

# Art you ready to Mingle?

## *Annual fundraiser to benefit memory program*

After a successful online auction in 2020, Meadowlark Foundation's art-related fundraiser returns as an in-person event this fall. Mark your calendars for Friday, Oct. 8! Meadowlark staff have joined with several Manhattan community members to present **Art Mingle: Ad Astra**, which benefits the Meadowlark Memory Program.

The 2021 theme, Ad Astra, which is Latin for "to the stars," is a nod to our "Prairie Star" sculpture and Meadowlark's re-imagined Prairie Star Restaurant and new Event Space. Guests are invited to mingle with friends amid the colorful and varied artwork in the venue. Fabulous food, lively libations, treasured tunes, and art appreciation also are part of the plan for this 4th annual celebration.

Minglers won't want to miss the Artist Showcases, featuring award-winning painters and sculptors Zak Barnes and Louis Copt. These two men, arguably "stars" of the regional art scene, will be greeting fans and making new friends while surrounded by examples of their work. An Emporia, Kan., native, Copt graduated with a degree in art from Emporia State University in

1971 and began his professional career as a full-time artist in 1985, after returning from a summer of study at the Art Students League in New York City. Barnes moved to Lawrence, Kan., in 2004 to live and create art full time in his rural home. He attended the Columbus (Ohio) School of Art and Design.

Party-goers at previous Art Mingle events raved about the array of eye-catching and tasty hors d'oeuvres, and Meadowlark chefs Stacey Hayter and John Gasser promise more palate-pleasing offerings. A specialty cocktail will be added to the beverage menu, and live music will be provided by three members of Tallgrass Express String Band.

Annie Wilson, one of the band's founding members, is an award-winning singer, songwriter, and guitarist. She has a special connection to this year's event because she's Zak Barnes's proud mother-in-law. She'll be joined by fiddle-player Derrick Doty and Carl

Reed on bass, guitar, and/or mandolin. Tallgrass Express performs bluegrass favorites, folk ballads, Western swing, and original tunes inspired by the Flint Hills.

Art Mingle 2021 offers silent and live auctions, featuring original art from our Showcase guests and

other well-known artists, as well as jewelry, hand-crafted items, food, experiences, and much more. See photos of auction items soon on the Art Mingle events

page at [www.meadowlark.org](http://www.meadowlark.org).

This year's historical component is an exhibit featuring Meadowlark's "Prairie Star" sculpture, which was created by the late Elden Tefft. Artist Oscar Larmer, a Meadowlark resident, donated a watercolor painting inspired by the sculpture. The matted and framed painting will be offered at the event as a raffle prize.

Event tickets are now available at \$75 each. In addition to food and beverages, all attendees receive a thank you gift. Cocktail or business casual attire suggested. Purchase tickets by contacting a Hospitality team member at (785) 323-3847,

**See MINGLE, page 5**



## EVENTS & OPPORTUNITIES

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

**Thursday, Sept. 9, & Friday, Sept. 10**

The Courtyard Bar will feature a Frozen Bourbon Slush on Sept. 9 and 10 starting at 4 p.m. Frozen drink specials are available for \$5 each. The frozen drink special will be offered at Prairie Star Pub if the Courtyard Bar if the heat index is over 95 degrees.

### **9/11 Day of Remembrance**

**Friday, Sept. 10, at 6:30 p.m.**

Transportation will be provided to the 9/11 Remembrance Ceremony on Friday, Sept. 10, at City Park. It will feature special guest speaker, LT COL Robert J. Darling, USMC (Ret.).

The bus will depart from the Village Entrance at 6:30 pm. The cost of transportation is \$3 per person. A sign-up sheet is in the Blue Book.

### **Kansas State Football Watch Party**

**Saturday, Sept. 11, at 6 p.m.**

On Saturday, Sept. 11, K-State takes on Southern Illinois in the home-opener of the season! Join us in the Game Room and Prairie Star Pub to cheer on the Cats! The game starts at 6 p.m. with light refreshments served during the game. All are welcome.

### **Transportation to KSU Football Game**

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

Transportation will be provided for the K-State home football game on Saturday, Sept. 11. The bus will leave at 4 p.m. Please sign up in the Blue Book. Cost of transportation is \$3 per person.

### **Town Meeting**

**Monday, Sept. 13, at 9:30 a.m.**

Come hear the Meadowlark campus updates at the September Town Meeting on Monday, Sept. 13, at 9:30 a.m., in the Event Center. All are welcome.

### **Voice Class**

**Monday, Sept. 13, at 1:45 p.m.**

Voice Class will begin on Monday, Sept. 13, from 1:45 to 3 p.m., in the Community Room. This class will be a weekly activity, occurring every Monday

at this same time through Dec. 6. This also will be offered as a virtual class at the same time.

### **Courtyard Communion**

**Wednesday, Sept. 15, at 9:30 a.m.**

Join Pastor Melanie Nord from First United Methodist Church at 9:30 a.m. Wednesday, Sept. 15, in the Courtyard to receive communion. If the weather does not permit an outdoor event, communion will be offered in the Bison Room.

The opportunity is open to anyone wanting to invite Christ into his or her heart.

### **Artist Discussion with the Beach**

**Wednesday, Sept. 15, at 4 p.m.**

Join Kim Richards from the Beach Museum of Art at 4 p.m. Wednesday, Sept. 15, in the Bison Room to learn about the distinguishing career of Gordon Parks (1916-2006).

Parks was a Fort Scott, Kan., native who became an accomplished photographer, composer, author, and filmmaker. He taught himself how to use a camera that he purchased from a pawn shop. This became his tool to expose race relations, poverty, civil rights, and urban life.

### **S'mores Night**

**Thursday, Sept. 16, at 5 p.m.**

You're invited to enjoy a S'mores Bar in the Courtyard between 5 and 8 p.m. Thursday, Sept. 16. All are welcome to attend.

### **Shopping at Hobby Lobby & Dollar Tree**

**Saturday, Sept. 18, at 10:30 a.m.**

The next scheduled trip is Saturday, Sept. 18, with transportation going to Hobby Lobby and Dollar Tree East. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

Next month's trip will travel to Target and Dollar Tree West on Saturday, Oct. 16. Please sign up in the Blue Book to participate in these opportunities.

### **Transportation to KSU Football Game**

**Saturday, Sept. 18, at 11 a.m.**

Transportation will be provided for the K-State home football game on Saturday, Sept. 18. The bus

## EVENTS & OPPORTUNITIES

will leave at 11 a.m. Please sign up in the Blue Book. Cost of transportation is \$3 per person.

### **Kansas State Football Watch Party**

**Saturday, Sept. 18, at 1:05 p.m.**

On Saturday, Sept. 18, K-State faces the Nevada Wolf Pack at Bill Snyder Family Stadium! Join us in the Game Room and Prairie Star Pub to cheer on the Cats! The game starts at 1:05 p.m. with light refreshments served during the game.

### **UFM Lifetime Learning: Lunch & Learns**

**Tuesdays, Sept. 21, & Sept 28, at 11:30 a.m.**

Meadowlark and UFM have partnered to offer Lifetime Learning courses for Fall 2021. Classes are now open for enrollment. For learning opportunities at Meadowlark, call UFM at (785) 539-8763 and request to register. If the office is not open, leave a message and staff will call you back. Meadowlark residents may attend all Meadowlark-sponsored UFM courses at no cost. Passport members may attend at a 20% discount.

The first UFM Lunch and Learn begins at 11:30 a.m. Tuesday, Sept. 21, in the Event Center and is titled "The Woman's Reason: A History of Suffrage in Riley County," presented by Allana Parker from the Riley County Historical Museum. Learn about visits to Riley county by national suffrage leaders such as Susan B. Anthony and Elizabeth Cady Stanton and how local leaders, including Matie Toothaker Kimball, helped organize for the right to vote. Fee for passport members is \$8 each.

Attend the second Lunch and Learn at 11:30 a.m. Tuesday, Sept. 28, in the Event Center for the presentation "Riley County Characters," with Cheryl Collins from the Riley County Historical Museum. Learn about some of the more interesting, eccentric, and engaging residents of Riley County through the years. Fee for passport members is \$8 each.

For all Lunch and Learn classes please bring your own lunch, or arrive early and purchase from the menu at Meadowlark's Prairie Star restaurant.

### **European Alps Presentation**

**Wednesday, Sept. 22, at 7 p.m.**

Join associate professor Arnaud Temme as he brings you with him to the highest range of the European Alps, at 7 p.m. Wednesday, Sept. 22, in the Event Center. Arnaud is a Geography professor at KSU.

Zooming in from an overview of the European Alps and their impact on Europe's history, Temme ends in the Mont Blanc massif, at the border of France, Switzerland and Italy. Focusing on one of his many trips to this stunning range, he shows incredible scenery, dangerous glaciers, vertical rock as well as the pressure on the area by climbing and non-climbing tourists. Some travel advice for intrepid souls is given at the end of the presentation.

## Crafts & Creations Night

FRIDAY, SEPTEMBER 24TH

4:00-7:00

Prairie Star Event Center

Residents and Staff are invited to bring one of their crafts and creations from each of the following categories to display for the event.

The winner of each category will receive a \$50 gift card to Prairie Star Restaurant.

FABRIC & TEXTILES

WOOD, METAL & POTTERY

PAINTING & PHOTOGRAPHY

Check-in your creation between 8-2

## August Gifts to Meadowlark Foundation

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

### Memory of

Jackie Frintrup  
Edie Jorns\*  
Don Rasmussen

Sue Reeves  
Mike Strope  
John Vogt\*

### Honor of

Wayne Bailie  
Larry Bammis  
Coyote Crazy\*\*  
Dennis Graham  
Graham Ghosts\*\*  
Nancy Harts

IACH Solemates\*\*  
Jeanne Mertz  
Don Rickley  
Dennis Rider  
David Stevenson  
Team Meadowlark\*\*

Larry-Carolyn-Harry Team\*\*

\*Remembered during the annual Honor a Legacy campaign.

\*\*2021 Speedy Pd Team

If you have questions regarding Meadowlark Foundation, please contact Becky Fitzgerald at (785) 323-3843.

Solutions from 9/2.

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

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

**Why did it get  
so hot in the  
baseball stadium  
after the game?**

**All of the fans left.**



## **MINGLE, from page 1**

or purchase online at [www.meadowlark.org](http://www.meadowlark.org).

Community First National Bank again is the event's presenting sponsor. Goldstein Fund and Kellstrom Pharmacy are the Artist Showcases and Libations sponsors, respectively. We also gratefully acknowledge the support of Ruckert Realty & Auction and SNW Gallery & Custom Frames.

Questions about the event? Please contact Becky Fitzgerald, Development Director, at (785) 323-3843. As indicated, proceeds from Art Mingle benefit Meadowlark Memory Program, now in its fifth year. The program provides FREE education and enrichment opportunities for persons affected by memory or cognitive changes and their care partners. Program services are open to anyone in the Flint Hills region.

On the day of Art Mingle, Oct. 8, Prairie Star Restaurant will be closed all day. Verna Belle's Café will be open for lunch and will offer a boxed dinner meal. The evening meal will be delivery-only. Sign up will be available in the Blue Book starting tomorrow, Sept. 10.

## **Prairie Star Specials Update**

*by Jayme Minton, Support Services Director*

Due to national shortages and supply chain disruption, Prairie Star Restaurant now features a reduced menu. To continue with our mission of providing excellent food and wonderful service, we also will feature daily Pop-Up Specials for lunch and dinner. Each special will be posted the day of in Prairie Star Restaurant and on Channel 1960. You may also contact Prairie Star Restaurant at (785) 323-3820. In order to provide accurate and reliable information, the Pop-Up Specials will not be announced in advance.

Prairie Star Restaurant hours remain unchanged. Hours of operation are Monday through Saturday, 11 a.m. to 8 p.m. and Sunday, 11 a.m. to 7 p.m. At this time, we do not anticipate any changes to Floor and Neighborhood lunches and dinners or other previously scheduled events.

We want to thank each and every one of you for your patience and understanding as we work through the difficulties of the national food service disruption as a result of the COVID-19 pandemic.

## **On Late Night Doughnuts**

*by Helen Roser*

This happened before the Reagan Library brought tourists to the Simi Valley. I had been told terrific doughnuts could be bought, around the clock, from a bakery out in Simi Valley.

I enjoyed driving the freeways in the wee hours, so drove out to buy some doughnuts. The bakery was a big place with most of its activity in back. On its roadside was space for a few cars to park. There was one light beside a little window with a sign. The sign said: "Yell for service. Exact change only."

I yelled in the window: "A dozen doughnuts, please," and handed a bill that more than covered their price. I ate doughnuts as I drove back home.

Yummy! They were good. After that, I made late night trips to Simi for more doughnuts.

Then everything changed. The light was off by the little window, which was closed. The sign was gone.

I mentioned this to my friend whose work was in activity not reported in the news. He knew.

Besides the little window, the bakery had a side door where their "late night regulars" could come in for a doughnut and a cup of coffee from their ever-present pot. Then, after their little repast, the regulars resumed their work after getting into their van they had left parked in the little lot out front.

This had been going on for some time, until the two regulars went out front for their van.

But their van wasn't there. The parking lot was empty. They did not call the police.

The regulars were Brinks' employees. The missing Brinks' van was full of money, having been collected from its Safe House, for delivery to banks in Los Angeles. Millions of dollars, in cash, missing.

The Brinks' van was quickly found. Empty. The money was never recovered.

That is why the bakery decided to stick to supplying elegant shops in Los Angeles. All their activity was from the back. I learned why the little window on roadside of the bakery was closed and its light was off and the sign was gone. I couldn't yell in the window anymore. Even when I had exact change.



# 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
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	45	46						47						
48						49	50	51				52	53	54
55						56					57			
58						59					60			
61						62					63			

- ACROSS**
- 1. Engaged
  - 6. Smelting waste
  - 10. Cod or halibut
  - 14. Overact
  - 15. Game on horseback
  - 16. Savvy about
  - 17. Respond
  - 18. Distinctive flair
  - 19. Regrets
  - 20. Charmed
  - 22. Tall woody plant
  - 23. Whole
  - 24. Different
  - 26. Floodgate
  - 30. Painful grief
  - 32. Fortuneteller's card
  - 33. Keyboard players
  - 37. Like
  - 38. Angles of a branch or leaf
  - 39. Adhesive
  - 40. Meet again
  - 42. Backbone of an animal
  - 43. Smell
  - 44. Shred
  - 45. First Greek letter
  - 47. Petroleum
  - 48. "Sure"
  - 49. Conversion
  - 56. Backside
  - 57. Charged particles
  - 58. Flatboat
  - 59. Jetty
  - 60. Double-reed woodwind
  - 61. Put forth, as effort
  - 62. Arid
  - 63. Tidy
  - 64. Ascends

- DOWN**
- 1. Used to be
  - 2. Ends a prayer
  - 3. Satyr
  - 4. Carve in stone
  - 5. Diminish
  - 6. Hex
  - 7. Take it easy
  - 8. Wings
  - 9. Narrow flat-bottomed boats
  - 10. Plainspoken
  - 11. Accustom
  - 12. Drive
  - 13. A flexible pipe
  - 21. Beer
  - 25. 2,000 pounds
  - 26. Celebrity
  - 27. Body of water
  - 28. Relating to urine
  - 29. The outer region of the Earth's atmosphere
  - 30. Beverage
  - 31. Leer at
  - 33. Beasts of burden
  - 34. Narrow opening
  - 35. Melody
  - 36. Clairvoyant
  - 38. Air travel
  - 41. Greatest possible
  - 42. Gauge
  - 44. It is (poetic)
  - 45. Eagle's nest
  - 46. Optical maser
  - 47. Beginning
  - 48. Blabs
  - 50. Gown
  - 51. Dwarf buffalo
  - 52. Cab
  - 53. Angers
  - 54. Brute
  - 55. Catches

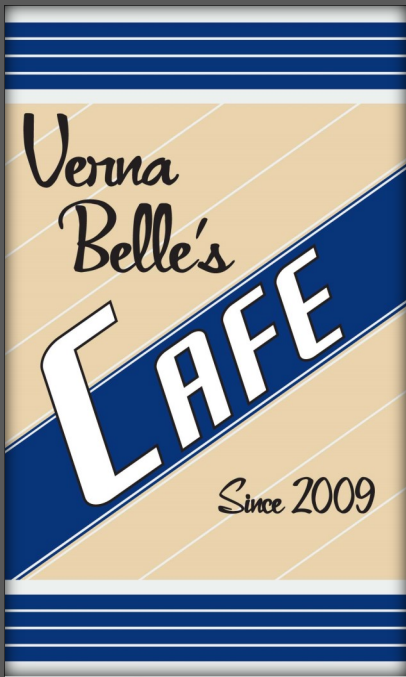
## **Art Engagement** *from the* **Beach Museum of Art**

**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?



Gordon Roger Alexander Buchanan Parks, *Sales Barn #3*, ca. 1985, Gelatin silver print, KSU, Marianna Kistler Beach Museum of Art, acquisition made possible through partnerships with the Manhattan Mercury, the Manhattan Arts Center and members of the Manhattan community, 2017.545



**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, Sept. 13**

**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, Sept. 14**

**Breakfast: Breakfast Pizza 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. 15**

**Breakfast: Breakfast Tacos with Fruit, \$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. 16**

**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. 17**

**Breakfast: Baked Breakfast Casserole with Fruit, \$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. 18, & Sunday, Sept. 19**

**Breakfast: Ala Carte Menu Options**

*Egg (cooked to order), omelet, bacon, sausage, toast, and fruit*



# RESTAURANT FAVORITES

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## Shareable Appetizers

### Chicken Wontons

crispy wontons, chicken breast pieces, cream cheese, & green onions served with house made sweet and sour sauce, **\$6.75**

### Reuben Fries

French fries covered in corned beef, sauerkraut, mornay sauce, green onions, and Thousand Island dressing, **\$9**

*Individual serving available for \$4*

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## Salads

### Cobb Salad

mixed greens, grilled chicken, bacon, hard-boiled egg, tomato, avocado, cucumber, red onion, & blue cheese crumbles served with cobb dressing, **\$9.50**

### Grilled Caesar Salad

Chopped grilled romaine heart, shredded parmesan, topped in Caesar dressing and served with croutons **\$5**

*Add grilled or crispy chicken +\$3*

*Add grilled shrimp or honey-smoked salmon+\$4*

### House Side Salad

mixed greens, carrots, cucumbers, tomato, red onions, & croutons, **\$3**

*Add grilled or crispy chicken +\$3*

*Add grilled shrimp or honey-smoked salmon+\$4*

### Strawberry Feta Side Salad

mixed greens, strawberries, & feta cheese crumbles served with sunflower vinaigrette, **\$3**

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## Classics

### Meatloaf

bacon-wrapped meatloaf stuffed with cheese served with mashed potatoes & green beans, **\$12**

### Classic Shrimp

seasoned grilled or fried shrimp served with your choice of two sides, **\$12**

### Chicken Tenders

buttermilk cornflake fried chicken tenders served with slaw and French fries, **\$10.50**

## Sandwiches, Burgers, & Wraps

*Served with a side of your choice.*

*We recommend the house-made pub chips!*

### Reuben Sandwich

corned beef, sauerkraut, swiss cheese, & thousand island dressing served on marbled rye bread, **\$8.50**

### Cold Cut Club Sandwich

Salami, capocola, ham, bacon, provolone cheese, lettuce, tomato, and mayo served on a toasted wheat bread, **\$8.25**

### The Burger\*

an angus beef chuck patty topped with lettuce, tomato, red onion, & house pickles on a brioche bun, **\$8.25**

*add American, cheddar, pepper jack, provolone, or Swiss cheese +\$1.*

### Chicken Club Wrap

grilled or fried chicken, lettuce, tomato, red onions, bacon, cheddar cheese, & ranch dressing wrapped in a whole wheat tortilla, **\$8.25**

### Chicken Salad Wrap

house-made chicken salad with grapes, cran-raisins, celery, toasted almonds wrapped in a whole wheat tortilla with lettuce, tomato, & red onions, **\$8.25**

*Make it gluten free! Ditch the wrap and make it a platter with fresh fruit on the side for no additional charge.*

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## Sides

### \$2

House-Made Pub Chips, French Fries, Slaw, Cottage Cheese, Mashed Potatoes, Green Beans, Broccolini, Peas & Pearl Onions, Soup of the Day

### \$3

House Side Salad, Strawberry Feta Side Salad, Seasonal Fruit, Sweet Potato Fries

*\$1 upcharge when selected as side option*

# Weekly Opportunities Calendar Sept 12 to Sept. 18

## Sunday • Sept. 12

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

## Monday • Sept. 13

8:30 a.m. ~ IL Resident Council, BR  
9:30 a.m. ~ Seated Strength, CR  
9:30 p.m. ~ Town Meeting, EC  
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  
1:45 p.m. ~ Voice Class, CR  
2:00 p.m. ~ Change & Loss Support Group, FHR  
1:30 p.m. ~ Contemporary God Talk, BR  
5:30 p.m. ~ Tuttle Creek Dinner, BR  
7:00 p.m. ~ BINGO Night, EC

## Tuesday • Sept. 14 *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 • Sept. 15

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. ~ Memory Café, KSU CL  
3:00 p.m. ~ Sing-A-Long, EC  
3:00 p.m. ~ Rock Steady Boxing, CR  
4:00 p.m. ~ Artist Discussion, KSU CL

## Thursday • Sept. 16

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  
3:00 p.m. ~ Rock Steady Boxing, BF  
5:00 p.m. ~ Smores Night, CY  
5:30 p.m. ~ Meadowlark Circle Dinner, BR

## Friday • Sept. 17

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, FHR

## Saturday • Sept. 18

10:30 a.m. ~ Depart for Shopping Trip, VE  
11:00 a.m. ~ Depart for KSU Football Game, VE  
1:05 p.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 Sept. 13 to Sept. 16

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

## Monday, Sept. 13

1 p.m.	Parkinson's Exercise Class
1:45 p.m.	Voice Class
2 p.m.	Change & Loss Support Group

## Tuesday, Sept. 14

2 p.m.	Memory Activities Class
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## Wednesday, Sept. 15

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

## Thursday, Sept. 16

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



CHANNEL  
1960  
Entertainment  
Guide

Sunday, Sept. 12

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

Monday, Sept. 13

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 9/2.

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

Tuesday, Sept. 14

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. 15

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 a.m.	<b>(Re-run)</b> Worship Service with Chaplain Patty Brown-Barnett
1:00 p.m.	Sit & Be Fit Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Thursday, Sept. 16

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. 17

9:00 a.m.	September Town Meeting from Monday, Sept. 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
12:00 p.m.	<b>(Re-run)</b> September Town Meeting
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Saturday, Sept. 18

9:00 a.m.	<b>(Re-run)</b> September Town Meeting
9:30 a.m.	Band Bust Exercise Class
12:00 p.m.	<b>(Re-run)</b> September Town Meeting
2:00 p.m.	Band Bust Exercise Class



## 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.

### SEASONAL SUNDAY: Sept. 12

**DEAD POETS SOCIETY (1989)** PG, 2 hr. 9 min. *Sentimental, Emotional*

Cast: Robin Williams, Robert Sean Leonard, & Ethan Hawke

An unconventional teacher inspires students through poetry. When the school fires him, his devastated students rally behind him, mindful of the ways he has changed their lives.

### MUSICAL MONDAY: Sept. 13

**HEIDI (1937)** G, 1 hr. 28 min. *Feel-Good, Heartfelt*

Cast: Shirley Temple, Jean Hersholt, & Arthur Treacher

A plucky little orphan girl gets dumped abruptly into her gruff, hermit grandfather's care, then later gets retaken and delivered as a companion for an injured girl.

### TRUE TUESDAY: Sept. 14

**7 YARDS (2021)** TV-PG, 1 hr. 33 min. *Inspiring*

Cast: Chris Norton

The true story of former college football player Chris Norton, who defied the odds after a devastating accident — with the woman he loves by his side.

### WESTERN WEDNESDAY: Sept. 15

**ROCK MY HEART (2019)** TV-PG, 1 hr. 49 min. *Heartfelt, Emotional*

Cast: Lena Klenke, Dieter Hallervorden, & Emilio Sakraya

After an adventurous teen with a heart defect bonds with an unruly stallion, she trains to compete as an amateur jockey in a life-threatening race.

### THRILLER THURSDAY: Sept. 16

**2012 (2009)** PG, 2 hr. 38 min. *Exciting, Sci-Fi*

Cast: John Cusack, Amanda Peet, & Chiwetel Ejiofor

When a flood of natural disasters begins to destroy the world, a divorced dad desperately tries to save his family by outrunning the cataclysmic chaos.

### FEATURE FRIDAY: Sept. 17

**LITTLE WOMEN (2019)** PG, 2 hr. 15 min. *Emotional, Romantic*

Cast: Saoirse Ronan, Emma Watson, & Florence Pugh

Jo March reflects back and forth on her life, telling the beloved story of the March sisters—four young women, each determined to live life on her own terms.

### SWEET SATURDAY: Sept. 18

**POMS (2019)** PG-13, 1 hr. 30 min. *Feel-Good, Comedy*

Cast: Diane Keaton, Jacki Weaver, & Pam Grier

After moving to a retirement community, loner Martha befriends a fun-loving neighbor and forms a cheerleading club for young-at-heart seniors.