



[top] Marilyn Ray and Sharon Smith package up donations during the Household Goods Drive on Jan. 22. Donations benefit Kitchen Restore.



[left] Jeanette Gibson creates a Valentine's Day wreath during a fun crafting session last week.

Keepin' Busy!

Residents and staff have stayed busy during this cold start to 2022! From organizing a drive for household goods to donate to Kitchen Restore to learning how to brew beer, there have been lots of opportunities to have fun safely. See pages 2 through 4 for more upcoming opportunities.

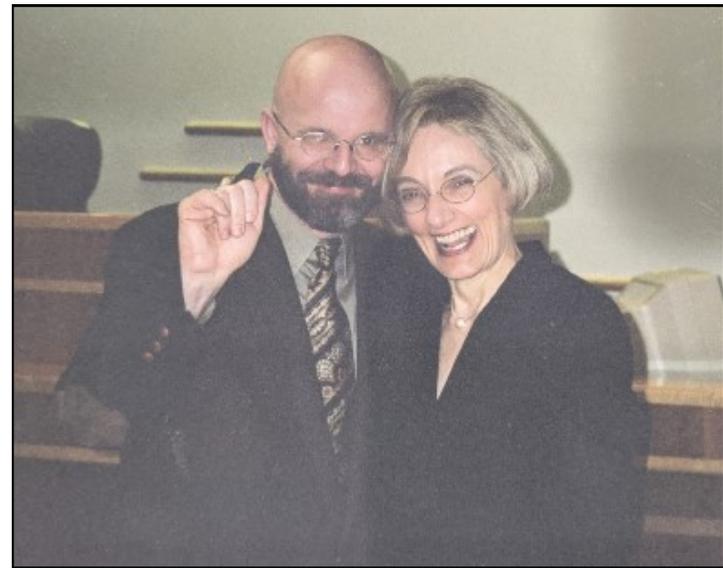
If you have ideas for events you'd like to see scheduled, please let the team at the Hospitality Desk know!

Not-So-Newlywed

How well do you know your spouse? As part of a special event, Meadowlark will re-create the popular Newlywed Game by boasting a higher degree of difficulty using Meadowlark's own married couples, including residents, and staff!

The Not-So-Newlywed Game starts 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 Feys and Walteres below.

Jo & Michael Fey, Married 21 years



Jo and Michael Fey are one of our most recent couples to move to Meadowlark! They jumped right in and took advantage of opportunities to get involved. Michael works part-time as a staff member in the Transportation Department, and Jo volunteers as a Meadowlark Ambassador!

Let's rewind and talk about how these two lovebirds met! Back in 1992, education brought them together. Michael and Jo became acquainted teaching an English class called Effective Army Writing. They tied the knot in December of 2000. Ever since then, they have continued to learn

See NEWLYWED, page 4

EVENTS & OPPORTUNITIES

COVID-19 Precautions 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, Feb. 11.**

- ~ 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.
- ~ Floor and Neighborhood Suppers may continue at the discretion of the residents in each area.

Tune into Channel 1960 at 12 p.m. tomorrow, Jan. 28, for a report from Channel 1960 News. Re-runs of the report will air the following dates and times:

- ~ Friday, Jan. 28, at 5 p.m.
- ~ Saturday, Jan. 29, at 9 a.m., 12 p.m., & 5 p.m.
- ~ Sunday, Jan. 30, 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, Feb. 4. 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.

Candy Gifts for Valentine's Day

Are you looking for a way to send a special treat to someone sweet in honor of Valentine's or just because? Starting Tuesday, Feb. 1, festive Valentine-themed candy bags will be for sale! These tasty treat bags will be filled with yummy conversation hearts and will be available for purchase at Verna Belle's Cafe or at the Hospitality Desk. The last day to place an order

will be at noon on Monday, Feb. 14.

All orders will be delivered to residents and staff on the Meadowlark campus. Proceeds will go toward employee appreciation. To place an order, simply visit either location or call the Hospitality Desk at (785) 323-3847. The cost of a Valentine Treat Bag is \$2 each. If you have questions, please contact Jana at (785) 323-3890.

Love reading? Join a book club!

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. Participants 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. 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.

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 state and celebrate its accomplishments through the past 161 years. Attendees will leave with a delicious Kansas treat!

Monday Morning Quarterback

Monday, Jan. 31, 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.

Chinese New Year Celebration

Tuesday, Feb. 1, at 5:30 p.m.

You're invited to a Chinese New Year Celebration at 5:30 p.m. Tuesday, Feb. 1, in Prairie Star's Event Center. The menu will feature: steamed pork pot

EVENTS & OPPORTUNITIES

stickers, egg drop soup, braised rice noodles with pork, yu choy sum, shrimp wonton, and a mango eggroll with coconut lychee ice cream. The cost to attend is \$19 per person. Reserve your spot by visiting the host stand in Prairie Star Restaurant or call (785) 323-3820.

NEW! High on the Hog

Wednesdays in February at 2 p.m.

Join us in the Event Center as we watch the new four-part docuseries on Netflix, *High on the Hog*, which explores and celebrates Black contributions to global food and culture. Each week we will watch a different episode followed by an opportunity to sample one of that week's featured foods.

The series talks about how African-American Cuisine transformed America, with food writer Stephen Satterfield as the host. The dates, times, and short description for each episode is listed below. All are welcome to attend and no registration required.

Ep. 1: "Our Roots" ~ Feb. 2 at 2 p.m. The hunt for African American foods roots goes to Benin, where okra and yam rule the market and pre-enslavement fish and corn plates reign at the table.

Ep. 2: "The Rice Kingdom" ~ Feb. 9 at 2 p.m. In the Carolinas, Stephen Satterfield looks at the human cost of rice and goes whole hog with Gullah chef BJ Dennis and those preserving black culinary traditions.

Ep. 3: "Our Founding Chefs" ~ Feb. 16 at 2 p.m. Our Founding Chefs- From macaroni and cheese to Virginia ham, Thomas Jefferson and George Washington's renowned enslaved chefs James Hemings and Hercules leave the nation hungry for more.

Ep. 4: "Freedom" ~ Feb. 23, at 2 p.m. Barbecued brisket meets Senegalese lamb and a Juneteenth feast as Stephen Satterfield heads to Texas to ride with Black cowboys and take in Jerrelle Guy's cakes.

Pd Education Group

Thursday, Feb. 3, at 2 p.m.

You're invited to attend the monthly meeting of the Parkinson's Education Group at 2 p.m. Thursday, Feb. 3, in the Community Room or via Zoom. Marcie Lechtenberg, Clinic Director for the

Couples and Family Therapy Program at KSU will present, "Relationships and Parkinson's: Trust, Communication, and Intimacy."

If you would like to join the meeting by Zoom, please contact Meadowlark Special Programs by calling (785) 323-3899 for the log-in information.

NEW! Moves & Grooves Dance Class

Thursday, Feb. 3, at 3:30 p.m.

Polish off those dancing shoes and get ready to move and groove! This four-week dance class will meet once a week on Thursdays in February in the Community Room at 3:30 p.m. For an hour, residents will learn line dance routines to songs that make you want to get up and groove, such as "Jailhouse Rock" by Elvis, and "Rockin' Robin" by Bobby Day. During each class, residents will review what they learned the previous week, and learn an additional new dance as time allows. Participants are welcome to start at any time during the month. Residents are encouraged to sign up in the Blue Book if they are interested in attending; however, sign-ups are not required.

Prairie Star Menu Meeting

Friday, Feb. 4, 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, Feb. 4. This reoccurring meeting is held on the first and third Friday of every month.

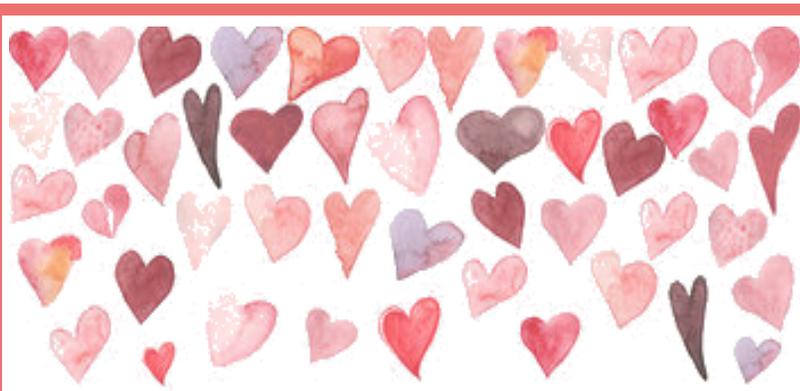
Meadowlark Winter Olympics Games

Friday, Feb. 4, at 4 p.m.

As a fun way to celebrate and recognize the start of the 2022 Winter Olympics, a group of Meadowlark staff will be hosting their own version of the games from 4 to 5 p.m. Friday, Feb. 4, in the Event Center.

Residents are invited to come watch and cheer as six teams of two compete in four different Winter-inspired games, such as snowball toss, snowboarding, curling, and hockey shoot-out. Residents will be encouraged to guess which country will take home the gold! A special prize will be given to those who guess correctly! All are welcome to attend.

EVENTS & OPPS continued on page 4



Charcuterie Board Valentines

Sweet & Savory

Chocolate-covered strawberries, dipped Oreos, and other baked confections inside a heart shaped box

An assortment of meats, cheese, jams, nuts and crackers served on a wooded heart-shaped board

\$25

Boards cost \$25 each and must be pre-ordered by February 12. Reserve yours at the host stand or by calling Prairie Star Restaurant.



EVENTS & OPPS, from page 3

NEW! Fiber Arts Club

Thursday, Feb. 10, at 2 p.m.

There's a new Fiber Arts Club at Meadowlark starting Thursday, Feb. 10! This club is open to anyone who enjoys fiber arts and would like work on creative projects with like-minded residents, those who want to learn a new skill, or those who simply want to come and watch, and/or enjoy the company of others!

Fiber Art refers to fine art whose material consists of natural or synthetic fiber and other components, such as fabric or yarn. If you knit, sew, crochet, quilt, needle point, macrame, weave, or embroider, this club is for you!

Experienced knitter and Meadowlark resident, Polly Ferrell, will be on hand during the first session to provide an initial "how to" for knitting with a brief tutorial for those who would like to learn. Additionally, Karen Matthews, another fellow resident and experienced crocheter, will lend her knowledge and assistance for those wanting to learn how to crochet.

A few materials will be provided (such as skeins of yarn, crochet hooks, and knitting needles) for those who are interested in learning. The club will meet each month on the second and fourth Thursdays from 2 to 3 p.m. in the Bison Room.

NEWLYWED, from page 1

something new about one another and look forward to the possibility of learning more during tomorrow's Not-So-Newlywed Game. When asked about their relationship, Jo said her husband's constant support and encouragement is what she loves best about him. If you ask Michael what is best about Jo, he will say, "Her kindness."

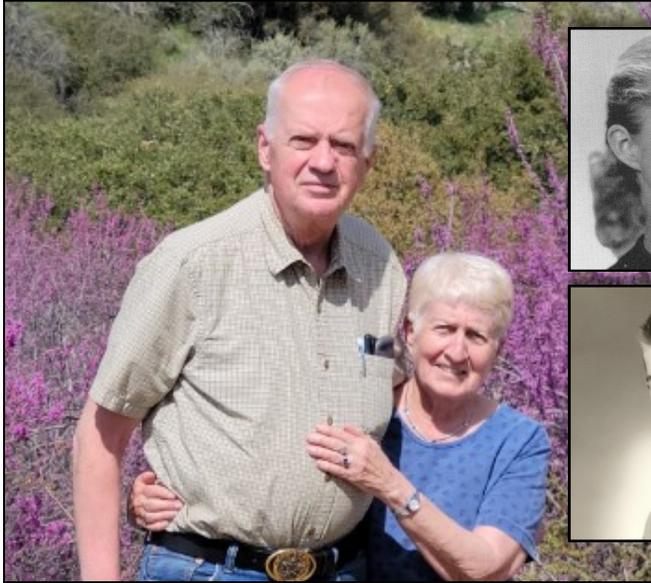
Janet & John Walters

Married 14 years

Janet and John first met when they were in junior high right here in Manhattan! Janet said her initial reaction about John

was, "I thought he was a nerd!" They went to the same high school and college, but their relationship did not begin until several decades later!

During this time, John married and moved multiple times, eventually settling in the state of



Georgia, while Janet moved to California. It wasn't until 2007 (after his first wife's passing), that John received a spiritual prompting to contact Janet.

They quickly re-connected, and discovered they have a lot in common, including their faith and activities they enjoy! John and Janet married on Nov. 10, 2007, and have been together for 14 years! Since then, they have been enjoying life to the fullest and taking adventures, such as mission trips to Europe and hiking.

When asked about their participation in the Not-So-Newlywed Game, Janet and John think they know one another quite well, but believe there is always an opportunity to learn something new. John said even now, he is still learning things about himself!

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!



February Birthdays



Skilled Nursing

2/7 Leona Mutschier
2/9 Robert Hammaker
2/10 Wilma Peil
2/12 Marvel Boston
2/17 **Joe Jones**
2/28 Jane Runyan

Assisted Living & Riley House

2/4 Ruth Murtonen
2/5 Beverly Dodds
2/7 Nancy Goulden
2/12 Colleen Robinson
2/17 **Derril Gwinner**

Independent Living

2/1 Glenna Fogo
2/2 Linda Graham
2/4 Marilyn Ray
2/9 Marilyn Martin
2/10 John Young
2/11 Lois Deyoe

2/11 Carol Doderidge
2/12 Faralane Chase
2/16 Bob Crawford
2/18 Wanda Fateley
2/24 Roger Brannan
2/25 Betty Grubb
2/27 Harriette Janke

Employees

2/2 Alex Bauer
2/2 Michael Grauer
2/2 Alicia Taylor
2/3 Danelle Cowing
2/3 Allie Perry
2/4 Amon Maxwell
2/4 Susan Meeker
2/6 Justin Williams
2/7 Lexi Arnwine
2/7 Mary Dowling
2/7 Karena Mitchell
2/7 Ebony Sublett
2/8 Marci Glennemeier
2/8 Erin Steele

2/8 * Harper Williams
2/10 BrieAnna Grimmett
2/12 Charlotte Hays
2/13 Raegan Fitzpatrick
2/13 Addison Gehrt
2/13 Anna Giersch
2/14 Sheyenne Bassler
2/14 Valerie Glotzbach
2/16 Monica White
2/17 Sydney Chyba
2/17 Darin Pelfrey
2/20 Jillian Harris
2/20 Kinleigh Rhodd
2/20 Bill Tompkins
2/20 Dustin Wedekind
2/22 Macy Hendricks
2/22 Sherry Smith
2/23 Berenice Flores
2/23 Carissa Staley
2/24 Bryce Wright
2/26 Josie McFall
2/26 Michael McGuigan
2/27 Jana Armfield
2/27 Tayler Jensen
2/28 Hannah Religa

Bold denotes milestone birthdays of 70, 80, 90, or 100+ !

Art Engagement *from the* Beach Museum of Art

Compare and Contrast ...

The Western Meadowlark was chosen as the state bird of Kansas by schoolchildren on Jan. 29, 1925 (Kansas Day). About 121,000 children participated in an election to select the state bird. The Western Meadowlark took first place followed by the Bobwhite and Cardinal. The state legislature made it an official symbol in 1937. Five other states also have the Western Meadowlark as their state bird: Montana, Nebraska, North Dakota, Oregon, and Wyoming. The two prints shown here place the bird on its most common perch, a fence post. As you look at the two interpretations of a Western Meadowlark, how do they compare? What do you see that is the same and what is different?



Maurice Bebb
Meadowlark, 1962
Etching on paper
KSU, Marianna Kistler Beach
Museum of Art,
gift of Catherine Parr, 2011.74



Margaret Evelyn Whittemore
Western Meadowlark,
mid-20th century
Screenprint on paper
KSU, Marianna Kistler Beach
Museum of Art, 2015.159

On My Trophy

by Helen Roser

Pity the wives of famous sports men. Their photo was often in papers or on T.V. But their name was never mentioned. She was only known as “his wife.”

When my friend began his big charity project, he would be calling on the famous husbands. But he thought it was about time for their wives to be treated as somebody. So he called them The Wives Club and would give them simple helpful things to do.

Well, the wives were busy, They

argued about who would get what title. Next, one said, when one project was finished, The Wives should give themselves a Thank You Party.

So they didn't have time to do any of the clerical work sent them to do. My friend, Ray, who was in charge and I ended up doing what the wives didn't. Ray called me Angel. As I looked at the pile of work The Wives sent back, not done, he said, “Well, Angel, it looks like it is up to you and me to get this done.” That happened time after time.

The project was finished and Ray closed everything out with a big party by his pool and tennis court. He insisted I attend. During the party, I was called to the front. As cameras flashed for the papers, the Deputy Mayor handed me a two-foot-tall trophy with my name on it. So Ray got even with The Wives for making me do their work. (They never had their Thank You Party.)

I have that photo of me receiving that dumb, big trophy on my wall. It makes me laugh.

Work That Brain!

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ACROSS

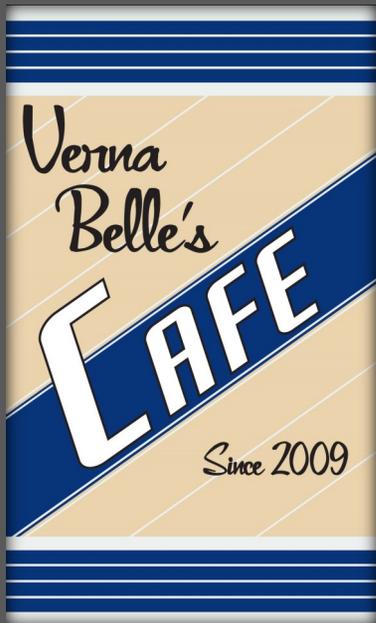
1. Foundation
6. A Freudian stage
10. Attired
14. Panache
15. Not a single one
16. Sharpen
17. Japanese cartoon art
18. Nurse shark
19. Anagram of "Live"
20. Belonging to a club
22. Convenience
23. A sizeable hole
24. Strength
26. Announce
30. Anagram of "Fires"
32. Dwelling
33. Without hope of solution
37. Gruesome
38. Tine
39. Weight to be borne
40. A single-player card game
42. Ancient Athenian philosopher
43. Medical professional
44. Beat
45. Chum
47. Purchase
48. Not amateurs
49. Contempt
56. Boor
57. Ancient Peruvian
58. Smidgens
59. Being
60. Male deer
61. A heavy dull sound
62. A whitetail
63. Male turkeys
64. Narrow fissures

DOWN

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|----------------------------|----------------------------|--------------------------------------|
| 1. Laser light | 21. Disencumber | 41. Pull |
| 2. Skin disease | 25. Petroleum | 42. The science of matter and energy |
| 3. Slender | 26. Cronos | 44. Regret |
| 4. Poetic foot | 27. River of Spain | 45. Got up |
| 5. Spire | 28. Agitate | 46. Rodent |
| 6. Anxiety | 29. Manage | 47. Boasts |
| 7. Ark builder | 30. A loud sleeping sound | 48. Implored |
| 8. Against | 31. Feudal worker | 50. Within |
| 9. Progress by large jumps | 33. Colored part of an eye | 51. Fraud |
| 10. Readily and willingly | 34. Ship | 52. Survey |
| 11. A green fabric mixture | 35. Strip of wood | 53. Decorative case |
| 12. Licoricelike flavor | 36. Biblical kingdom | 54. Camber |
| 13. Expunge | 38. Lamponer | 55. Tut-tuts |

RESTAURANT **SPECIALS**

| | | |
|---|--|--|
| <p>Sunday, January 30</p> | <p>\$14 Stuffed Pork Roast Au Gratin Potatoes Green Beans</p> | <p>\$14 Stuffed Pork Roast Au Gratin Potatoes Green Beans</p> |
| <p>Monday, January 31</p> | <p>\$10 Fried Chicken Waffle Sandwich Sweet Potato Fries</p> | <p>\$10 Goulash Texas Garlic Toast Broccoli, Cauliflower, & Carrots</p> |
| <p>Tuesday, February 1</p> | <p>\$9 Caramelized Pear & Brie Grilled Cheese Sandwich Creamy Tomato Soup</p> | <p>\$14 Baked Cod Rice Pilaf Peas & Pearl Onions</p> |
| <p>Wednesday, February 2</p> | <p>\$9 Tostada Salad <i>ground beef, refried beans, corn, onion, avocado, cheese, lettuce, & pico de gallo in a tostada shell</i></p> | <p>\$12 Baked Ranch Chicken & Bacon Mashed Potatoes Roasted Brussel Sprouts</p> |
| <p>Thursday, February 3</p> | <p>\$9 Ham & Havarti Crepe with Mushroom Sauce Green Side Salad with Citrus Vinaigrette</p> | <p>\$11 Chicken, Spinach, & Ricotta Manicotti in White Wine Sauce Broccoli Garlic Knots</p> |
| <p>Friday, February 4</p> | <p>\$8 Chili Dog Potato Salad Pub Chips</p> | <p>\$13 Surf & Turf Honey Whiskey Glazed Beef Tenderloin & Garlic Butter Shrimp Sweet Potato & Creamed Corn</p> |
| <p>Saturday, February 5</p> | <p>\$8 White Chicken Chili Cornbread</p> | <p>\$11 Spaghetti & Meatballs Honey Glazed Carrots Garlic Knots</p> |



Breakfast & Lunch Specials

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

Monday, Jan. 31

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

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

Tuesday, Feb. 1

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

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

Wednesday, Feb. 2

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

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

Thursday, Feb. 3

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

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

Friday, Feb. 4

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

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

Saturday, Feb. 5, & Sunday, Feb. 6

Breakfast: Ala Carte Menu Options

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

Solutions from 1/20

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WHAT DO YOU CALL A PIG THAT DOES KARATE?



PORK CHOP

Weekly Opportunities Calendar *Jan. 30 to Feb. 5*

Sunday • Jan. 30

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

Monday • Jan. 31

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 • Feb. 1 *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
 2:00 p.m. ~ Prairie Star Writers Group, PR
 3:30 p.m. ~ Ambassadors Meeting, PR
 4:00 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ Chinese New Year Celebration, EC

Wednesday • Feb. 2

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
 2:00 p.m. ~ High on the Hog, EC
 3:00 p.m. ~ Sing-A-Long, EC
 3:00 p.m. ~ Rock Steady Boxing, CR

Thursday • Feb. 3

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
 2:00 p.m. ~ Pd Education Group, CR
 3:30 p.m. ~ Moves & Grooves, CR
 5:30 p.m. ~ Meadowlark Circle Dinner, BR

Friday • Feb. 4

9:00 a.m. ~ Prairie Star Menu Meeting, BR
 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
 3:00 p.m. ~ Catholic Mass, CR
 4:00 p.m. ~ ML Winter Olympic Games, 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 | |



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

Monday, Jan. 31

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

Tuesday, Feb. 1

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|--------|-------------------------|
| 2 p.m. | Memory Activities Class |
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Wednesday, Feb. 2

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

Thursday, Feb. 3

| | |
|--------|-----------------------------|
| 1 p.m. | Parkinson's Exercise Class |
| 2 p.m. | Parkinson's Education Group |



CHANNEL 1960 Entertainment Guide

Sunday, Jan. 30

| | |
|------------|---|
| 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. 31

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|------------|-----------------------------|
| 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, Feb. 1

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|------------|--------------------------------|
| 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, Feb. 2

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|------------|---|
| 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, Feb. 3

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|------------|--------------------------------|
| 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, Feb. 4

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|------------|---|
| 9:30 a.m. | Seated Strength Exercise Class |
| 10:30 a.m. | Weights 101 Exercise Class |
| 12:00 p.m. | NEW! Update with 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 with Lonnie Baker, CEO |

Saturday, Feb. 5

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

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| D | E | D | A | N | C | I | N | G | Y | A | H | K | R |
| S | N | O | C | S | S | T | E | P | H | A | N | I | E |
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| V | V | Y | C | C | C | D | I | V | I | C | K | Y | N |



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: Jan. 30

SOMEONE GREAT (2019) R for drug content, language, & sexual material, 1 hr. 32 min. *Romantic*

Cast: Gina Rodriguez, Brittany Snow, & DeWanda Wise

On the heels of a blindsiding breakup, music journalist Jenny braces for a new beginning—and one last adventure with her closest friends.

MUSICAL MONDAY: Jan. 31

THE WEDDING SINGER (1998) PG-13, 1 hr. 36 min. *Romantic, Comedy, Irreverent*

Cast: Adam Sandler, Drew Barrymore, & Christine Taylor

After his fiancée leaves him at the altar, a wedding singer grows close to a reception hall waiter who enlists him to plan her own nuptials.

TRUE TUESDAY: Feb. 1

DARKEST HOUR (2017) PG-13, 2 hr. 5 min. *Military Movie, Based on Real Life, Cerebral*

Cast: Gary Oldman, Kristin Scott Thomas, & Lily James

As the threat of Nazi Invasion looms, newly appointed British Prime Minister Winston Churchill rallies a nation to fight for its very survival.

WESTERN WEDNESDAY: Feb. 2

A RIVER RUNS THROUGH IT (1992) PG, 2 hr. 3 min. *Classic, Emotional*

Cast: Craig Sheffer, Brad Pitt, & Tom Skerritt

Two brothers take different paths as they try to live up to their father's high moral—and fly fishing—standards in rural Montana in the early 1900s.

THEATER THURSDAY: Feb. 3

PASSENGERS (2016) PG-13, 1 hr. 56 min. *Sci-Fi Adventure, Romantic, Exciting*

Cast: Jennifer Lawrence, Chris Pratt, & Michael Sheen

During the 120-year journey of the “Starship Avalon” to a distant planetary colony, a computer glitch rouses mechanic Jim Preston from his hibernation decades ahead of schedule. Desperate for company, Preston wakes up female journalist Aurora Dunn.

FUNNY FRIDAY: Feb. 4

HERE COMES THE BOOM (2012) PG, 1 hr. 45 min. *Comedy, Inspiring, Family*

Cast: Kevin James, Salma Hayek, & Henry Winkler

When budget cutbacks threaten his high school's music program, a biology teacher decides to moonlight as a mixed martial arts fighter to raise money.

SLEUTH SATURDAY: Feb. 5

SON OF THE PINK PANTHER (1993) PG, 1 hr. 33 min. *Comedy, Silly, Satire*

Cast: Roberto Benigni, Herbert Lom, & Claudia Cardinale

Jacques Gambrelli, the illegitimate son of the famously bumbling Inspector Clouseau, takes on the case of a young princess who's been abducted by terrorists.

RESIDENT REQUEST