

Paving the Way

Memorial gifts prompt trail-enhancement project

by Becky Fitzgerald

Prompted by a pledge of matching/challenge funds, Meadowlark Foundation announces the “Paving the Way” campaign. Jan Fink Call and Jeff Call of Huntingdon Valley, Pa., and Dan Fink of Highlands Ranch, Colo., have pledged to match, dollar for



dollar, up to \$40,000 in memory of the late Rev. H. Wayne Fink, to pave a portion of the loop trail which circles Meadowlark’s campus. The section next proposed to receive a hard surface stretches from Stillman Cemetery, located east of Meadowlark Circle, to near the new CenterPointe Physicians building, located east of the Meadowlark Valley road.

“Our dad loved to be outside; he appreciated nature and the value of fresh air,” Jan Fink Call said recently. “This project appealed to my brother and me because the trail is used by many now, and improving it will provide even greater access to the outdoors for current residents and guests as well as those in the future.”

Persons walking the aforementioned section of trail currently step on a variety of

surfaces: mowed grass, mulch, and soggy soil after the recent snows.

Trail-users also traverse a new wooden bridge installed this fall to span a rock-lined drainage ditch created to control water flow northeast of the physicians’ office.

A successful “Paving the Way” campaign, \$80,000, allows for a 1,550-foot long, 6-foot wide ribbon of concrete that will improve accessibility. An additional \$12,000 also would cover improvements made this fall, such as dirt work and a rock base just west of the new bridge. A wide, hard-surface trail more easily accommodates persons walking side-by-side, or those using an assistive device, such as a walker, wheelchair, or mobility scooter.

Rides in a golf cart have been offered to persons who’d like to



visit Bayer Pond Nature Area, so paving more of the trail lengthens or varies the route taken in a golf cart or on a motorized wheelchair or scooter. A hard-surface trail also is more inviting than soft ground when temperatures warm after rain or snow.

From being part of the process in the late 1970s to open Meadowlark’s doors to living in a healthcare household decades later, one might say Rev. Fink came full circle in his relationship with Meadowlark. It’s fitting that a donation in his memory builds on the efforts of previous Meadowlark trail blazers who helped exercise and nature enthusiasts more safely walk Meadowlark’s “full circle.”

See PAVING, page 5

EVENTS & OPPORTUNITIES

COVID-19 Pre-Cautions, EXTENDED

Due to the rising spread of COVID-19 positive cases in the greater Manhattan community, Meadowlark's current COVID-19 pre-cautions listed below **will remain in effect through Friday, Jan. 28.**

~ **The Manhattan Area Music Teachers Association Recital scheduled for Jan. 21 has been postponed.**

~ All individuals are required to wear masks while in a Meadowlark common space, except when dining at Prairie Star Restaurant or Verna Belle's Café.

~ Visitors are allowed on campus, however, they may not dine in Prairie Star Restaurant or Verna Belle's Café. Additionally, visitors cannot attend any on-campus events or remain in common spaces. Please ask visitors to wear a mask and proceed directly to your apartment or cottage.

~ The delivery fee is waived for Prairie Star Restaurant.

~ Most non-masked (food-related) events are canceled or postponed. Floor and Neighborhood Suppers can continue at the discretion of the residents in each area.

Pizazz Salon will re-open Saturday, Jan. 15. The stylists will contact residents to schedule appointments.

Tune into Channel 1960 at 12 p.m. tomorrow, Jan. 14, for a report from Channel 1960 News. Re-runs of the report will air the following dates and times:

- ~ Friday, Jan. 14, at 5 p.m.
- ~ Saturday, Jan. 15, at 9 a.m.
- ~ Saturday, Jan. 15, at 12 p.m.
- ~ Saturday, Jan. 15, at 5 p.m.
- ~ Sunday, Jan. 16, at 12 p.m.

If you have questions regarding these restrictions, please contact Jayme Minton at jminton@meadowlark.org or by calling (785) 313-0454.

Video Update from Lonnie Baker, CEO

A new video update will air on Channel 1960 at 12 p.m. Friday, Jan. 21. A re-run of the update will play on Channel 1960. Please see the Entertainment Listing on page 11 for re-run dates and times.

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Technology Tutoring

Learning how to use technology can be exciting, freeing and totally frustrating all at the same time. The best part of Manhattan Public Library's Technology Training Center experience is the one-on-one sessions. With one-on-one training, we give you personalized coaching and lots of opportunity to practice your new skills.

Are you a beginning computer user, needing some help to get started? Contact Wandean Rivers in our Technology Training Center to schedule an appointment at (785) 776-4741 ext 302.

The Technology Center offers one-on-one sessions for:

- ~ Computer Basics, Email Basics, Internet Basics
- ~ How to use the Manhattan Public Library catalog to search and reserve material
- ~ Online Resources such as downloading eBooks and digital audio content
- ~ Navigating social media such as Facebook
- ~ Working with mobile devices such as laptops, iPads, tablets, phones and eReaders

Shopping at Hobby Lobby & Dollar Tree

Saturday, Jan. 15, at 10:30 a.m.

The next scheduled trip is Saturday, Jan. 15, 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, Feb. 19. Please sign up in the Blue Book to participate in these opportunities. **We encourage participants to wear a face mask while shopping.**

Monday Morning Quarterback

Monday, Jan. 17, at 11 a.m.

Join Chris "The Kid" Nelson and Monte "Thriller" Spiller as they discuss the 2022 NFL Playoffs! Monday Morning Quarterback takes a closer look at the playoff picture and offers residents the opportunity to ask and answer questions about match-ups, while getting expert advice from Thriller and The Kid. All are invited to attend this weekly football discussion Mondays at 11 a.m. in the Event Center.

Watch the re-run of this week's (Jan. 10) Monday

EVENTS & OPPORTUNITIES

Morning Quarterback on Channel 1960 at 12:30 p.m. Sunday, Jan. 16.

Artist Profile of Constantin Alajalov

Wednesday, Jan. 19, at 4 p.m.

Join Kim Richards from Beach Museum of Art for "Constantin Alajalov: Illustrator" at 4 p.m.

Wednesday, Jan. 19, in the Bison Room.

Alajalov was born in Russia and began his art career painting commissioned murals on government buildings. He would soon find himself in America and transition into illustrating for periodicals and books. Kim will share some of Alajalov's delightful and humorous scenes.

Name That Tune

Wednesday, Jan. 19, at 7 p.m.

Join Jayme Minton for an evening of music and entertainment at 7 p.m. Wednesday, Jan. 19, in the Event Center. Play along with fellow residents in a fun and challenging night of "Name That Tune" featuring songs from 1950s and '60s. Find out if you are a music aficionado or just plain tone deaf! All residents are welcome to join.

Valentine Door Décor

Thursday, Jan. 20, at 2:30 p.m.



Let's get crafty! On Thursday, Jan. 20, residents are invited to make Valentine door decor, aka festive fabric door wreaths, from 2:30 to 3:30 p.m. in the Bison Room. A step-by-step tutorial will

be given by a Meadowlark staff member during the event on how to make a wreath, similar to the one you see in the photo. All supplies will be provided; however, participants are encouraged to bring a pair of scissors, or a rotary cutter and mat board if they own one. There is no cost to participate and all are welcome! Please sign up in the Blue Book if you plan to participate. Contact Jana for more information at (785) 323-3890.

Prairie Star Menu Meeting

Friday, Jan. 21, at 9 a.m.

Prairie Star Restaurant hosts an open forum for

residents to offer menu suggestions. The next meeting is scheduled for 9 a.m. on Friday, Jan. 21. This reoccurring meeting is held on the first and third Friday of every month.

Beer Brewing 101

Friday, Jan. 21, at 4 p.m.

Justin Williams, Finance Leader, will share his passion for Beer Brewing at 4 p.m. Friday, Jan. 21, in the Event Center. Learn the process from picking your ingredients to the glorious first sip. Justin will bring his tools of the trade and maybe a sample or two.

Household Drive for Kitchen Restore

Saturday, Jan. 22, at 9:30 a.m.

The Meadowlark Ambassadors are teaming up to assist the Kitchen Restore program. Kitchen Restore is a local outreach program that provides starter household kits containing gently used or new household kitchen tools and equipment to families and individuals in need. The Ambassadors would like to help support this program, so they will be holding a household drive, on Saturday, Jan. 22, from 9:30 a.m. until 1 p.m. in the Community Room. Please consider donating your gently used or new kitchen items to this community donation initiative!

Not So Newlywed Game

Friday, Jan. 28, at 7 p.m.

Have you heard of the Newlywed Game? It was a popular game show that first aired in the 1960s. Newly married couples played against each other in a series of revealing rounds of questions to determine how well the spouses knew each other. As part of a special event, Meadowlark will recreate this game by boasting a higher degree of difficulty using Meadowlark's own married couples, including residents and staff! Be sure to attend the Not-So-Newlywed Game at 7 p.m. Friday, Jan. 28, in the Event Center! It's bound to be entertaining and revealing, to see how much spouses still know about one another after 40, 60, 75 years of marriage!

Make sure to look out for a sneak peak of the couples who will be participating in next week's Messenger!



**CHINESE
NEW YEAR
CELEBRATION**

**FEBRUARY 1ST
5:30 P.M.
EVENT CENTER**

Appetizer
STEAMED PORK POT STICKERS

Soup
EGG DROP SOUP

Entree
**BRAISED RICE NOODLES WITH PORK
YU CHOY SUM
SHRIMP WONTON**

Dessert
**MANGO EGGROLL
WITH COCONUT LYCHEE ICE CREAM**

**RESERVE YOUR SPOT
AT THE HOST STAND** **\$19**

On My French Beret

By Helen Roser

"No! No!" I yelled. Whack! Too late.

The grandmotherly lady standing behind me said: "What?" I whimpered: "I was trying to tell you don't cut." "Why child," the nice lady said as she held what had been nine inches of my hair in one hand and a very large pair of scissors in the other, "One side of your hair was a foot longer than the other side!"

"Yes, I know," I whined. "That was its asymmetrical cut."

She said: "Will, all I know is Teddy called me and asked me to do your hair. He is leaving town and changing his career again or something."

Maybe I should explain. The lady who had been doing my hair was leaving to open a fancy shop in Las Vegas. A "competitive hair stylist" had heard I have "good hair" and asked to do my hair.

Not knowing what competitive hair styling involved, but liking creative people, I said okay. He was excited and sure he had created a winner. He took lots of pictures. That was the last I ever saw of him.

Now grandma, not understanding the beauty of an asymmetrical cut, had evened-up the sides of my head, leaving me nearly bald. I bought a black French beret and wore it with large pearl earrings. Some thought I was setting a new style.

I was learning. When someone wants to involve you in anything with the word "competitive" in it, just say no. (Especially if it involves your hair!)

**Where do
polar bears
store their
money?**

**In a snow
bank.**

PAVING, from page 1

Rev. Fink was pastor from 1976 until 1985 at Manhattan's First Baptist Church, where he continued First Baptist's efforts with five other local churches to create Meadowlark Hills. After Meadowlark opened in 1980, Fink led worship services and Bible studies and met with residents for pastoral care.

Before and after his years at First Baptist, his service to churches also included others in Kansas, as well as churches in Michigan, Pennsylvania, and Colorado before he retired and returned to Manhattan in 1998 with his wife, Beverly. (She died in June 2021.)

In 2009, Fink was a guest for rehabilitation at Meadowlark's Bramlage House, and from 2010 until his death in 2013, he lived at Wroten House.

"He had incredible care, and Meadowlark meant a lot to him," Call added. "He was part of the beginnings of the community and then it became a benefit to him personally."

This gift is the third such tribute Meadowlark has received to increase accessibility along the loop trail. Manhattan resident C. Clyde Jones made a donation in 2016 in memory of his late wife, Margaret "Midge" Jones, to help pave the trail leading to and around Meadowlark's Bayer Pond Nature Area. The Goldstein Fund and Shilling Construction also made donations toward that project.

In 2018, Bea Rasmussen surprised her husband, Don, by contributing toward trail improvements south of Meadowlark Valley. That portion of the trail, winding east from Meadowlark Road through the woods near

Kimball Avenue, was named "Donner's Way" to recognize Don's many hours of effort to create a continuous loop around Meadowlark's 55 acres.

If you'd like to join the Fink siblings and Jan's husband, Jeff Call, in "Paving the Way," click the Donate Now button on the home page at www.meadowlark.org, or write a check to Meadowlark Foundation with "Paving the Way" in the memo line. Contributions are tax-deductible.

Questions? Please contact Becky Fitzgerald at (785) 323-3843.

December Gifts to Meadowlark Foundation

Gifts benefiting the Good Samaritan Fund, Lyle House Activity Fund, Meadowlark campus improvements, and Meadowlark Parkinson's Program were received by Meadowlark Foundation during the month of December.

Memory of

John Walter Allard	Berl & Tina Koch*
Joanne Barkyoumb	Dennis Law
Verlla Coughenour*	Theda Loehr
Brenda Condray	Bruce McCallum*
Bernd Foerster*	Jody Sondergard

Marshall "Hutch" Hutchinson*

Honor of

Wayne Bailie	Collins House Staff*
Edith Chaput*	Robert Minnich*

**Remembered as a part of the annual Dollar-a-Day campaign.*

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

LEADER OF THE PACK

Congratulations to Meadowlark's Leader of the Pack for January 2022: Cathy Bristol, Nurse in Lyle House! Cathy as always been a leader for the Lyle House team and everyone loves to work a shift with her. She is amazing with the residents and shows up ready to work with a smile. Cathy is a great nurse and so much fun to be around. Meadowlark is fortunate to have Cathy as part of our caregiving team!



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

Line is the foundation of drawing. The way an artist uses line can evoke strength, ease, turmoil, height, or distance. It can suggest movement within the picture, as well as move the viewer around the artwork. At first glance, this scene appears quiet. However, take a few moments to let your eye study this landscape. Do you notice spots of strength, comfort, expanse, order, activity? How does the artist use line to move your eye around this painting, drawing your attention to these spots in this space?



Edward J. Glannon
Prairie Landscape, 1965
Oil on hardboard
KSU, Marianna Kistler Beach Museum of Art, gift of the family of Edward J. Glannon
2009.105

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

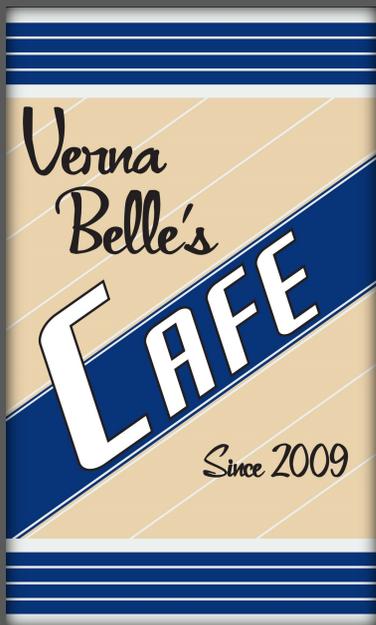
- 1. Distend
- 6. Handle
- 10. Welt
- 14. Move forward suddenly
- 15. Gray wolf
- 16. Poems
- 17. Academy award
- 18. Wicked
- 19. Klutz's cry
- 20. A peninsula
- 22. To endure (archaic)
- 23. N N N N
- 24. Escapade
- 26. Eloquent
- 30. Ancient Greek unit of length
- 32. Hard wood
- 33. Growths of upper lip hair
- 37. Dash
- 38. Mummies
- 39. Large brown seaweed
- 40. Blasting cap
- 42. Vice ___
- 43. Concerns
- 44. Encumbrance
- 45. Uncertainty
- 47. Zero
- 48. Distressed cry
- 49. Deplorable
- 56. Dogfish
- 57. Historical periods
- 58. To untwist
- 59. Gave temporarily
- 60. Hue
- 61. Way to go
- 62. Border
- 63. Articulates
- 64. Dog-___

DOWN

- 1. Coalition
- 2. Verdant
- 3. A single time
- 4. Food thickener
- 5. In a concise manner
- 6. Secluded valleys
- 7. Wander
- 8. Nile bird
- 9. Skunks
- 10. Tree-boring bird
- 11. Worship
- 12. Pariah
- 13. To be, in old Rome
- 21. In song, the loneliest number
- 25. American Dental Association
- 26. Provide nourishment
- 27. Qualified
- 28. Jacket
- 29. Vaccinate (alt. spell.)
- 30. Japanese wrestlers
- 31. Russian emperor
- 33. Spouse
- 34. Group of cattle
- 35. If not
- 36. Extent
- 38. European house martins
- 41. Apprehend
- 42. Raptor
- 44. Container
- 45. Vaulted
- 46. Unpaid
- 47. Homes for birds
- 48. Harvard rival
- 50. Diva's solo
- 51. Numerous
- 52. Dwarf buffalo
- 53. Make unclear
- 54. Tardy
- 55. Gave the once-over

RESTAURANT **SPECIALS**

<p>Sunday, January 16th</p>	<p>\$12 Roast Pork Loin Mashed Potatoes Broccoli, Cauliflower & Carrots</p>	<p>\$12 Roast Pork Loin Mashed Potatoes Broccoli, Cauliflower & Carrots</p>
<p>Monday, January 17th</p>	<p>\$10 Ham Loaf Roasted Red Potatoes Creamed Peas</p>	<p>\$12 BBQ Roasted Chicken Potato Salad Baked Beans</p>
<p>Tuesday, January 18th</p>	<p>\$9 Meatball Sub Potato Chips</p>	<p>\$12 Honey-Garlic Chicken Roasted Red Potatoes Buttered Carrots</p>
<p>Wednesday, January 19th</p>	<p>\$9 BLTA Pasta Salad with Creamy Bacon Ranch</p>	<p>\$13 Shrimp Fettucine Alfredo Sauteed Asparagus, Tomatoes & Red Onion</p>
<p>Thursday, January 20th</p>	<p>\$9 Shepherds Pie Cheddar Biscuit</p>	<p>\$13 Fried Catfish Corn Fritter Coleslaw</p>
<p>Friday, January 21st</p>	<p>\$9 Shrimp Chowder Garlic Toast</p>	<p>\$18 Ribeye Baked Potato Asparagus</p>
<p>Saturday, January 22nd</p>	<p>\$9 Stromboli Supreme Pasta Salad</p>	<p>\$10 Beef Stew served in a Bread Bowl</p>



Breakfast & Lunch Specials

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

Monday, Jan. 17

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

Lunch: Goulash, \$4.50 / \$6.50 ground beef & macaroni noodles in a tomato stew served with your choice of side

Tuesday, Jan. 18

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

Lunch: Patty Melt, \$4.50 / \$6.50 grilled hamburger patty, sautéed onions, Swiss cheese, & Thousand Island dressing on buttered toasted rye bread served with your choice of side

Wednesday, Jan. 19

Breakfast: Breakfast Burritos with Fruit, \$4.50 / \$6.50

Lunch: Chili Hot Dog, \$6.50 grilled hot dog topped with chili & shredded cheddar cheese and served with your choice of side

Thursday, Jan. 20

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

Lunch: Crunchy BBQ Chicken Sandwich, \$6.50 grilled chicken breast, provolone cheese, BBQ sauce, & fried onions on a toasted bun and served with your choice of side

Friday, Jan. 21

Breakfast: Apple Pie French Toast Casserole, \$4.50 / \$6.50

Lunch: BBQ Pork Sandwich, \$4.50 / \$6.50 shredded pork & BBQ sauce on a buttered toasted bun and served with your choice of side

Saturday, Jan. 22, & Sunday, Jan. 23

Breakfast: Ala Carte Menu Options

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

Messenger Editor returns

Sarah Duggan, Community Relations Director, has returned to work following a seven-week maternity leave with her daughter, Edie.

Baby Edie started daycare on Tuesday, Jan. 4. Mom, baby, and

the rest of the family are adjusting well to the new routine and being a family of five.

Messenger submissions and movie requests can be sent to Sarah at sguge@meadowlark.org or by calling (785) 323-3878.



Weekly Opportunities Calendar Jan. 16 to Jan. 22

Sunday • Jan. 16

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

Monday • Jan. 17

9:30 a.m. ~ Seated Strength, CR
10:30 a.m. ~ Weights 101, CR
11:00 a.m. ~ Monday Morning Quarterback, EC
11:30 a.m. ~ Sit & Be Fit, CR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ God Talk, KSU CL
2:00 p.m. ~ Change & Loss Support Group, FHR
5:30 p.m. ~ 5th Floor Supper, BR
7:00 p.m. ~ Bingo Night, CR

Tuesday • Jan. 18 *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
2:00 p.m. ~ Memory Activities Class, KSU CL
2:00 p.m. ~ Prairie Star Writers Group, PR
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 • Jan. 19

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
10:00 a.m. ~ Memory Café, KSU CL
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
3:00 p.m. ~ Sing-A-Long, EC
3:00 p.m. ~ Rock Steady Boxing, CR
4:00 p.m. ~ Artist Profile Discussion, BR
7:00 p.m. ~ Name That Tune, EC

Thursday • Jan. 20

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
2:30 p.m. ~ Valentine's Day Door Décor, BR
5:30 p.m. ~ Meadowlark Circle Dinner, BR

Friday • Jan. 21

9:00 a.m. ~ Prairie Star Menu Meeting, BR
9:30 a.m. ~ Seated Strength, CR

Friday • Jan. 21

10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
1:00 p.m. ~ Rock Steady Boxing, BF
3:00 p.m. ~ Catholic Rosary, CR
4:00 p.m. ~ Beer Brewing 101, EC

Saturday • Jan. 22

9:30 a.m. ~ Kitchen Restore Drive, CR

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, Jan. 17

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

Tuesday, Jan. 18

2 p.m.	Memory Activities Class
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Wednesday, Jan. 19

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

Thursday, Jan. 20

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

Sunday, Jan. 16

9:00 a.m.	Sweat It Out Exercise Class
10:30 a.m.	NEW! Worship Service with Chaplain Patty Brown-Barnett
12:00 p.m.	(Re-run) Channel 1960 News
12:30 p.m.	Monday Morning Quarterback
2:00 p.m.	(Re-run) 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, Jan. 17

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

Tuesday, Jan. 18

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, Jan. 19

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, Jan. 20

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, Jan. 21

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	NEW! Update from Lonnie Baker, CEO
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
5:00 p.m.	(Re-run) Update from Lonnie Baker, CEO

Saturday, Jan. 22

9:00 a.m.	(Re-run) Update from Lonnie Baker, CEO
9:30 a.m.	Band Bust Exercise Class
12:00 p.m.	(Re-run) Update from Lonnie Baker, CEO
2:00 p.m.	Band Bust Exercise Class
5:00 p.m.	(Re-run) Update from Lonnie Baker, CEO

Solution from 1/6

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



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.

SUPERHERO SUNDAY: Jan. 16

BATMAN FOREVER (1995) PG-13, 2 hr. 2 min. *Action, Exciting, Adventure*

Cast: Val Kilmer, Chris O'Donnell, & Jim Carrey

Batman must battle former district attorney Harvey Dent, who is now Two-Face, and Edward Nygma, The Riddler, with the help from an amorous psychologist and a young circus acrobat who becomes his sidekick, Robin.

MUSICAL MONDAY: Jan. 17

BEST FOOT FORWARD (1943) NR, 1 hr. 39 min. *Classic, Musical, Romantic*

Cast: Harry James, Virginia Weidler, & Lucille Ball

On a whim, starry-eyed cadet Bud Hooper sends movie star Lucille Ball an invitation to the Winsocki Military Academy's annual dance. At the urging of her agent, Ball shows up for the date, getting Bud in some serious hot water when his girlfriend, Helen, also attends the dance.

TRUE TUESDAY: Jan. 18

THE LAST DAYS (1998) PG-13, 1 hr. 27 min. *Historical Documentary*

This Oscar-winning documentary recounts the harrowing stories of five Hungarian Jews who endured the horrors of the Holocaust and Hitler's reign.

WESTERN WEDNESDAY: Jan. 19

TEXAS RANGERS (2001) PG-13, 1 hr. 30 min. *Gritty, Suspenseful, Western*

Cast: James Van Der Beek, Rachael Leigh Cook, & Ashton Kutcher

In a lawless Texas 10 years after the Civil War, a ranger trains a group of unlikely heroes to stop an army of renegade bandits.

THEATER THURSDAY: Jan. 20

RED NOTICE (2021) PG-13, 1 hr. 57 min. *Action, Exciting, Comedy*

Cast: Dwayne Johnson, Ryan Reynolds, & Gal Gadot

An FBI profiler pursuing the world's most wanted art thief becomes his reluctant partner in crime to watch an elusive crook who's always one step ahead.

FUNNY FRIDAY: Jan. 21

GOING IN STYLE (2017) PG-13, 1 hr. 36 min. *Comedy*

Cast: Morgan Freeman, Michael Caine, & Alan Arkin

Cheated out of their pensions, three lifelong friends hatch a plot to rob a bank. But they have to stay one step ahead of the FBI.

SWEET SATURDAY: Jan. 22

THE MIRROR HAS TWO FACES (1996) PG-13, 2 hr. 6 min. *Romantic, Comedy, Drama*

Cast: Barbra Streisand, Jeff Bridges, & Lauren Bacall

Tired of being single, middle-aged professor Rose Morgan accepts her colleague's proposal—but her colleague only wants a platonic marriage.