalition
  - 38. Pinnacle
- 40. Bleat
  - 41. Mixture of rain and snow
  - 43. Wears away
  - 44. United
  - 46. Soft creamy candy
  - 47. Not rural
  - 48. Museum piece
  - 49. Swelling under the skin
  - 50. Travelled through water
  - 51. Fit
  - 53. Calf's meat
  - 56. Consumer Price Index
  - 57. French for "Friend"

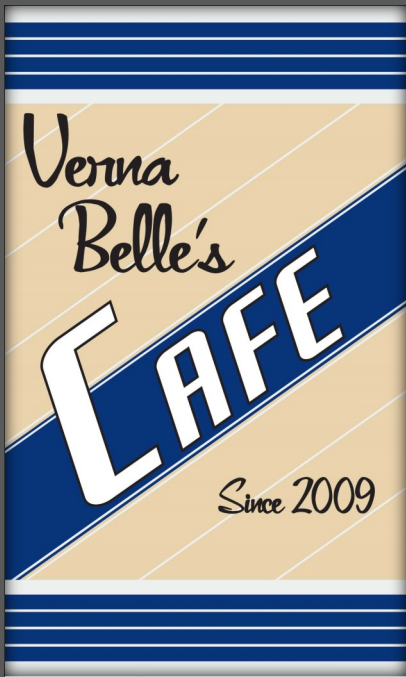


## Art Engagement *from the* Beach Museum of Art

**Emphasis** is a principle of design that a visual artist can use to highlight a person or an object in an artwork. An artist may create emphasis, using color, value or texture. When using color to create emphasis the artist may choose to isolate the object by making it the only item of that color in the piece or an artist may make it the only object of color and have an absence of color in the rest of the composition. If the viewer looks at a picture as a story, the main character would be given the emphasis. As you enjoy this print, what is the story? Imagine the artwork on the wall in color and everything else without color. How does this change the story?



Lawrence Beall Smith, *Museum Visitor*, 1939-1947, Collotype on paper, KSU, Marianna Kistler Beach Museum of Art, 2017.247



**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. 30**

**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*

**Tuesday, Aug. 31**

**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 covered with red sauce and served with your choice of side*

**Wednesday, Sept. 1**

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

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

**Thursday, Sept. 2**

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

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

**Friday, Sept. 3**

**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 tortilla and served with your choice of side*

**Saturday, Sept. 4, & Sunday, Sept. 5**

**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*

Lunch & Dinner / Mon. to Sat. 11 a.m. to 8 p.m. & Sun. 11 a.m. to 7 p.m.

Pub open daily at 4 p.m.

## FEATURED **ENTRÉES**

*Available Aug. 26 to Sept. 22.*

*Entrées are served with your choice of soup, salad, or fruit.*

### **Mac & Cheese**

macaroni pasta, cheddar, gruyere, fontina, & Velveeta cheese served with garlic toast, **\$10**

### **Cabbage Rolls**

cabbage stuffed with ground beef, rice, & light tomato sauce served with honey glazed carrots, **\$11**

### **Poblano Pork Bowl**

ground pork, grilled poblano peppers, onions, & cilantro cream served over cilantro lime rice, **\$13**

### **Mahi Mahi**

pan-seared mahi mahi with pineapple butter, coconut rice, & mango salsa served with honey glazed carrots, **\$20**

### **Fajitas**

flank steak, peppers, & onions served with flour tortillas, guacamole, salsa, sour cream, cheese, cilantro lime rice, and pinto beans, **\$15**

### **Chicken Fiesta Bowl**

seasoned chicken breast, lettuce, diced tomatoes, red onions, black olives, black beans, corn, cheddar & pepper jack cheese, green onion, salsa, guacamole, & sour cream served in a fried tortilla bowl, **\$12**

### **Chicken Marsala**

chicken breast sautéed in a creamy marsala wine sauce with mushrooms, garlic, fresh parsley, shaved parmesan, and linguini pasta, **\$14**

### **Beer Brat**

grilled beer brat with caramelized sauerkraut & onions, & German mustard served on a pretzel hoagie with Dr. Pepper-baked beans and pub chips, **\$10**

### **Salisbury Steak**

ground beef, sautéed onions and mushrooms with rich brown gravy served with peas & pearl onions and mashed potatoes & gravy, **\$12**

### **Seafood Cioppino**

salmon, shrimp, minced clam, & scallops in a rich tomato broth served with garlic toast, **\$17**

### **BBQ Brisket Open-Faced Sandwich**

beef brisket, house BBQ sauce on a telara roll served with Dr. Pepper-baked beans and coleslaw **\$13**

### **Chicken Gyro Salad**

marinated chicken, feta cheese, lettuce, cucumber, diced tomato, & taziki sauce served with pita chips, **\$10**

# Weekly Opportunities Calendar Aug. 29 to Sept. 3

## Sunday • Aug. 29

10:30 a.m. ~ Worship Service, EC  
10:30 a.m. ~ Transportation to FUMC, VE  
2:00 p.m. ~ Joanne Barkyoub's 90th Birthday Party, EC

## Monday • Aug. 30

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  
2:00 p.m. ~ Change & Loss Support Group, FHR  
1:30 p.m. ~ Contemporary God Talk, BR  
7:00 p.m. ~ BINGO Night, EC

## Tuesday • Aug. 31 *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

## Wednesday • Sept. 1

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 • Sept. 2

9:00 a.m. ~ Messenger Team, KSU CL  
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. ~ Stepping On, KSU CL  
2:00p.m. ~ PD Education Group, CR  
3:00 p.m. ~ Rock Steady Boxing, BF  
5:30 p.m. ~ Meadowlark Circle Dinner, BR  
6:00 p.m. ~ Dinner with the League, EC

## Friday • Sept. 3

9:30 a.m. ~ Seated Strength, CR  
10:30 a.m. ~ Weights 101, CR

## Friday • Sept. 3

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

## Saturday • Sept. 4

11:00 a.m. ~ KSU Football Watch Party, GR & Pub

### 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. 30 to Sept. 2

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

### Monday, Aug. 30

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

### Tuesday, Aug. 31

2 p.m.	Memory Activities Class
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### Wednesday, Sept. 1

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

### Thursday, Sept. 2

1 p.m.	Parkinson's Exercise Class
2 p.m.	Parkinson's Education Meeting



CHANNEL 1960 Entertainment Guide

Sunday, Aug. 29

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	<b>NEW!</b> Worship Service with Reverend Jim Reed
2:00 p.m.	<b>(Re-run)</b> Worship Service with Reverend Jim Reed
3:00 p.m.	Guided Meditation with Kathleen Spearman LMSW
3:30 p.m.	Chair Yoga

Monday, Aug. 30

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 8/19.

C	O	A	D	O	C	I	O	O	T	A	O	I	S
A	A	N	O	Z	A	Z	R	S	C	A	G	T	D
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
A	I	A	O	E	N	L	O	N	D	A	E	A	A
C	G	N	C	G	T	A	A	E	S	A	C	D	G
L	A	O	D	A	E	D	M	N	L	V	Y	E	L
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
A	O	I	F	A	L	S	E	T	T	O	A	A	C
E	I	D	O	V	I	S	S	E	R	P	S	E	C

Tuesday, Aug. 31

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, Sept. 1

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 Reverend Jim Reed
1:00 p.m.	Sit & Be Fit Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Thursday, Sept. 2

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, Sept. 3

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, Sept. 4

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

What did the Buddhist say to the hot dog vendor?

Make me one with everything.





## 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. 29

**RESIDENT REQUEST**

*HEARTSTRINGS, EP. 8: THESE OLD BONES* (2019) TV-14, 1 hr. 25 min. *Heartfelt, Emotional*

A mysterious mountain woman steps into the spotlight as a lawyer struggles to find her voice in this story of seeing, believing and everything between.

### **MUSICAL MONDAY:** Aug. 30

*SCHOOL OF ROCK* (2003) PG-13, 1 hr. 48 min. *Feel-Good, Music, Comedy*

Cast: Jack Black, Adam Pascal, & Lucas Papaelias

Fired from his band and hard up for cash, guitarist and vocalist Dewey Finn finagles his way into a job as a fourth-grade substitute teacher at a private school, where he secretly begins teaching his students rock 'n' roll.

### **TRUE TUESDAY:** Aug. 31

*RUBY BRIDGES* (1998) TV-PG, 1 hr. 30 min. *Drama, Biographical, Historical*

Cast: Penelope Ann Miller, Kevin Pollak, & Michael Beach

When 6-yr-old Ruby is chosen to be the first African-American to integrate her local elementary school, she is subjected to the true ugliness of racism for the first time.

### **WESTERN WEDNESDAY:** Sept. 1

*WALK. RIDE. RODEO* (2019) TV-PG, 1 hr. 39 min. *Heartfelt, Inspiring, Emotional*

Cast: Spencer Locke, Missi Pyle, & Sherri Shepherd

In the wake of an accident that leaves her paralyzed, a champion rodeo rider vows to get back on her horse and compete again. Based on a true story.

### **THRILLER THURSDAY:** Sept. 2

*THE WHOLE TRUTH* (2016) R *for language & violence*, 1 hr. 33 min. *Drama, Mystery, Courtroom*

Cast: Keanu Reeves, Renée Zellweger, & Gugu Mbatha-Raw

Trying to earn an acquittal for a teen client accused of murdering his wealthy father, a defense attorney uncovers disturbing facts about the victim.

### **FEATURE FRIDAY:** Sept. 3

*YES DAY* (2021) PG, 1 hr. 29 min. *Goofy, Feel-Good*

Cast: Jennifer Garner, Edgar Ramírez, & Jenna Ortega

A mom and dad who usually say no decide to say yes to their kids' wildest requests — with a few ground rules — on a whirlwind day of fun and adventure.

### **SWEET SATURDAY:** Sept. 4

**RESIDENT REQUEST**

*FIELD OF DREAMS* (1989) PG, 1 hr. 47 min. *Emotional, Sentimental*

Cast: Kevin Costner, Amy Madigan, & Gaby Hoffmann

An Iowa farmer hears a mysterious voice telling him to turn his cornfield into a baseball diamond. He does, but the voice's directions don't stop — even after the spirits of deceased ballplayers arrive.