

BARNES



COPT



Meet the Artists

2021 fundraiser attracts two sought-after Kansas painters

ZAK BARNES

is a versatile artist based out of Lawrence, Kan. Born and raised in the Sunflower State, Barnes has strong ties to the Flint Hills, where his parents grew up. He attended the Columbus (Ohio) School of Art and Design for several years and then settled in Chase County, Kan., where he built houses and spent his leisure time painting impressionistic landscapes, en plein air, in the heart of the Flint Hills.

During this time, Barnes developed studio work consisting of unique figurative paintings, featuring



Connect with honored guest artists Zak Barnes and Louis Copt at Art Mingle on Oct. 8. Each will display and sell work in his Artist Showcase area at Prairie Star Event Space. Goldstein Fund returns as the Artist Showcases sponsor.

See **BARNES**, page 5

LOUIS COPT

was born Jan. 29, 1949, in Emporia, Kan. Spending time on a farm as a child and growing up near the Kansas Flint Hills had a profound effect on Copt and has translated into his passion for landscape painting.

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.

Copt's current art focuses on the prairie in just about every season, but particularly the annual spring burn-

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EVENTS & OPPORTUNITIES

Resident Board Member Election

There is currently a vacant position for an Independent Living (IL) member to be on the Meadowlark Hills Board of Trustees. Prior to an election, a nomination process must take place.

Nominations are welcomed from the IL population over a two-week period. Those nominating are to first contact the potential nominee to ensure he or she would be willing to serve. Nomination forms will be available at the Hospitality Desk starting Thursday, Sept. 23, through 5 p.m. Thursday, Oct. 7. There will be a box at the Hospitality Desk in which to place your nominations.

If you have any questions, contact Monte Spiller, at (785) 323-3801.

Get Registered to Vote

by Kay Shanks

If you have moved into or within Meadowlark since you last voted, you must re-register to be ready to vote in the November 2021 election.

Paperwork and help knowing what you must do is available at the Hospitality Desk, or by calling Kay Shanks at (785) 770-5054. If no answer, please leave a message that includes your name and how to contact you. Or you can call the Riley County Clerk's Office at (785) 537-6300 for instructions.

If you are in doubt about the status of your registration and whether you are to get a mail-in ballot, call the Clerk's Office and check. They are very courteous and helpful.

Important Dates coming up:

- ~ Registration ends Oct. 12, 2021.
- ~ Advanced voting at the Riley County Office Building begins Oct. 13 and ends Nov. 1 at 12 p.m. (noon).
- ~ Advanced voting by mail begins Oct. 13. Ballots will be mailed out Oct. 13. It is best to do your voting and mail the ballots quickly.
- ~ 2021 General Election is Tuesday, Nov. 2

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 also can 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 inquire about the vaccine.

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 canceled 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. 23, & Friday, Sept. 24

The Courtyard Bar will feature a Frozen Key Lime Colada on Sept. 23 and 24 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 heat index is over 95 degrees.

Celebration of Marilyn Fagot

Friday, Sept. 24, at 3 p.m.

All are invited to an ice cream social to celebrate the life of Marilyn Fagot at 3 p.m. Friday, Sept. 24, in the Courtyard.

A Celebration of Life service will be held at 5 p.m. Sunday, Sept. 26, at the Crestview Christian Church. A Memorial Mass will be at 10 a.m.

EVENTS & OPPORTUNITIES

Monday, Sept. 27, at St. Thomas More Catholic Church.

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 6:00 p.m.

On Saturday, Sept. 25, K-State travels to take on the Oklahoma State Cowboys as they open up Big 12 play. Join us at 6 p.m. in the Game Room, Prairie Star Pub, and the Bison Room to cheer on the Cats! Light refreshments will be served during the game.

Parkinson's Voice Class

Monday, Sept. 27, at 1:45 p.m.

Parkinson's Voice Class will begin on Monday, Sept. 27, 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.

UFM Lifetime Learning: Lunch & Learns

Tuesday, 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.

Attend the UFM Lunch and Learn at 11:30 a.m. Tuesday, Sept. 28, in the Event Center for the

presentation "Riley County Characters." 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.

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.

Meadowlark Singers

Tuesday, Sept. 28, at 4 p.m.

Make a joyful noise! The Meadowlark Singers will have practices every Tuesday from 4 to 5 p.m., in the Community Room, located near the Hospitality Desk. The first practice will take place Tuesday, Sept. 28, at 4 p.m.. The singers will be led by Bethany Bassler. We look forward to seeing old and new faces. For questions, contact Resident Services Leader, Monte Spiller at (785) 323-3801.

Transportation to KSU Football Game

Saturday, Oct. 2, at 12:30 p.m.

Transportation will be provided for the K-State home football game on Saturday, Oct. 2. The bus will leave at 12:30 p.m. from the Village Entrance. Please sign up in the Blue Book. Cost of transportation is \$3 per person.

Kansas State Football Watch Party

Saturday, Oct. 2 at 2:30 p.m.

Saturday, Oct. 2, K-State will be back at Bill Snyder Family Stadium as they take on the Sooners of Oklahoma. Join us at 2:30 p.m. in the Game Room, Prairie Star Pub, and the Bison Room to cheer on the Cats! Light refreshments will be served during the game.

Political Signage & Campaigning Policy

As we find ourselves in yet another election season, please keep in mind the current policy at Meadowlark for political activities. The policy has been recently updated with the following key point:

“Advertisements for political events, such as a candidate's appearance, can not be printed in the Meadowlark Messenger, posted on Meadowlark's internal television station, or included in Meadowlark's website.”

Campaigning in public areas at Meadowlark is not permitted, and door-to-door campaigning is not allowed. If a resident would like to host a political candidate for a presentation or interface with others at Meadowlark, then he or she may do so as a sponsor of the opportunity.

Announcements of the candidate's appearance must clearly state that Meadowlark is not the sponsor of the event. Posters will be allowed in public areas one week prior to the resident-sponsored candidate/political presentation to communicate the details regarding the opportunity.

If you have questions about Meadowlark's Political Signage and Campaigning Policy, or would like to receive a copy of the policy, please contact Monte Spiller at (785) 323-3801 or reach out to your floor or neighborhood representative.

Outdoor Adventure

submitted by Sue Hunt

With the coming of Fall and cooler temperatures, take advantage of a walk or cart ride to the pond area. The sunflowers are in full bloom, as are goldenrod and snow on the mountain. You might

Solutions from 9/16.

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

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

see peeks of blue sage or a mass of tiny white flowers. The pond is full and the bubbly fountain is music as you relax in chairs that rock in the gazebos. Don't forget to write your thoughts in the memory book on the table in the East gazebo.

A Message from the Employee Gift Committee

It is time to contribute to our annual staff appreciation gift fund that offsets our no-tipping policy. Although the past two years have been difficult, it has been a new experience for everyone — for residents, and for staff members and their families.

Our outstanding staff have been unusually caring in keeping residents safe. Although they maintain their masks everyday, we have to know all is done with smiles behind their masks. We need to be especially grateful with our gifts, recognizing the extra measures and sacrifices they have made doing their jobs for the Meadowlark family.

Residents and friends need to make their own decisions about how much to give, but we all need to remember that it's for a WHOLE YEAR. We encourage giving with gratitude and joy in this unusual time. Giving is totally private as gifts go directly to the bank. Keep in mind that they are not tax-deductible. Send your check, payable to the Employee Gift Fund to the Hospitality Desk, 2121 Meadowlark Rd., Manhattan, KS 66502 or drop it off in Meadowlark's lobby.

Prairie Star Restaurant closed on Oct. 8

Prairie Star Restaurant will be closed all day on Friday, Oct. 8. The Café will be open for its usual breakfast and lunch hours.

For dinner, a boxed meal option will be offered. If you would like to receive a boxed dinner on the

evening of Oct. 8, please sign up in the Blue Book at the Hospitality Desk by Thursday, Oct. 7. The dinner meals will be delivered to your residence between 5 and 6 p.m. Friday, Oct. 8, at no additional charge.

The cost of the meal is \$14 each and will include Salisbury steak, mashed potatoes with gravy, green beans, and apple pie.



"New Life, Old Dragons," 20 x 48, framed oil on panel by Zak Barnes, 2021.

These paintings, with a combined value of \$5,600, are on the live auction slate at Art Mingle, which benefits Meadowlark Memory Program. The silent auction will include smaller paintings by Copt and Barnes.

BARNES, from page 1

scenes of strong Kansas women in rural Americana settings with a twist of surrealism and a dream-like combination of subject matter and narrative. It wasn't long before Barnes's work hung in several Kansas galleries. In 2004, Barnes moved to Lawrence, Kan., to live and create art full time in his rural home, adding abstract paintings and sculpture to his range of work.

Zak Barnes works primarily in oil paint, but he has incorporated many non-traditional techniques over the years. His distinct style combines elements of impressionism, surrealism, regionalism, and folk art coupled with a dynamic painting process and handling of his medium.

Barnes playfully manipulates the elements of art and principles of design. Each piece takes on a life of its own as he interacts with it throughout the painting process; the final product is a record of the evolution of the work, no matter what subject matter or medium he chooses.

Barnes has won numerous awards in plein air competitions, taught several plein air workshops, and has served as a judge in many competitions. His work has been featured in a variety of publications, and he has donated his artwork and talents to many charitable organizations and events. Zak Barnes has been represented in galleries across Kansas, and his work is included in permanent private and public art collections.

Meadowlark's art collection includes three of Barnes's paintings. The largest, "Bazaar Shoe Fly," hangs at the Prairie Star Event Space entrance. Two others hang in Verna Belle's Café.



"Night Fires," 24 x 30, oil on canvas by Louis Copt.

COPT, from page 1

off in the Flint Hills. His primary medium is oil on canvas which allows him to work on a larger scale and provides the depth and color that best translates his particular vision. He is fascinated by the challenge of capturing the force of nature as the fires race across the prairie renewing the landscape for yet another season.

Copt's work has been featured three times in *The Artist's Magazine*, and three times he has won its award for Top Finalist in the Landscape Division. He has also been featured in *American Artist Magazine*. His work has also been featured in the scholarly publication *American Art Review*.

Copt's paintings are in the collections of Kansas State University's Marianna Kistler Beach Museum of Art, the Albrecht-Kemper Museum of Art in St. Joseph, and the Spencer Museum of Art at the University of Kansas.

Meadowlark owns several of Copt's paintings, two of which are in the Flint Hills Room. The paintings in that room depict seasonal landscapes in the Flint Hills. A Copt watercolor representing "winter" is on the south wall. An oil painting, similar to one offered at our 2021 auction, hangs on the east wall to represent "spring."

"Yellow Logic," a contemporary oil on mylar, was added to Prairie Star this spring after a donation by the family of former resident Jane Westfall. Early watercolors by Copt are on the 5th floor.

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					64			

ACROSS

1. Unit of capacitance
6. G G G G
10. Top of a house
14. San Antonio fort
15. Wings
16. River of Spain
17. Kidney-related
18. Former Italian currency
19. A Star Wars hero
20. Organized
22. Functions
23. Museum piece
24. Blatant
25. Winglike
29. Colorless odorless gas
31. Umpire
33. Trap
37. Objective
38. Adjusted
39. Rotted
41. Pruning
42. Matrimonial
44. Countercurrent
45. Building addition
48. Like the flu
50. Reclined
51. Written material
56. A mooring post
57. Stake
58. Keepsake
59. Component of urine
60. Adolescent
61. Make improvements
62. A crumbling earthy deposit
63. Makes a mistake
64. Relaxes

DOWN

- | | | |
|-------------------------------|--------------------------------|----------------------------|
| 1. Ranch | 13. Impose | 40. Seer |
| 2. Away from the wind | 21. Greek goddess of fertility | 41. Lurches |
| 3. Deliver a tirade | 24. Beginning | 43. Giggle |
| 4. Nanny | 25. Anagram of "Star" | 45. Scrapbook |
| 5. Painful grief | 26. Jump | 46. Nigerian monetary unit |
| 6. An area of northern Israel | 27. Hairdo | 47. Fertilizer ingredient |
| 7. Bring out | 28. Belonging to a regiment | 49. Not earlier |
| 8. Otagia | 30. Sharp-cornered | 51. Tardy |
| b. Secure against leakage | 32. Unwind | 52. Hefty volume |
| 10. Make younger | 34. Dry | 53. Hawaiian strings |
| 11. Overweight | 35. Cleave | 54. Lease |
| 12. Law and _____ | 36. Jittery | 55. Terminates |

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

Contrast ... When a printmaker creates a work in black and white how do they achieve large, deep, billowy clouds without the use of color? Other elements of art such as line, form, texture and value become important. The artist may want to use these elements to create contrast between the clouds and other objects within the image. As you look at the print, the artist has placed a dark shadowed building in the foreground. This is in direct contrast to the light clouds. What other contrasts between the building and the clouds do you notice? Do you observe any other contrasts throughout the composition? Pay special attention to line, form, texture, and value.



Robert Kipniss, *Clouds*, published 1970, Lithograph on paper
KSU, Marianna Kistler Beach Museum of Art, bequest of Raymond & Melba Budge, 1992.177



Breakfast & Lunch Specials

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

Monday, Sept. 27

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

Lunch: Meatball Sub Sandwich, \$4.50 / \$6.50

meatballs covered in marinara sauce topped with provolone cheese served on a sub roll with your choice of side

Tuesday, Sept. 28

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

Lunch: Gumbo & Garlic Toast, \$4.50 / \$6.50 *ground beef & macaroni in a tomato stew*

Wednesday, Sept. 29

Breakfast: Breakfast Burrito with Fruit, \$6.50

Lunch: Smothered Chicken Burrito, \$4.50 / \$6.50 *shredded chicken, beans, corn, & tomatoes wrapped in tortilla and covered with cheese sauce and served with a side of rice*

Thursday, Sept. 30

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

Lunch: Cowboy Hot Dog, \$6.50 *grilled hot dog topped with bacon, shredded cheddar cheese, onions, & BBQ sauce and served with your choice of side*

Friday, Oct. 1

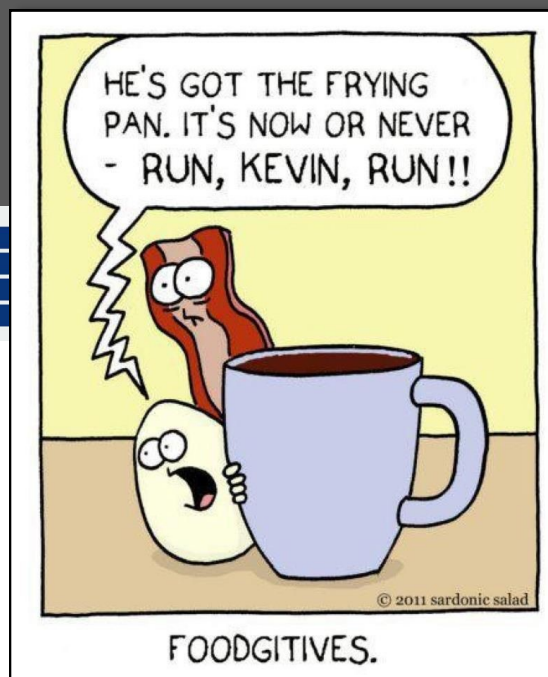
Breakfast: Waffle Bar with a Side of Fruit \$4.50

Lunch: White Chicken Chili, \$4.50 / 6.50 *shredded chicken, great northern beans, & onions in a creamy stew and served with a cornbread muffin*

Saturday, Oct. 2, & Sunday, Oct. 3

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, 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 26 to Oct. 2*

Sunday • Sept. 26

10:30 a.m. ~ Worship Service, EC
 10:30 a.m. ~ Transportation to FUMC, VE
 2 to 4 p.m. ~ Meadowlark Market, 1217 ML Circle

Monday • Sept. 27

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

Tuesday • Sept. 28 *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: Riley County Characters, EC
 2:00 p.m. ~ Memory Activities Class, KSU CL
 2:00 p.m. ~ 10-Point Pitch, GR
 2:00 p.m. ~ World Pd Coalition Webinar, PR
 3:00 p.m. ~ Coffee Corner, EC
 4:00 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ 3rd Floor Supper, BR

Wednesday • Sept. 29

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 Cafe, KSU CL
 3:00 p.m. ~ Sing-A-Long, EC
 3:00 p.m. ~ Rock Steady Boxing, CR

Thursday • Sept. 30

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 • Oct. 1

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

Friday • Oct. 1

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

Saturday • Oct. 2

1:30 p.m. ~ Depart for KSU Football Game, VE
 2:30 p.m. ~ KSU Football Watch Party, GR, Pub, & BR

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



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

Monday, Sept. 27

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

Tuesday, Sept. 28

2 p.m.	Memory Activities Class
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Wednesday, Sept. 29

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

Thursday, Sept. 30

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

Sunday, Sept. 26

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.	Guided Meditation with Kathleen Spearman, LMSW
3:30 p.m.	Chair Yoga

Monday, Sept. 27

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 9/16.

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
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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

Tuesday, Sept. 28

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. 29

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, Sept. 30

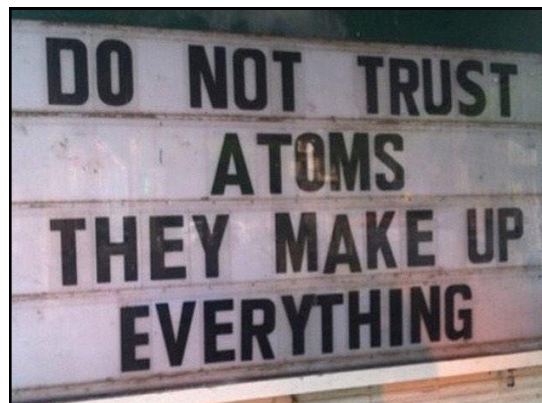
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class

Friday, Oct. 1

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, Oct. 2

9:30 a.m.	Band Bust Exercise Class
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.

RESIDENT REQUEST

SEASONAL SUNDAY: Sept. 26

GOOD WILL HUNTING (1997) R, 2 hr. 6 min. *Emotional, Heartfelt*

Cast: Matt Damon, Robin Williams, & Ben Affleck

When professors at MIT discover that an aimless young janitor working at the university is also a mathematical genius, a therapist helps the young man confront the demons that are holding him back.

MUSICAL MONDAY: Sept. 27

OKLAHOMA! (1956) TV-PG, 2 hr. 28 min. *Western, Romance*

Cast: Gordon MacRae, Gloria Grahame, & Gene Nelson

In the Oklahoma territory at the turn of the twentieth century, two young cowboys vie with an evil ranch hand and a traveling peddler for the hearts of the women they love.

TRUE TUESDAY: Sept. 28

GREATER (2016) PG, 2 hr. 10 min. *Inspiring, Heartfelt*

Cast: Neal McDonough, Leslie Easterbrook, & Christopher Severio

Faith and determination transform a talentless football player at the University of Arkansas into an All-American in this inspiring true story.

WESTERN WEDNESDAY: Sept. 29

BLACK BEAUTY (2020) TV-PG, 1 hr. 51 min. *Drama, Animals*

Cast: Mackenzie Foy, Kate Winslet, & Iain Glen

In a modern day reimagining of the classic, a wild horse, Black Beauty, is born free in the American West. Taken from her family, Beauty is brought to Birtwick Stables where she meets a spirited teen. They form an unbreakable bond that carries Beauty through the chapters, challenges, and adventures of her life.

TEARJERKER THURSDAY: Sept. 30

THE IMPOSSIBLE (2012) PG-13, 1 hr. 53 min. *Gritty, Emotional*

Cast: Naomi Watts, Ewan McGregor, & Tom Holland

Tracking one family's harrowing experiences, this gripping drama depicts the chaos generated by the massive 2004 tsunami in Southeast Asia.

FEATURE FRIDAY: Oct. 1

WHITE TIGER (2021) R for language, violence, & sexual material, 2 hr. 5 min. *Offbeat, Provocative*

Cast: Adarsh Gourav, Rajkummar Rao, & Priyanka Chopra Jonas

The ambitious driver for a rich Indian family uses his wit and cunning to escape from poverty and become an entrepreneur. Based on the bestselling novel.

SWEET SATURDAY: Oct. 2

ALL TOGETHER NOW (2020) PG, 1 hr. 33 min. *Understated, Inspiring*

Cast: Auli'i Cravalho, Justina Machado, & Rhenzy Feliz

An optimistic, talented teen clings to a huge secret: She's homeless and living on a bus. When tragedy strikes, can she learn to accept a helping hand?