



## HOGtoberfest, Oct. 28

*by Becky Fitzgerald, Development Director*  
Mark your calendars to join us for the 8th annual HOGtoberfest from 11 a.m. to 10 p.m. Thursday, Oct. 28. Ten percent of the day's proceeds will be donated to the Good Samaritan Fund, so plan now to enjoy lunch or dinner at Kite's Aggieville Draft House that day. Meadowlark residents also may order food for delivery for either lunch or dinner. An order form will be included in the Oct. 21 Messenger.

Meadowlark transportation is available for independent living residents for no charge to attend lunch and/or dinner at Kite's Aggieville Draft House on Thursday, Oct. 28. The bus will depart at 11 a.m. for lunch and at 5 p.m. for dinner. Please sign up in the Blue Book at the Hospitality Desk.

Moving the event to this new restaurant is increasing the food options for persons who choose to dine in. From 11 a.m. to 1 p.m., choose the pulled pork and chicken slider buffet or select an item from the Kite's menu. The Bar & Grill offers burgers, dawgs, and wraps, as well as soups, salads, and specialties, such as chicken fried steak and spicy shrimp.

From 5 to 8 p.m., enjoy the whole hog roast buffet – What's HOGtoberfest without a hog roast? – or select an entrée from the Draft House menu, such as sautéed red snapper, Irish steak & biscuits, or meat loaf.

To add to the festive atmosphere at Draft House, Dave Lewis of Dave Lewis Entertainment will keep the atmosphere lively with polka tunes and other types of music fitting a fall Oktoberfest-style

See HOG, page 4

## Merry Mingling!



**Art Mingle: Ad Astra** was held Friday, Oct. 8, at Prairie Star Restaurant and Event Space. About 140 people attended the event to support Meadowlark Memory Program! See a future edition of the Messenger for a complete event summary.



## EVENTS & OPPORTUNITIES

### **Kimball Avenue Closure**

Meadowlark's Kimball Avenue entrance will be closed starting Monday, Oct. 18, as a part of the ongoing construction project along the North Corridor. In Aug. 2022, the City plans to open one lane in each direction. The project is expected to be completed in its entirety by late November 2022. **Meadowlark expects the Kimball Avenue entrance to our campus to be closed at least through August 2022.**

This closure may affect travel times for Meadowlark transportation. Please keep this in mind when utilizing the service for appointments during the project timeframe.

### **Employee Gift Fund**

*submitted by the Employee Gift Committee*

Each day there are many Meadowlark employees who make our lives easier. Because tipping is not an accepted practice at Meadowlark, residents, Passport members, and others are given the opportunity to thank those employees who have helped by giving to the Employee Gift Fund.

The value of that help is a determination you must make, but we believe it is important to recognize those employees by presenting them a monetary gift. We believe it is important we ask everyone connected to Meadowlark to consider joining together to build a fund to be divided among staff based on the hours they work. Please examine your ability to give and truly want to thank the staff. Only you will know what you consider to be an appropriate amount. Gifts may be mailed to Employee Gift, Meadowlark Hills, 2121 Meadowlark Road, Manhattan, KS, 66502, or dropped off at the Hospitality Desk.

### **Get Registered to Vote**

*submitted 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 may call the Riley County Clerk's Office at (785) 537-6300 for instructions.

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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. Staff there are very courteous and helpful. To learn more about voting in the upcoming election, please visit [rileycountykansas.gov/election](http://rileycountykansas.gov/election).

Important Dates coming up:

~ Advanced voting at the Riley County Office Building began Oct. 13 and ends Nov. 1 at 12 p.m. (noon).

~ Advanced voting by mail started yesterday, Oct. 13. It is best to do your voting and mail the ballots quickly.

~ 2021 General Election is Tuesday, Nov. 2.

### **Lindly Party, postponed**

The birthday celebration originally scheduled for Friday, Oct. 15, for Ed Lindly has been postponed.

### **Friday Night Entertainment: Dave Zervas**

*Friday, Oct. 15, at 7 p.m.*

At 7 p.m. Friday, Oct. 15, Meadowlark welcomes Dave Zervas to Prairie Star's Event Center! Dave is excited to bring us an evening of old-time Kansas and Cowboy songs. He never disappoints—so come on out for some great entertainment!

### **Shopping at Target & Dollar Tree West**

*Saturday, Oct. 16, at 10:30 a.m.*

The next scheduled trip is Saturday, Oct. 16, with transportation going to Target and Dollar Tree West. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

Next month's trip will travel to Hobby Lobby and Dollar Tree East on Saturday, Nov. 20. Please sign up in the Blue Book to participate in these opportunities.

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

*Saturday, Oct. 16, at 4:30 p.m.*

Transportation will be provided for the K-State home football game on Saturday, Oct. 16. The bus will leave at 4:30 p.m. from the Village Entrance. Please sign up in the Blue Book. Cost of transportation is \$3 per person.

## EVENTS & OPPORTUNITIES

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

**Saturday, Oct. 16 at 6:30 p.m.**

Saturday, Oct. 16, K-State will be back at Bill Snyder Family Stadium as they take on Iowa State. Join us at 6:30 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.

### **Change & Loss Group, canceled**

**Monday, Oct. 18**

Change and Loss Group is canceled for Monday, Oct. 18. The group will resume meeting at their typical time and place on Monday, Oct. 25.

### **Courtyard Communion**

**Wednesday, Oct. 20, at 9:30 a.m.**

Join Pastor Melanie Nord from First United Methodist Church at 9:30 a.m. Wednesday, Oct. 20, 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, Oct. 20, at 4 p.m.**

Join Kim Richards from the Beach Museum of Art for "Sue Jean Covacevich: Artist and Teacher" at 4 p.m. on Wednesday, Oct. 20, in the Bison Room.

Covacevich was born in Wellington, Kan., and traveled extensively throughout her career. However, just like the Kansas sunflower turning its head toward the sun, Covacevich kept returning to Kansas to teach and create. Come to view her work and hear about her inspirational teaching.

### **Women at War: UFM Class**

**Wednesday, Oct. 20, at 6:30 p.m.**

UFM Lifetime Learning and Meadowlark present *Women at War* with Dr. Robert Smith, Director for Fort Riley Museums Complex. This three-session course will begin Wednesday, Oct. 20, from 6:30 to 8 p.m. in Meadowlark's Community Room. The second and third sessions will meet Wednesday, Oct. 27, and Wednesday, Nov. 3.

The two world wars of the twentieth century were global affairs enlisting vast numbers of men

and women into the ranks of the military. While a significant number of the histories of the First and Second World Wars concentrate on the activities and achievements of the male soldiers, the vital services performed by military women cannot be overlooked or underestimated. This class attempts to recognize the service of thousands of women who donned the uniform of their country and served.

Enrollment is now open and can be completed by calling (785) 539-8763. If the office is not open, leave a message and staff will call you back. This class is offered at no charge to Meadowlark residents and Passport members may attend with a 20-percent discount.

Reminder: Meadowlark does not have a partnership agreement with Osher Lifetime Learning, therefore, Osher classes are not available for a discount to Meadowlark affiliates.

### **S'mores Night**

**Thursday, Oct. 21, at 5 p.m.**

You're invited to enjoy a S'mores Bar in the Courtyard between 5 and 8 p.m. Thursday, Oct. 21. All are welcome to attend.

### **Walk to End Alzheimer's**

**Saturday, Oct. 23, at 9 a.m.**

The Alzheimer's Association Walk to End Alzheimer's for Manhattan, Kan., is set to be an outdoor, in-person event for 2021. The Walk will be at Manhattan City Park on Saturday, Oct. 23, 2021.

To participate, visit [www.act.alz.org](http://www.act.alz.org) and click "Find a Walk Near You." Meadowlark has a team already started, and all residents, family members, Passport members, staff, and volunteers are invited to join the team. Once registered, you can start fundraising and spread the word, then on Oct. 23, you're invited to join the Walk Day event.

Registration on Walk Day will begin at 8 a.m. The Walk Day ceremony will start at 9 a.m., and the Walk will begin around 9:15 a.m. The Walk route is one mile long. If you have questions about the Walk or need assistance with registration, please contact Sarah at (785) 323-3878.

## Kansas State Football Watch Party

*Saturday, Oct. 23, TBD*

Saturday, Oct. 23, K-State will travel to Lubbock, Tex., to take on the Texas Tech Red Raiders. Join us in the Game Room, Prairie Star Pub, and the Bison Room to cheer on the Cats! Light refreshments will be served during the game. *The game time has not yet been announced.*

## Pumpkin Carving

*Tuesday, Oct. 26, at 2 p.m.*

Celebrate the fall season with some good ol' fashioned pumpkin carving from 2 to 4 p.m. Tuesday, Oct. 26, in the Courtyard. All are invited to participate.

## HOG, from page 1

party.

As referenced above, there's a way to get into the HOGtoberfest spirit prior to the big day: purchase **Cash & More Raffle** tickets. For \$5 a ticket, buyers will have the opportunity to win the following prizes:

1<sup>st</sup> prize: \$2000 cash

2<sup>nd</sup> prize: \$500 shopping spree at Meadowlark Market

3<sup>rd</sup> prize: YETI Hopper Flip 12 cooler and \$50 The Fridge gift card, valued at \$300

4<sup>th</sup> prize: \$50 gift cards to Kite's Aggieville Draft House, Mr. K's, and Rockin K's, valued at \$150

Academy Sports + Outdoors is an additional sponsor for this year's raffle.

Tickets are available now at the Hospitality Desk, at Verna Belles' Café, or by contacting a Meadowlark board member. Help us reach our goal of selling 1500 tickets!

All proceeds support the Good Samaritan Fund, which assists residents in a Meadowlark healthcare household who have outlived their financial resources. The Fund bridges the gap between reimbursement from the state of Kansas and the cost of quality care and life enhancement. In addition to the aforementioned Kite's Aggieville Draft House and the raffle ticket sponsor, Meadowlark Foundation appreciates the support of Meritrust Credit Union, McCullough Development, Burnett Automotive, BHS Construction, Blueville Nursery, and Standard Pageage.

## On Finding Our Place

*by Helen Roser*

The Surgical Research Center construction was finished. Before opening, a week of tours for professionals was planned. Volunteers, after two days of training, would conduct the tours.

My assignment was to conduct tours of the Brain Center. I was prepared with information. "Short term, intensive care, using methods never used before, for patients who had been given up every place else. This was their last chance."

I was asked to continue as a volunteer after the tours ended. I would work with families who had brought in a patient. I hadn't expected to stay, but agreed to. So it was that I was standing at the entrance to the Brain Center with a nurse, waiting. She said: "Here comes our first patient now."

Walking toward us were three people: two adults and a teen-ager. The parents' faces were contorted with anxiety. Between them was their son, with a look of serenity. I felt I was seeing an angel, walking this earth. "Last chance, given up every place else..."

I caught my breath. The nurse heard me and said: "Go ahead. I will handle this." Holding my breath, I managed to nod as I passed, then broke into a dead run, down the hall. When I came to a door, I threw myself against it and went in.

Eyes closed, bent over double, crying. Finally, I straightened up, opened my eyes. I was in an office. The doctor sat, patiently looking at me. I let out a volley of cuss words, crying again, as I said: "I make me so mad! I am disgusting! I am useless! I was supposed to help the family, but when I -" More tears. Finally, blowing my nose, I listened to the doctor. He said: "Don't be so hard on yourself. There are other ways you can be useful. I am sure you will be very good."

Realizing I was a total chicken, I went home. My phone rang. It was Volunteer Services of the Surgical Center calling. In a pleasant voice, she said: "We understand you prefer not to work directly with patients, but you would be very good working with families. Would you help us on our night shifts?"

I croaked: "No! No! I have to tell you: I am a total chicken! If you have something totally boring to do, I might be good at that!"

There is probably a place for everyone. But the place for ones with hearts of gold and nerves of steel are not for me. I know my place. Cluck.



*You're invited to a kick-off event for*

# DEMENTIA FRIENDLY MANHATTAN

Join us in kicking off a new initiative and learn about the plans to make Manhattan a more dementia-friendly place to live!

With special guest **Susan McFadden**, author of *Dementia-Friendly Communities: Why We Need Them and How We Can Create Them*



**Sunday, October 24th at  
2:00pm**

Join virtually OR in-person  
at Rockin' K's | 1880 Kimball Ave

Scan the QR code to  
receive the Zoom link or  
claim your spot at  
Rockin' K's



\*Masks are required if attending in-person

Contact [fhwcdementiafriendly@gmail.com](mailto:fhwcdementiafriendly@gmail.com) for more information.

# Work That Brain!

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					18			
17						18					19			
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48					49	50	51				52	53	54	55
56					57					58				
59					60					61				
62					63					64				

## ACROSS

1. Muslim jurist
6. Adhesive strip
10. Cook
14. A cook might wear one
15. Component of urine
16. Vagabond
17. Loamy deposit
18. Teller of untruths
19. Dwarf buffalo
20. Zeal
22. Somersault
23. Tear
24. Extreme
26. Wears away
30. Liquor from fermented milk
32. Speedy
33. Airstrips
37. 1 1 1 1
38. Twelve dozen
39. Eye layer
40. Most genuine
42. Utilizing
43. Inuit boat
44. Metamorphic rock

## DOWN

- |                          |                           |                      |
|--------------------------|---------------------------|----------------------|
| 1. Man                   | 21. Female sibling        | 41. An uncle         |
| 2. Atop                  | 25. 52 in Roman numerals  | 42. Unfasten         |
| 3. Fuss                  | 26. God of love           | 44. Woman            |
| 4. Nonsense (British)    | 27. Hindu princess        | 45. Sesame seed      |
| 5. Underwrote            | 28. Not closed            | 46. Loosen, as laces |
| 6. Garden bulb           | 29. Discourse             | 47. Serf             |
| 7. Diva's solo           | 30. Sales booth           | 48. Tight            |
| 8. Legumes               | 31. At one time (archaic) | 50. Not a single one |
| 9. Ear coverings         | 33. District              | 51. Devil tree       |
| 10. Yellowish green      | 34. 57 in Roman numerals  | 52. Small salmon     |
| 11. Show respect towards | 35. Lairs                 | 53. Allies' foe      |
| 12. African virus        | 36. Droops                | 54. Scrabble piece   |
| 13. A young horse        | 38. American football     | 55. Concludes        |

## Art Engagement from the Beach Museum of Art

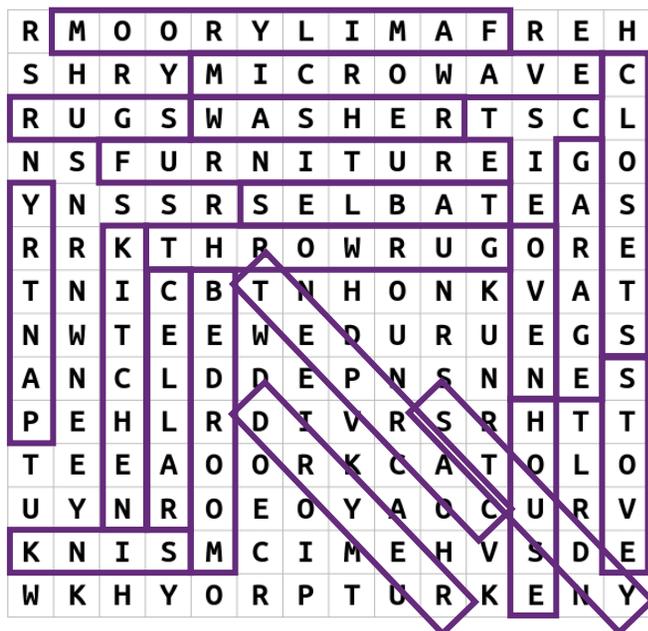
Contrast ... An artist may create contrast in various ways using texture, shape, size, subject matter, or others. Let's explore creating contrast exploiting dark and light within the images shown here. Do you think the artists were successful using the contrast of light and dark as a vehicle to possibly capture the viewer's attention, create visual interest, or add dramatic atmosphere? Since contrast could be considered highlighting the juxtaposition of difference, what other differences are highlighted between the two artworks?



[above] Dale William Nichols  
*Partners*, published 1950, Lithograph on paper  
KSU, Marianna Kistler Beach Museum of Art, bequest of  
Raymond & Melba Budge, 1992.204

[left] Phil Epp  
*Barn and Moon*, 1995, Charcoal on paper  
KSU, Marianna Kistler Beach Museum of Art, gift of the  
artist, 1996.6

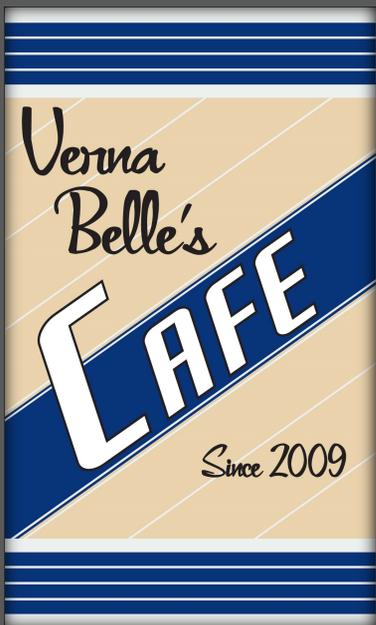
Solution from



## LEADER OF THE PACK

Congratulations to Meadowlark's Leader of the Pack for October 2021: Dustin Wedekind, CNA in Collins House! Dustin is a very kind and caring worker. But more so, he is an attentive and thoughtful co-worker. Meadowlark is proud to have Dustin on the team to support residents and employees in living their best lives. Thank you, Dustin!





## Breakfast & Lunch Specials

Mon. to Fri., 7 a.m. to 2 p.m. / Sat. & Sun., 7 to 11 a.m.

**Monday, Oct. 18**

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

**Lunch: Chicken & Dumplings, \$6.50** *chicken & dumplings in a creamy stew with onions, celery, & carrots with your choice of side*

**Tuesday, Oct. 19**

**Breakfast: French Toast with Fruit, \$4.50 / \$6.50**

**Lunch: Chili & Cinnamon Rolls, \$4.50 / \$6.50** *ground beef, chili beans, onions, & tomatoes in a stew served with a cinnamon roll*

**Wednesday, Oct. 20**

**Breakfast: Breakfast Burrito with Fruit, \$4.50 / \$6.50**

**Lunch: Triple Meat Pizza, \$4.50 / \$6.50** *bacon, pepperoni, & sausage on a flatbread pizza with mozzarella cheese & marinara sauce*

**Thursday, Oct. 21**

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

**Lunch: Fried Chicken & Biscuit, \$6.50** *crispy chicken tender topped with creamy gravy & honey hot sauce in a buttermilk biscuit and served with your choice of side*

**Friday, Oct. 22**

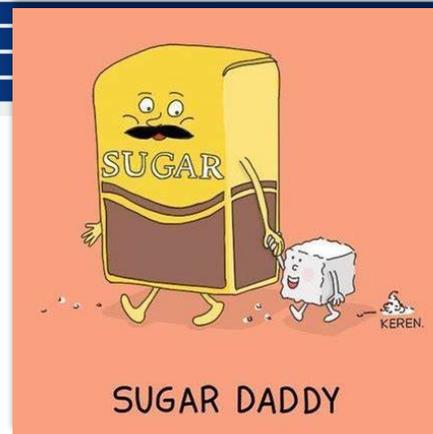
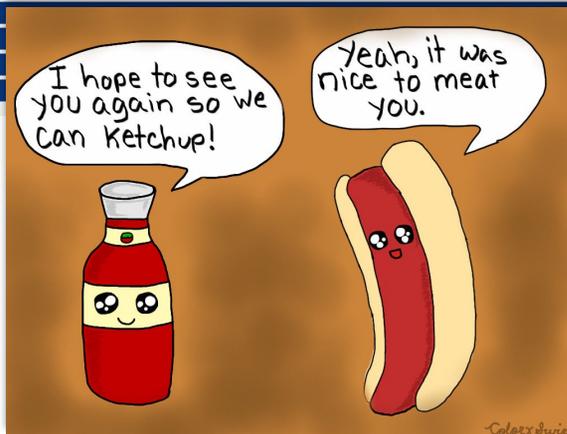
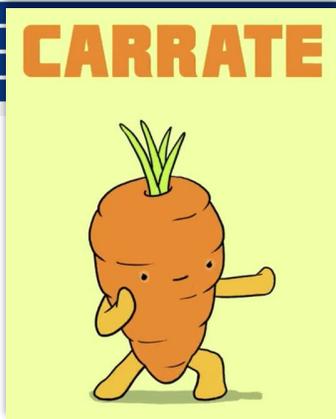
**Breakfast: Waffle Bar with a Side of Fruit \$4.50**

**Lunch: BBQ Pork Tacos, \$4.50 / \$6.50** *shredded pork in BBQ sauce topped with shredded cheddar cheese & honey-mustard slaw and served with your choice of side*

**Saturday, Oct. 23, & Sunday, Oct. 24**

**Breakfast: Ala Carte Menu Options**

*Egg (cooked to order), omelet, bacon, sausage, toast, & 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, 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 Oct. 17 to Oct. 23

## Sunday • Oct. 17

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

## Monday • Oct. 18

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. ~ Parkinson's Voice Class, CR  
5:30 p.m. ~ 5th Floor Supper, BR  
7:00 p.m. ~ BINGO Night, EC

## Tuesday • Oct. 19 *Trash & recycling pick-up*

7:00 a.m. ~ Rock Steady Boxing, BF  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
11:30 a.m. ~ Drama Therapy Group, KSU CL  
2:00 p.m. ~ Memory Activities Class, KSU CL  
2:00 p.m. ~ 10-Point Pitch, GR  
4:00 p.m. ~ Meadowlark Singers Practice, CR  
5:30 p.m. ~ 2nd Floor Supper, BR

## Wednesday • Oct. 20

9:30 a.m. ~ Seated Strength, CR  
9:30 a.m. ~ Courtyard Communion, CY or BR  
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  
3:00 p.m. ~ Sing-A-Long, EC  
3:00 p.m. ~ Rock Steady Boxing, CR  
4:00 p.m. ~ Artist Discussion, BR  
6:30 p.m. ~ UFM Class: Women at War, CR

## Thursday • Oct. 21

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  
5:00 p.m. ~ S'more Night, CY

## Friday • Oct. 22

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

## Friday • Oct. 22

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

## Saturday • Oct. 23

10 a.m. to 3 p.m. ~ Meadowlark Market, 1217 ML Circle  
TBD ~ KSU Watch Party, PS & 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 Oct. 18 to Oct. 21

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

### Monday, Oct. 18

1 p.m.	Parkinson's Exercise Class
1:45 p.m.	Parkinson's Voice Class

### Tuesday, Oct. 19

2 p.m.	Memory Activities Class
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### Wednesday, Oct. 20

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

### Thursday, Oct. 21

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

## Sunday, Oct. 17

9:00 a.m.	Sweat It Out Exercise Class
10:15 a.m.	Message from the Employee Gift Committee
10:30 a.m.	<b>NEW!</b> Worship Service with Chaplain Patty Brown-Barnett
1:45 p.m.	<b>(Re-run)</b> Message from the Employee Gift Committee
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, Oct. 18

9:30 a.m.	Seated Strength Exercise
10:15 a.m.	<b>(Re-run)</b> Message from the Employee Gift Committee
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
1:45 p.m.	<b>(Re-run)</b> Message from the Employee Gift Committee
2:00 p.m.	Weights 101 Exercise Class

## Tuesday, Oct. 19

10:30 a.m.	Steady Yourself Exercise Class
11:15 a.m.	<b>(Re-run)</b> Message from the Employee Gift Committee
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, Oct. 20

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:15 a.m.	<b>(Re-run)</b> Message from the Employee Gift Committee
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, Oct. 21

10:30 a.m.	Steady Yourself Exercise Class
11:15 a.m.	<b>(Re-run)</b> Message from the Employee Gift Committee
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. 22

9:30 a.m.	Seated Strength Exercise Class
10:15 a.m.	<b>(Re-run)</b> Message from the Employee Gift Committee
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
1:45 p.m.	<b>(Re-run)</b> Message from the Employee Gift Committee
2:00 p.m.	Weights 101 Exercise Class

## Saturday, Oct. 23

9:15 a.m.	<b>(Re-run)</b> Message from the Employee Gift Committee
9:30 a.m.	Band Bust Exercise Class
1:45 p.m.	<b>(Re-run)</b> Message from the Employee Gift Committee
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: Oct. 17

*CLUE* (1985) PG, 1 hr. 36 min. *Comedy, Mystery, Suspenseful*

Cast: Eileen Brennan, Tim Curry, & Madeline Kahn

This board game-inspired campfest finds six colorful dinner guests gathered at a mansion, where they all become suspects in the death of the house's owner, who had been blackmailing each of them.

### MUSICAL MONDAY: Oct. 18

*THE KING AND I* (1956) G, 2 hr. 13 min. *Classic, Musical*

Cast: Yul Brynner, Deborah Kerr, & Rita Moreno

This musical masterpiece tells the true story of Englishwoman Anna Leonowens, who comes to Siam as a teacher to the royal court in the 1860s and finds herself at odds with the stubborn monarch.

RESIDENT REQUEST

### TRUE TUESDAY: Oct. 19

*THE LOST TOMB OF ALEXANDER THE GREAT* (2019) TV-PG, 44 min. *Documentary*

Cast: Matt McFetridge

Archaeologist Pepi Papakosta is on a mission to find Alexander the Great's lost tomb. Excavating in the center of Alexandria, Egypt, the city Alexander founded 2,300 years ago, she has discovered a rare marble statue of Alexander, along with Greek treasures and secret tunnels.

### WESTERN WEDNESDAY: Oct. 20

*THE STAND AT PAXTON COUNTY* (2020) R *for some violence & language*, 1 hr. 42 min. *Drama*

Cast: Jacqueline Toboni, Michael O'Neill, & Tyler Jacob Moore

A military veteran comes home to find her father harassed by a sheriff intent on confiscating the livestock on their ranch under shady pretenses.

### TEARJERKER THURSDAY: Oct. 21

*DEAR JOHN* (2010) PG-13, 1 hr. 47 min. *Intimate, Emotional, Feel-Good*

Cast: Amanda Seyfried, Channing Tatum, & Richard Jenkins

While on summer leave, a U.S. soldier falls for a college student. But when he's forced to reenlist, their handwritten letters hold the lovers together.

### FEATURE FRIDAY: Oct. 22

*THE STING* (1973) PG, 2 hr. 9 min. *Classic, Comedy, Suspenseful*

Cast: Paul Newman, Robert Redford, & Robert Shaw

After rookie grifter Johnny Hooker tracks down veteran flim-flam man Henry Gondorff in 1930s Chicago, the duo plans to fleece a homicidal racketeer through a phony racetrack scam involving a string of double- and triple-crosses.

RESIDENT REQUEST

### SWEET SATURDAY: Oct. 23

*CASPER* (1995) PG, 1 hr. 41 min. *Family, Comedy*

Cast: Christina Ricci, Bill Pullman, & Cathy Moriarty

An afterlife therapist and his daughter meet a friendly young ghost when they move into a crumbling mansion in order to rid the premises of wicked spirits.