

# Empowered LIVE! & Speedy Pd

## An Inspiring Weekend for Many



[far left] Jimmy Choi presented at Empowered LIVE!  
[left] 5k participants received this special medal.  
[below] Team Hayden-Kohlmeier Orthodontics.

*by Michelle Haub, Special Prog. Leader*  
It was August 2019 the last time Empowered LIVE! And Speedy Pd occurred in person. There have been many changes since we last celebrated, but we were ready to begin again in 2021. Events started on Friday, Aug. 27, with Empowered LIVE!, an evening to celebrate living well with Parkinson's presented by Vanderbilt's at the Holiday Inn Campus. We had amazing food while learning more about treatment options for people with Parkinson's, supports for care partners, and viewed art created by our VIPds (Very Important People with Parkinson's disease). This was followed by a powerful presentation from Jimmy Choi, VIPd. Jimmy was diagnosed at the age of 27 and inspired the audience

by sharing his journey from denial to becoming a five-time American Ninja Warrior and holding two world records in push-ups and burpees. Although Jimmy has accomplished amazing physical feats, they pale in comparison to his emotional strength, charisma, and genuine ability to connect to everyone he meets. On Saturday, Jimmy did push-ups with Willie the Wildcat, ran the 5k, visited with anyone who wanted to talk with him, and helped when a fellow VIPd experienced an episode of not being able to move. Jimmy's visit to the Little Apple from his home in Chicago was one many will not forget.



The Speedy Pd Race for Parkinson's Disease continued many traditions that have been in place since the first event 13 years ago: VIPds singing the National Anthem, beautiful 5k and 10k courses, amazing volunteers, and sponsors. This year, the 5k race became the "Don Rasmussen 5k" in

See **SPEEDY**, page 4

## EVENTS & OPPORTUNITIES

### **Flu Shots for Independent Living**

Flu shots have started to arrive at local pharmacies and primary care clinics. Typically, flu shots are administered in the fall in preparation for the flu season. In the United States, flu season occurs in the fall and winter. While influenza viruses circulate year-round, most of the time flu activity peaks between December and February, but activity can last as late as May.

For independent living (IL) residents who are patients at Dr. Floersch's practice, CenterPointe Physicians, you will be contacted by the clinic staff to schedule an appointment to receive your annual influenza vaccine. You can also call the clinic at (785) 537-1900 to set up your appointment.

Any IL residents who are not patients of Dr. Floersch can go to Walgreen's or another local pharmacy to receive your flu shot. You could also contact your primary care physician to receive the vaccine, if their office is offering it.

Additionally, if you are a client of Meadowlark's home health agency, you can receive your flu vaccine by contacting the home health office (785) 537-9497.

If the on-campus clinic at Meadowlark receives enough doses to accommodate a walk-in clinic for non-patients, there will be communication released in the Messenger. If you have questions, please contact Monte Spiller at (785) 323-3801.

### **Changes to Pd Exercise & Boxing Classes**

Rock Steady Boxing at Body First will be on Fridays at 1 p.m. for the remainder of September. There will not be a class on Thursdays.

Also, Parkinson's Exercise class on Fridays at Body First is cancelled for the month of September. Classes will be offered at Meadowlark on Mondays and Thursdays at 1 p.m.

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

**Thursday, Sept. 16, & Friday, Sept. 17**

The Courtyard Bar will feature a Frozen Meadowlark Margarita (Blue Marg) on Sept. 16 and 17 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.

### **Veterans Group Meeting Location**

**Friday, Sept. 17, at 10 a.m.**

The Veterans Group meeting scheduled for Friday, Sept. 17, at 10 a.m. is moved from the Cinema to the Bison Room.

### **Andy Bell Jazz Hour**

**Friday, Sept. 17, at 7 p.m.**

On Friday, Sept. 17, at 7 p.m. in the Prairie Star Event Center, Meadowlark welcomes back jazz musician Andy Bell. Andy has been a professional saxophonist for over 40 years. He has played across the U.S., South America, and Europe. Andy and his accompanist will be playing jazz standards from the '40s, '50s, and '60s with a couple of funk tunes thrown in.

### **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 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 will be back at Bill Snyder Family Stadium facing the Nevada Wolf Pack! 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.

### **Parkinson's Voice Class**

**Monday, Sept. 20, at 1:45 p.m.**

Parkinson's Voice Class will begin on Monday, Sept. 20, 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

## EVENTS & OPPORTUNITIES

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

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

*Tuesday, Sept. 21, 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 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.

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.

### **ARTful Making: Pastel Windows**

*Wednesday, Sept. 22, at 2:30 p.m.*

Do you enjoy the color in stained glass windows? Let's create our own version of an oil pastel "window." We will have fun experimenting with blending our colors. Inspiration pieces and all materials will be supplied. Join Kim Richards from the Beach Museum of Art on Wednesday, Sept. 22, from 2:30 to 3:30 p.m. in the KSU Classroom, for some relaxing creation time.

### **European Alps Presentation**

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

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

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.

### **Chair Yoga Canceled**

*Thursday, Sept. 23*

Chair Yoga for Thursday, Sept. 23, has been cancelled. Class will resume Tuesday, Sept. 28.

### **Crafts & Creations Night**

*Friday, Sept. 24, at 5 p.m.*

On Friday, Sept. 24, residents and staff are invited to bring one of their crafts and creations from each of the following categories to be displayed for the event. The categories include: fabric and textiles, wood, metal and pottery, painting, and photography. The items will be on display from 4 to 7 p.m. in the Prairie Star Event Center. We ask that you check-in your creations between 8 a.m. and 2 p.m. on the day of the event. The winner of each category will receive a \$50 gift card to Prairie Star Restaurant. For any questions, contact Brook Marcotte at (785) 323-3821.

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

*Saturday, Sept. 25*

On Saturday, Sept. 25, K-State travels to take on the Oklahoma State Cowboys as they open up Big 12 play. Join us in the Game Room, Prairie Star Pub, and the Bison Room to cheer on the Cats! The game time has yet to be announced, but will be published in the Messenger when made public. Light refreshments will be served during the game.

### **World PD Coalition Webinar**

*Tuesday, Sept. 28, at 2 p.m.*

Join us in the Patriot Room, on Tuesday, Sept. 28, from 2 to 3 p.m., for a viewing of the World PD Coalition Care Partner Webinar: Communicating and Staying Connected with PD in the Relationship. This virtual panel will focus on challenges and solutions related to maintaining effective communication between Care Partners and their Person with Parkinson's. Good communication is key to any healthy relationship, but Parkinson's disease and its common symptoms offer any relationship unique communication challenges.

## **On Knowing**

*by Helen Roser*

Sometimes life gives us a chance to realize that we don't know others as well as we think we do.

After Daddy died and my big sisters married and moved away, that left Mama, my big brother Buddy, whom I adored, and me to live in our house.

If anyone had asked me how the three of us would react to an emergency, the answer would have been easy for me. I would say that Mama would do something intelligent and generous. Buddy would do, I didn't know what, but it would be something wonderful. I would do something dumb.

When I was sixteen, I had a chance to find out. It was a very cold, blustery night as I studied for the semester finals the next day. I felt I was ready to ace the tests, and went to bed and promptly to sleep.

I was wakened by someone banging on our front door downstairs. There was howling of multiple sirens. In the reflection of my dresser mirror, I could see the house across the street in flames. The voice downstairs was yelling: "Get out! Get out!"

My bed was covered with a bedspread that hung to the floor. As the voice was yelling to get out, the thought crossed my mind that if I went out, my stuff would still be there. So I calmly shoved my feet into my only pair of shoes, and headed for the dresser. One by one, I pulled out the three drawers and dumped their contents on my bed. I didn't have many dresses, so it was easy to empty my closet. I shoved the dresses together, then yanked them out, hangers and all, and dumped them on the pile on my bed. My books were at my bedside. I carefully placed them on top of the pile on my bed, then gathered up the four corners of my bedspread. Dressed in pajamas and shoes, I lugged my bundle of bedspread downstairs.

Only the top half of our house was on fire, so I could lug my stuff to the back door and out. Mama and Buddy were waiting. Mama had brought our winter coats for the three of us. She held the Bank Box, with the deed to our house and important papers in it.

I stood by my bedspread that had everything I owned in it. I looked at dear Buddy. Both of his

hands had something in them. In one, he held a handful of neck ties. In the other, he held a framed photo of his girlfriend.

Mama and I acted like we didn't notice. We didn't discuss our emergency except with officials. Since only the top half burned, we could live in the bottom half until the top half got fixed.

I learned that maybe we don't know others as well as we think we do. Even ourself.

## **SPEEDY, from page 1**

honor of our fallen Pd Champion who helped us create a unique and special event for everyone! Don's wife, Bea, and their daughters were all overwhelmed and honored with this name change to celebrate Don's love for running and commitment to Meadowlark Parkinson's Program.

Although the number of participants did not reach pre-pandemic numbers, we had 520 registered participants in the 5k, 10k, and ½ Mile. There were some new and returning teams entered this year, which helped keep people's eyes on the finish line! Blueville Nursery and IACH Solemates ran off with the prizes for Fastest 5k, while KS State Bank and Team Rasmussen took home the Largest Teams awards. Team Coyote Crazy won the Most Donations again this year, and Hayden-Kohlmeier Orthodontics made everyone smile with their Best Costume award!

In addition to raising awareness and understanding about Parkinson's disease and the Meadowlark Parkinson's Program, the weekend is critical for raising funds to help us continue to provide services free of charge to all those affected by Pd. This year \$58,486 was earned from donations, registrations, sponsorships, and the Parkinson's Patron Campaign. We are very grateful for the commitment of each of the individuals and organizations that supported us this year. Community First National Bank has been a devoted supporter leading the way to make the Speedy Pd Race the best!

If you would like to learn more about the free education, exercise, and outreach opportunities provided by Meadowlark Parkinson's Program, please contact Michelle Haub or Bridget Larkin at (785) 323-3899 or via email at [parkinsons@meadowlark.org](mailto:parkinsons@meadowlark.org).

# Fine Art Fair Welcomes Local, Regional Artists

*by Becky Fitzgerald, Development Director*

Are you a fan of creativity and imagination? Are you ready for a convenient gift-buying experience? Don't miss an opportunity to see and purchase original fine art and hand-crafted items from local and regional artists! **Art Mingle: Fine Art Fair** is set for 10 a.m. to 3 p.m. on Saturday, Oct. 9, at Prairie Star Event Space.

Applications are arriving daily from artisans who wish to show and sell their paintings, collages, fiber art, wood pieces, etc., and several others are expected to join the fun. The talents of three of this year's Fair artists are depicted in the photos below.

There is no charge to attend the Fair, and the public is invited. A list of participating artists and their media soon will be added to the Fine Art Fair event page at [www.meadowlark.org](http://www.meadowlark.org).

As part of Meadowlark's COVID-19 protection plan, several Synexis Spheres were installed earlier this year in the Event Space and adjacent areas. The Spheres continuously emit dry hydrogen peroxide, which has been proven in independent laboratory studies to fight viruses and bacteria.

If you have a suggestion for a possible Fair artist, please contact Becky Fitzgerald, Development Director, at (785) 323-3843.



Art Mingle  
Fine Art Fair  2021



[top left] "Fascination - Ezekiel 40:4," 16 x 12 watercolor on paper by Deb Hanes-Nelson, Centralia, Kan.

[top right] "Spring Grasses," 11 x 19 oil on panel by Patricia Adams, Manhattan, Kan.

[bottom left] Needle felted pumpkins from Eclectic Expressions by Jodi, Emporia, Kan.

# Work That Brain!

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

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

## Types of Food

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

- ONION
- PORK
- BURGERS
- FAST FOOD
- RADISH
- MACARONI
- LETTUCE
- VEGETABLES
- NOODLES
- BREAD
- CEREAL
- HAM
- FRUIT
- TUNA
- SALAD
- SPAGHETTI
- BUTTER
- ROLLS
- TV DINNER
- HOTDOGS
- STEAK
- GRAVY

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

**Curator's Choice** ... Which three would you group together? Below are five diverse artworks. You need to decide which three will hang together in the gallery. Which three do you choose and why? Do you look at color, line, or perhaps subject matter? Do you group three that look similar or focus on contrast?



*Snow Halter, Saline County, December 1990 Terry Evans*

**Terry Evans, Snow Halter, Saline County, Dec. 1990, printed 1995, Chromogenic print, KSU, Marianna Kistler Beach Museum of Art, 1995.19**



**Lynn Benson, Allahabad, 2012-2015, Colored pencil on paper, KSU, Marianna Kistler Beach Museum of Art, 2016.71.64**



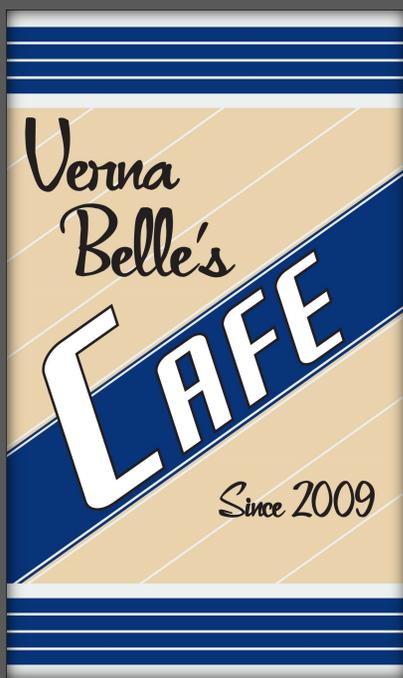
**Judy Love, River Idyll, 2007, Pastel on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Judy Love, 2011.215**



**Alice Baber, The Golden River, 1974, Watercolor on paper, KSU, Marianna Kistler Beach Museum of Art, 2017.562**



**Janet Kuemmerlein, Spring Green, 1975, Fiber KSU, Marianna Kistler Beach Museum of Art, gift of Carol and Lewis Berey, 2010.131**



**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. 20**

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

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

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

### **Tuesday, Sept. 21**

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

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

### **Wednesday, Sept. 22**

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

**Lunch: Southwest Cream Cheese & Chicken Wrap, \$4.50 / \$6.50** *shredded & seasoned chicken, black beans, corn, tomatoes, & cream cheese wrapped in a flavored flour tortilla and served with your choice of side*

### **Thursday, Sept. 23**

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

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

### **Friday, Sept. 24**

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

**Lunch: Avocado BLT, \$4.50 / 6.50** *bacon, lettuce, tomato, & avocado on toasted sourdough bread and served with your choice of side*

### **Saturday, Sept. 25, & Sunday, Sept. 26**

**Breakfast: Ala Carte Menu Options**

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

# RESTAURANT FAVORITES

---

## 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*

---

## 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**

---

## 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.*

---

## Sides

### \$2

House-Made Pub Chips, French Fries, Slaw, Cottage Cheese, Mashed Potatoes, Green Beans, Broccoli, 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 19 to Sept. 25

## Sunday • Sept. 19

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

## Monday • Sept. 20

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  
1:45 p.m. ~ Voice Class, CR  
2:00 p.m. ~ Change & Loss Support Group, FHR  
5:30 p.m. ~ 5th Floor Supper, BR  
7:00 p.m. ~ BINGO Night, EC

## Tuesday • Sept. 21 *Trash & recycling pick-up*

10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
11:30 a.m. ~ Lunch & Learn with UFM: The Woman's Reason, EC  
2:00 p.m. ~ Prairie Star Writers Group, PR  
2:00 p.m. ~ Memory Activities Class, KSU CL  
2:00 p.m. ~ 10-Point Pitch, GR  
5:30 p.m. ~ 2nd Floor Supper, BR

## Wednesday • Sept. 22

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  
2:30 p.m. ~ ARTful Making, KSU CL  
3:00 p.m. ~ Sing-A-Long, EC  
3:00 p.m. ~ Rock Steady Boxing, CR  
5:30 p.m. ~ 1st Floor Supper, MR  
7:00 p.m. ~ European Alps Presentation, EC

## Thursday • Sept. 23

9:00 a.m. ~ Messenger Team, KSU CL  
10:30 a.m. ~ Steady Yourself, 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

## Friday • Sept. 24

9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Meadowlark Market, 1217 Meadowlark Cir  
10:30 a.m. ~ Weights 101, CR  
11:30 a.m. ~ Sit & Be Fit, CR  
1:00 p.m. ~ Rock Steady Boxing, BF  
2:00 p.m. ~ Tom's Gab & Games, FHR  
4:00 p.m. ~ Crafts & Creations Night, EC

## Saturday • Sept. 25

TBA ~ KSU Football Watch Party, GR, Pub, & BR  
10:00 a.m. ~ Meadowlark Market, 1217 Meadowlark Circle

### 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. 20 to Sept. 23

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

### Monday, Sept. 20

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

### Tuesday, Sept. 21

2 p.m.	Memory Activities Class
--------	-------------------------

### Wednesday, Sept. 22

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

### Thursday, Sept. 23

1 p.m.	Parkinson's Exercise Class
--------	----------------------------



# CHANNEL 1960 Entertainment Guide

## Sunday, Sept. 19

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	<b>NEW!</b> Worship Service with Chaplain Patty Brown-Barnett
12:00 p.m.	<b>(Re-run)</b> September Town Meeting
2:00 p.m.	<b>(Re-run)</b> 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, Sept. 20

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 9/7.

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

## Tuesday, Sept. 21

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. 22

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. 23

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. 24

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. 25

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

**KNOCK, KNOCK.**

*Who's there?*

**Tank.**

*Tank who?*

**You're welcome.**



## 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. 19

*RUDY (1993)* PG, 1 hr. 54 min. *Feel-Good, Emotional*

Cast: Sean Astin, Jon Favreau, & Ned Beatty

High schooler Rudy Ruettiger has always been told that he is too small to play college football, but he is determined to overcome the odds and fulfill his dream of playing for Notre Dame.

### MUSICAL MONDAY: Sept. 20

RESIDENT REQUEST

*AN AMERICAN IN PARIS (1951)* NR, 1 hr. 54 min. *Drama, Romance*

Cast: Gene Kelly, Leslie Caron, & Oscar Levant

Three friends struggle to find work in Paris. Things become more complicated when two of them fall in love with the same woman.

### TRUE TUESDAY: Sept. 21

*THE BLIND SIDE (2009)* PG-13, 2 hr. 6 min. *Inspiring, Heartfelt*

Cast: Sandra Bullock, Quinton Aaron, & Tim McGraw

Affluent couple Leigh Anne and Sean Tuohy take in Michael, a homeless teenager. Leigh Anne helps him catch up academically and nurtures his growth into a football powerhouse.

### WESTERN WEDNESDAY: Sept. 22

*THE DUEL (2016)* R for strong violence and language, 1 hr. 50 min. *Crime, Gritty*

Cast: Woody Harrelson, Liam Hemsworth, & Alice Braga

In a tiny Texas town where the residents are under the thrall of a man called the Preacher, locals begin to disappear. When their bodies begin to wash up on the shores, Texas Ranger David Kingston has to intervene.

### THRILLER THURSDAY: Sept. 23

*FRACTURED (2019)* TV-MA, 1 hr. 40 min. *Ominous, Suspenseful*

Cast: Sam Worthington, Lily Rabe, & Stephen Tobolowsky

After his wife and injured daughter disappear from an ER, a man conducts a panicked search and becomes convinced the hospital is hiding something.

### FEATURE FRIDAY: Sept. 24

*FULL COUNT (2019)* TV-PG, 1 hr. 50 min. *Inspiring, Feel-Good*

Cast: John Paul Kakos, Natalia Livingston, & E. Roger Mitchell

When tragic events force an aspiring baseball player to forgo his big league dreams and return home, saving the family farm grants him a renewed purpose.

### SWEET SATURDAY: Sept. 25

*TRIUMPH OF THE HEART (1991)* TV-PG, 1 hr. 32 min. *Heartfelt, Tearjerker*

Cast: Mario Van Peebles, Susan Ruttan, & Lane R. Davis

This drama tells the tale of Ricky Bell, a pro running back with the Tampa Bay Buccaneers who died of a muscle disease in the prime of his career.