

Meet the Contestants!

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 re-create 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 4 p.m. Friday, Jan. 28, in the Event Center!

Contestants include Bob and Yvonne Crawford; Jo and Michael Fey; John and Janet Walter; and Justin and Kourtney Williams. Learn more about the Crawfords and Williamses in today's edition of the Messenger and read next week's issue to meet the Feys and Walters.

Bob & Yvonne Crawford

Married 61 years

Bob and Yvonne met on a blind date when they were seniors at the University of Illinois. The night he met Yvonne, Bob recalls telling his roommates he had just met the girl of his dreams!

The Crawfords were married Sept. 24, 1960, just after Bob finished with active duty in the National Guard. When asked what the best thing about Yvonne is, Bob said, "I love her dearly. Always have, always will. She has a wonderful personality, and is obviously good looking! There are a lot of little things, too!"

Yvonne said their similar values and close family ties were what first stood out to her about Bob. Also, there has always been an attraction that they can't really explain. Bob said their personalities are very



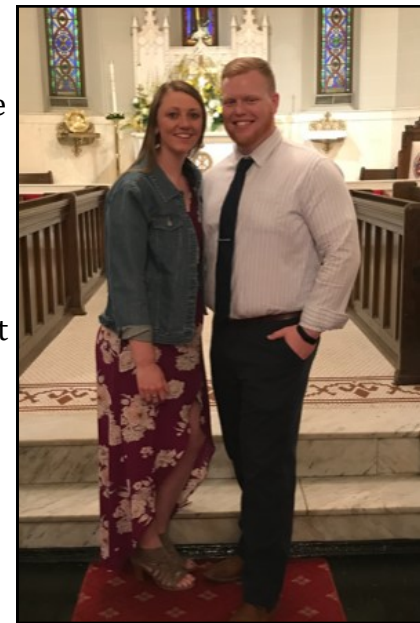
compatible, so that is what makes it special, too!

Both Bob and Yvonne believe they know one another quite well. On a scale of one to 10, with 10 being the best, both of them rated themselves at a nine. Bob said they have no secrets. Yvonne on the other hand, said she found out after being married for 50 years that Bob did not like Brussel sprouts or Reuben sandwiches. Who knew!?

Justin & Kourtney Williams

Married 9 years

You may have seen Kourtney or Justin while on your way to get breakfast or lunch at Verna Belle's Cafe. Kourtney works in Human Resources, and Justin's office is just next door, in the Finance office! They enjoy one another's company at work and home. If you see the pair of them together, you will see just how special their relationship is, full of fun, laughter, and love!



See **NEWLYWED**, page 3

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 precautions listed below will remain in effect through Friday, Jan. 28.

- ~ 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.

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. tomorrow, 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.

Love reading? Join a book club!

February is known as the month of love as many celebrate Valentine's Day. We are excited to share our love of books and reading with a book club in the month of February. The book of choice is "My Football Life and The Rest Of The Story," by Bill Snyder and D. Scott Fritchen.

The group will be led by Doug Fiser, Chris Nelson, and Monte Spiller. If you would like to attend, please sign up at the Hospitality Desk by Tuesday, Feb. 1. Books will be ordered on Feb. 2, and the members are responsible for the \$20 cost of the paperback copy. The cost can be applied to

your account or you can pay at the Hospitality Desk when you sign up. More information about meeting dates, time, and location will be listed in the Feb. 3 Messenger. Contact Monte Spiller at (785) 323-3801 with any questions.

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

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.

EVENTS & OPPORTUNITIES

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!

Residents can donate by dropping their items by the Community Room during the drive or by calling the Hospitality Desk in advance to have donations picked up from their residence.

Monetary donations also are welcome! To donate, visit nourishtogether.org or send a check written to Riley County Health Department with "FFC/Kitchen Restore" in the memo line.

Monday Morning Quarterback

Monday, Jan. 24, 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.

The Art of Creative Charcuterie Boards

Tuesday, Jan. 25, at 2:30 p.m.

Art extends well beyond paper or fabric as we explore how to create art with food! Join members of the Prairie Star Restaurant team to make your personal charcuterie board. Supplies will be provided—just bring your imagination to Verna Belle's Cafe Tuesday, Jan. 25, at 2:30 p.m. If you plan to attend, please sign up in the Blue Book at the Hospitality Desk by 10 a.m. Tuesday, Jan. 25.

ARTful Making: Snowflake Triptych

Wednesday, Jan. 26, at 2:30 p.m.

Join Kim Richards from the Beach Museum of Art to make your own snow during ARTful Making at 2:30 p.m. Wednesday, Jan. 26, in the KSU Classroom. We will combine watercolor and salt to create three colorful textured backgrounds to showcase our original snowflakes. All materials will be supplied.

Kudos to Kansas

Saturday, Jan. 29, at 1 p.m.

Enjoy Kansas Day at 1 p.m. Saturday, Jan. 29, in the Event Center as we explore a brief history of of state and celebrate its accomplishments through the past 161 years. Attendees will leave with a delicious Kansas treat!

NEWLYWED, from page 1

They started dating 13 years ago and married in August 2012. They met through Kourtney's best friend who worked with Justin at the time. Their adventure started during a bonfire, when Justin asked if anyone wanted to go for a ride on the four wheeler. Kourtney instantly said, "I do," and the rest was history!

When asked what the best thing is about their spouse, Justin said, "If I had to narrow it down to one thing, it is her heart. She's a great person."

And believe it or not, Kourtney said the same! According to Kourtney, "Justin has the best heart. He will do anything for anyone and will make you laugh, no matter your mood."

When asked about how well they know one another (on a scale of one to 10, with 10 being the best), Kourtney estimated a 9.98, and Justin, a 9.2. They seem pretty confident they will do well in the Not-So-Newlywed game!

But who knows! Who will win it all? Be sure to watch the magic unfold at 4 p.m. Friday, Jan. 28, in Prairie Star's Event Center!



**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**

New Year's Traditions

from The Old Farmer's Almanac: January 2022

From the Babylonians who resolved to return borrowed farm equipment to medieval knights who would renew their vow to chivalry, New Year's resolutions are nothing new. So before you pooh-pooh the idea, let's explore the history behind this tradition.

In 2000 B.C., the Babylonians celebrated the New Year during a 12-day festival called Akitu (starting with the vernal equinox). This was the start of the farming season to plant crops, crown their king, and make promises to pay their debts. One common resolution was the returning of borrowed farm equipment, which makes sense for an agriculturally based society.

The Babylonian New Year was adopted by the ancient Romans, as was the tradition of resolutions. The timing, however, eventually shifted with the Julian calendar in 46 B.C., which declared January 1st as the start of the new year.

January is named for the Roman god Janus, protector of gates and doorways. Janus is depicted with two faces, one looking into the past for reflection and resolution, the other into the future for new beginnings. The Romans would offer sacrifice to Janus and make promises of good behavior for the year ahead.

As the guardian of gates and doors, he presided over the temple of peace, where the doors were opened only during wartime. It was a place of safety, where new beginnings and new resolutions could be forged.

If you think about the land and the seasons, the timing of early January makes sense for most of Europe and for North America, too. The active harvest season has passed. The holiday frenzy is ending.

As the almanac's founder, Robert B. Thomas said, this is a time "of leisure to farmers ... settle accounts with your neighbors ... now having been industrious in the summer, you will have the felicity of retiring from the turbulence of the storm to the bosom of your family."

From the Editor: As we look ahead into the unknown of 2022 and back at turbulent 2021,

you may feel propelled to identify a resolution or choose a word to act as a guide through this new year. Take the week and consider how you want to show up during 2022. Share your thoughts with a friend or family member, or record your musings in a journal. Once you choose your resolution or word, put it in a place where you will be reminded daily of your promise for the year.

The Burning House

by Ron Williams

Some years ago, I was pastor in Pretty Prairie, Kan., and this is the record of one of my calls.

It was two o'clock in the morning. I was called out because they told me Lillian's (name changed) house was burning. Lillian was 96, and she lived in her four-room house. It was heated by a pot-bellied stove; she cooked on a wood-fired flat range. Her furniture was rustic, most of which was handmade by her late husband. Her laundry was done by an electric tub washer. I believe the only other electric appliance she had was her light bulbs, and maybe a toaster.

It was raining a soft fall rain, and we sat in my car listening to the rain and watching almost all she owned go up in smoke. She was surprisingly philosophical. Sitting there, she told me about the house, her husband, and their lives together. About two-thirds of the house was destroyed, and what was saved was what she called the "wash room." The fire had started by a lightning strike.

She had no children but was dearly loved by about 10 nieces and nephews which, I came to know, she called, "the kids." It had been the kids who had provided her with wood for heating and cooking. The kids went together and bought her a used and furnished 10'x40' mobile home. I stopped by one day about three weeks later, after the mobile home had been installed, and she had moved in. I commented on her new home, and asked her how it was going with her. She replied with some vigor "Well, pretty good, except for them d___d buttons." This kind of surprised me, so I inquired what she meant. I was not surprised by her colorful language. Her faith was evident, and went far beyond a few cuss words.

"Well," she said, "there are buttons on the cooking range, on the telephone, on the washer, on the furnace, d___d buttons, buttons, buttons. I

like the feel of control of things." I really had no comment to that. She did go on to say that she was thankful for the kids' love, and she was comfortable.

The nephews did enclose the side of what remained of her house, the wash area. One day in the next spring I stopped by again, and there she was, out in that area, doing her washing in her tub washer, while sitting in an improvised easy chair waiting on the load to finish. I asked her why she was doing her laundry out there when she could use the nice automatic washer in the mobile home. She replied "Well, two reasons. First, I can get away from them d ___ d buttons, and second, there is nothing that smells as fresh as the smell of clothes after they have gone through the ringer, and then when you take clothes off the line, they smell like pure sunshine and spring."

On My Friend Roy

by Helen Roser

In his younger days, my friend Roy was "the most eligible bachelor on Broadway." He was a multi-millionaire wildcat oil man and dated the top show girls.

Then he made a trip to Los Angeles. He was met at the airport by a quiet, young lady. Nothing special to look at, but a wonderful, soft dignity and black hair. Before they reached the city, Roy was madly in love with Phyllis. She was secretary to the largest bank's president.

He tried to make a date. She was quietly not interested. Roy decided he was going to fly to Los Angeles every weekend as he tried to get to know Phyllis. Air travel was not fast in those days, which meant most of every weekend for Roy had him sitting on an airplane, flying to and from Los Angeles as he tried to get a date with Phyllis.

Finally, after four months, Phyllis agreed to a date with Roy. Two months later, they were married.

Theirs was a happy, mutually deeply respectful marriage. I was Roy's Girl Friday in his many charities. Quiet Phyllis taught their three children to look for students of strong character and courageous efforts on behalf of others. They were dinner guests.

Roy loved to tell me about "sitting on those airplanes, flying back and forth to try to win Phyllis!" I always said: "Good thinking, Roy!" Phyllis just smiled.

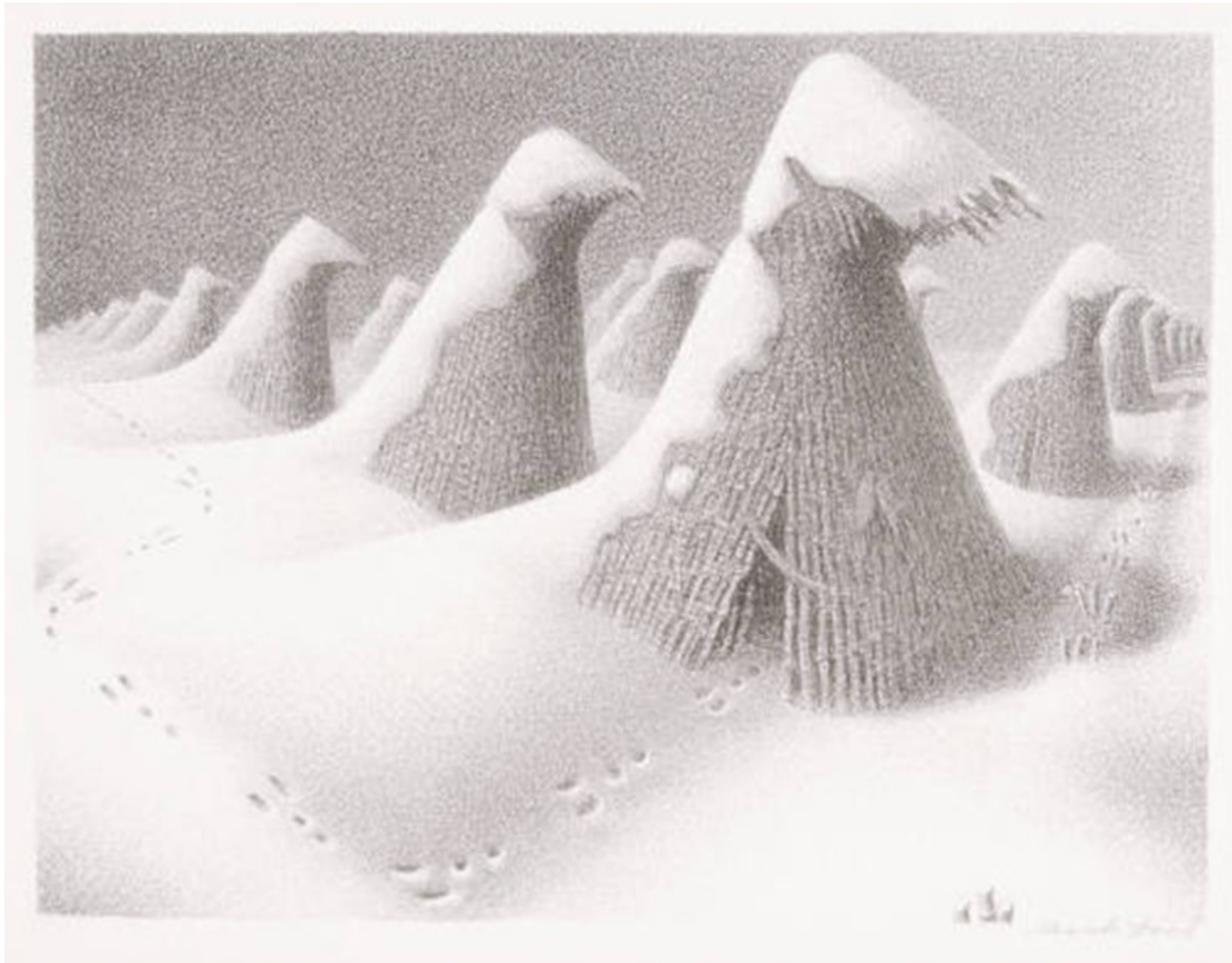
Art Engagement *from the* **Beach Museum of Art**

Repetition ... An artist will often use the repetition of an element of art such as, shape, line, or texture in their design. Repeating an item in a pattern can bring uniformity and harmony to a composition.

A regular pattern created by repetition may evoke action within the artwork.

There are several ways this artist used repetition within this print. How many can you find?

Which repeated objects, if any, create action?



Grant DeVolson Wood

January, published 1938

George C. Miller and Son, printer, Associated American Artists, publisher

Lithograph on paper

KSU, Marianna Kistler Beach Museum of Art, 1985.1

Work That Brain!

6															8		3
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4			3					6		8							6
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			2		7		1	8		3	2			9			
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Full House

R	A	C	O	M	E	T	E	M	N	R	X	D	N
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A	O	M	M	E	V	S	S	D	Y	S	D	C	N
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N	T	I	E	O	T	H	M	E	O	I	L	B	L
E	S	M	C	C	L	B	C	M	J	D	L	E	A
R	O	M	Y	M	I	C	H	E	L	L	E	R	X
V	V	Y	C	C	C	D	I	V	I	C	K	Y	N

NIKKY
 COMEDY
 SPORTS
 TANNER
 STEPHANIE
 JESSE
 KIMMY
 DONNA JO
 VICKY
 REBECCA
 DANNY
 JOEY
 COMET
 STEVE
 ALEX
 DANCING
 MICHELLE
 MUSIC

RESTAURANT **SPECIALS**

<p>Sunday, January 23</p>	<p>\$14 Fried Chicken Mashed Potatoes & Gravy Corn Biscuit with Honey Butter</p>	<p>\$14 Fried Chicken Mashed Potatoes & Gravy Corn Biscuit with Honey Butter</p>
<p>Monday, January 24</p>	<p>\$9 Quiche Lorraine Roasted Asparagus Cheddar Biscuit</p>	<p>\$15 Creamy Tuscan Gnocchi with Salmon Peas & Pearl Onions Garlic Toast</p>
<p>Tuesday, January 25</p>	<p>\$9 Beef & Bean Burrito with Cheese Sauce Mexican Rice Chips & Salsa</p>	<p>\$14 Honey-Garlic Shrimp Steamed Rice Sautéed Zucchini & Snow Peas</p>
<p>Wednesday, January 26</p>	<p>\$9 Italian Caprese Panini Pasta Salad</p>	<p>\$12 Creamy Chicken Spinach Ravioli Steamed Seasoned Broccoli Garlic Knots</p>
<p>Thursday, January 27</p>	<p>\$9 Shaved Brussel Sprout Salad with Grilled Chicken</p>	<p>\$13 Pork Chips with Apples & Onions Mashed Potatoes Green Beans</p>
<p>Friday, January 28</p>	<p>\$9 Patty Melt Onion Rings</p>	<p>\$13 Fish & Chips Coleslaw</p>
<p>Saturday, January 29</p>	<p>\$11 Chicken Fried Steak Sandwich Garlic Steak Fries</p>	<p>\$10 Swedish Meatballs Roasted Red Potatoes Vegetable Medley</p>



Breakfast & Lunch Specials

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

Monday, Jan. 24

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

Lunch: Jambalaya, \$4.50 / \$6.50 sausage, red beans, rice, peppers, & onions in a Cajun-seasoned stew served with a cornbread muffin

Tuesday, Jan. 25

Breakfast: French Toast, Bacon, & Fruit, \$4.50 / \$6.50

Lunch: Turkey Reuben Sandwich, \$4.50 / \$6.50 sliced turkey, sauerkraut, Swiss cheese, & Thousand Island dressing on rye bread served with your choice of side

Wednesday, Jan. 26

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

Lunch: Creamy Cheese Tortellini, \$4.50 / \$6.50 cheese tortellini in a creamy sauce with mushrooms, onions, tomatoes, & spinach

Thursday, Jan. 27

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

Lunch: Chicken Teriyaki Rice Bowl, \$6.50 shredded chicken, stir-fry vegetables, & teriyaki sauce over a bed of rice

Friday, Jan. 28

Breakfast: Blackberry French Toast Casserole, \$4.50 / \$6.50

Lunch: Fried Bologna Sliders, \$4.50 / \$6.50 bologna, provolone cheese, pickles, & roasted garlic aioli on a slider bun served with your choice of side

Saturday, Jan. 29, & Sunday, Jan. 30

Breakfast: Ala Carte Menu Options

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

Solutions from 1/6

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

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

Solution from 1/13

B	L	O	A	T		G	R	I	P		W	A	L	E		
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O	S	C	A	R		E	V	I	L		O	O	P	S		
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L	E	N	T		T	I	N	T		R	O	U	T	E		
E	D	G	E		S	A	Y	S		E	A	R	E	D		

Weekly Opportunities Calendar *Jan. 23 to Jan. 29*

Sunday • Jan. 23

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

Monday • Jan. 24

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
7:00 p.m. ~ Bingo Night, CR

Tuesday • Jan. 25 *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. ~ 10-Point Pitch, GR
2:30 p.m. ~ Art of Creative Charcuterie, VBC
4:00 p.m. ~ Meadowlark Singers Practice, CR
5:30 p.m. ~ 3rd Floor Supper, BR

Wednesday • Jan. 26

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
1:00 p.m. ~ ARTful Memories, KSU CL
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

Thursday • Jan. 27

9:00 a.m. ~ Messenger Team, KSU CL
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Caring Conversations for People with Pd, CR
12:00 p.m. ~ Pd Care Partner Support Grp, FHR
1:00 p.m. ~ Parkinson's Exercise Class, CR

Friday • Jan. 28

9:30 a.m. ~ Seated Strength, CR
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
1:00 p.m. ~ Rock Steady Boxing, BF
4:00 p.m. ~ The Newlywed Game, EC

Saturday • Jan. 29

1:00 p.m. ~ Kudos to Kansas, EC

Room Abbreviations

BF, Body First	HD, Hospitality Desk
BR, Bison Room	KSU CL, KSU Classroom
CR, Community Room	MR, Manhattan Room
CY, Courtyard	PR, Patriot Room
EC, Event Center	PS, Prairie Star Restaurant
FHR, Flint Hills Room	VBC, Verna Belle's Cafe
GC, Grosh Cinema	VE, Village Entrance
GR, Game Room	

Zoom Opportunities Calendar *Jan. 24 to Jan. 27*

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

Monday, Jan. 24

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

Tuesday, Jan. 25

2 p.m.	Memory Activities Class
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Wednesday, Jan. 26

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

Thursday, Jan. 27

12:00 p.m.	Caring Conversations for People with Parkinson's
12:00 p.m.	Pd Care Partner Support Group
1 p.m.	Parkinson's Exercise Class



CHANNEL 1960 Entertainment Guide

Sunday, Jan. 23

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) Update from Lonnie Baker, CEO
12:30 p.m.	Monday Morning Quarterback
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, Jan. 24

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. 25

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. 26

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

Wednesday, Jan. 26

1:00 p.m.	Sit & Be Fit Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Thursday, Jan. 27

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. 28

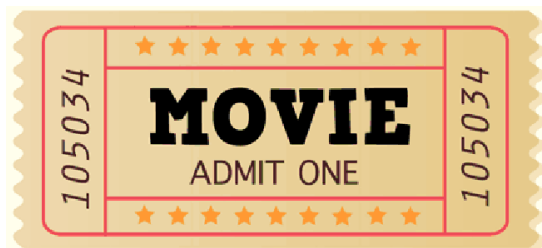
9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	NEW! Channel 1960 News
11:15 a.m.	Sit & Be Fit Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
5:00 p.m.	(Re-run) Channel 1960 News

Saturday, Jan. 29

9:00 a.m.	(Re-run) Channel 1960 News
9:30 a.m.	Band Bust Exercise Class
12:00 p.m.	(Re-run) Channel 1960 News
2:00 p.m.	Band Bust Exercise Class
5:00 p.m.	(Re-run) Channel 1960 News

**What did one
hat say to the
other?**

**You wait here.
I'll go on a head.**



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. 23

SUPERMAN RETURNS (2006) PG-13, 2 hr. 34 min. *Action, Adventure, Sci-Fi*

Cast: Brandon Routh, Kate Bosworth, & Kevin Spacey

After five years away from Earth, Superman returns to find that Lois Lane has moved on, and Lex Luthor is hatching a new scheme to rule the world.

MUSICAL MONDAY: Jan. 24

THE PRODUCERS (1968) PG, 1 hr. 30 min. *Classic, Musical, Comedy*

Cast: Zero Mostel, Gene Wilder, & Dick Shawn

Rapacious but lovable producer Max Bialystock hasn't had a hit in years when he and his meek, neurotic accountant, Leo Bloom, come up with a plot to oversell shares in a surefire flop musical and make off with the profits. The catch is that their cash cow is the worst show ever written.

TRUE TUESDAY: Jan. 25

LOVING (2016) PG-13, 2 hr. 3 min. *Understated, Romantic, Based on Real Life*

Cast: Joel Edgerton, Ruth Negga, & Marton Csokas

A young couple's interracial marriage in 1958 sparks a case that leads to the Supreme Court. Based on the true story of Richard and Mildred Loving.

WESTERN WEDNESDAY: Jan. 26

RESIDENT REQUEST

EL DORADO (1966) NR, 2 hr. 6 min. *Classic, Western, Exciting*

Cast: John Wayne, Robert Mitchum, & James Caan

Gunfighter Cole Thornton hires himself out to the highest bidder. But that doesn't mean he'll face down his friend J.P. Harrah, sheriff of the titular town.

THEATER THURSDAY: Jan. 27

EFFIE GRAY (2014) PG-13, 1 hr. 48 min. *Romantic, Period Piece, British*

Cast: Dakota Fanning, Emma Thompson, & Julie Walters

Trapped in a loveless marriage, the young wife of Victorian-era art critic John Ruskin finds herself falling for an artist—and looking for a way out.

FUNNY FRIDAY: Jan. 28

AS GOOD AS IT GETS (1997) PG-13, 2 hr. 18 min. *Comedy, Quirky, Romantic*

Cast: Jack Nicholson, Helen Hunt, & Greg Kinnear

The structured world of a grumpy author with OCD crumbles when he's drawn into the lives of his injured neighbor and a stressed-out single mom.

SWEET SATURDAY: Jan. 29

THE SHACK (2017) PG-13, 2 hr. 12 min. *Inspiring, Emotional, Spirituality*

Cast: Sam Worthington, Tim McGraw, & Octavia Spencer

After suffering a tragic loss, Mack Phillips seeks answers from a mysterious letter, urging him to visit a deserted shack in the Oregon wilderness. *Based on a book.*