

Call to Give

Children following in parents' philanthropic footsteps



[above left] Rev. H. Wayne Fink and [above right] Ed & Jo Call.

by Becky Fitzgerald, Development Director

Understanding the many health benefits of exercise, fresh air, and connecting with nature, Meadowlark's first efforts to create a walking trail on the campus began about 20 years ago. Currently, trail-goers encounter a variety of surfaces, such as asphalt, concrete, mowed grass, mulch, and soggy soil after a rain or snow, and it's been CEO Lonnie Baker's desire to enhance the accessibility and safety of the trail. To that end, in past years, two major tribute gifts have ensured Meadowlark could pave a portion of its loop trail and install a bridge over water and uneven terrain.

Wanting to give back to the senior-living community that has benefited their parents, Jan Fink Call and Jeff Call of Huntingdon Valley, Pa., and Jan's brother, Dan Fink of Highlands Ranch, Colo., prompted the current "**Paving the Way**" campaign when they pledged to match, dollar for dollar, up to \$40,000 to pave another portion of the loop trail which circles Meadowlark's campus.

To date, the campaign has prompted donations/pledges totaling nearly \$78,000, including the matching funds. A total of \$92,000 provides for a 1,550-foot long, 6-foot wide ribbon of concrete and also would cover improvements made this past fall, such as a sturdy wooden bridge installed over a rock-lined drainage ditch, which is northeast of the new physicians' office.

The matching/challenge gift is in memory of Jan's and Dan's father, the Rev. H. Wayne Fink, who was minister at the First Baptist Church

On Being Somebody

by Helen Roser

It was a beautiful winter day of snow when, on Christmas 1942, I first saw the White House. Walking in Lafayette Park, across Pennsylvania Avenue, was the nearest I could get to the White House.

Walking toward me was an elegantly attired older man wearing a black coat that swayed when he walked, an elegant Homburg hat, and carrying a cane in his gray-gloved hand.

He stopped and smiled as he spoke to me: "What brings a nice young lady like you to the park alone on Christmas Day?"

I answered that I had come to serve my country and was new in town and didn't know anyone. He asked me if I would sit on the bench with him and tell him about it. So I sat down with him.

He asked my impression of how President Roosevelt treated people. Then he asked how I was treated by "government people" when I arrived. Was I treated like a person or like a number? Was I helped to find a comfortable place to live? What did they do? Did I have a good place to live?

I was impressed that this elegant man cared so much about people — even nobodies like me.

We were together on the park bench for an hour. Then he rose and said it was time for him to go to his appointment. He shook my hand and thanked me for spending time with him. He told me what a

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EVENTS & OPPORTUNITIES

Meal price correction for Feb. 4

The price of Friday's evening special for Prairie Star Restaurant was printed incorrectly in the Jan. 27 Messenger. The Surf & Turf dinner special cost is \$21.

Current COVID-19 Precautions

Due to the rising spread of COVID-19 positive cases in the greater Manhattan community, Meadowlark's current COVID-19 precautions listed below are 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.

A new video update from Lonnie Baker, CEO, will air on Channel 1960 at 12 p.m. tomorrow, Feb. 4. A re-run of the update will play on Channel 1960 at 5 p.m. Friday, Feb. 4; at 9 a.m., 12 p.m., and 5 p.m. Saturday, Feb. 5; and at 12 p.m. Sunday, Feb. 6.

Volunteers Needed: Online Nutrition Research Study

A K-State Master of Public Health student is looking for volunteers to pilot-test a new survey instrument for her thesis research study. In order to be eligible, participants must be aged 65 or older, community-dwelling (meaning they must live independently and not within a nursing home, assisted living facility, memory care facility, etc.), and speak English. There is a chance to win a \$25 grocery store gift card! The survey is online, but assistance can be provided in person, if needed.

Please contact Anna Biggins at abiggins15@ksu.edu for more information.

Candy Gifts for Valentine's Day

Starting Tuesday, Feb. 1, festive Valentine-themed candy bags will be for sale! These tasty treat bags will be filled with 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.

February Book Club update

For those of you that signed up for the "For the Love of Books" group, Monte Spiller will be contacting you soon with more information on the first meeting time and location. Books have been ordered unless you expressed you have one already. We look forward to meeting and discussing "My Football Life and The Rest of the Story." If you have questions, please contact Monte Spiller at (785) 323-3801.

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 & OPPORTUNITIES

NEW! Weekend Sports

Saturday, Feb. 5, at 3 p.m.

Come play sports games on the big screen with the Wii, a home video game console. The games will begin at 3 p.m. Saturday, Feb. 5, in the Bison Room. No registration required. This will be a weekly event and staff members will be present to assist participants.

Town Meeting

Monday, Feb. 7, at 9:30 a.m.

Come hear about the Meadowlark campus updates live and in-person from members of the leadership team and Lonnie Baker, CEO! The meeting will begin at 9 a.m. Monday, Feb. 7, in the Event Center. All are welcome to attend.

Monday Morning Quarterback

Monday, Feb. 7, 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.

High on the Hog

Wednesday, Feb. 9, at 2 p.m.

Join us in the Event Center as we watch the next episode of the 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. 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.

Moves & Grooves Dance Class

Thursday, Feb. 10, at 3:30 p.m.

Polish off those dancing shoes and get ready to move and groove! This 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.

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!

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, will lend her knowledge and assistance for those wanting to learn how to crochet.

A few materials will be provided 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.

NEW! Fast Friends

Friday, Feb. 11, at 3 p.m.

Did you know that Friday, Feb. 11, is National Make a Friend Day? In honor of this special day,

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 Feb. 12. Reserve yours at the host stand or by calling Prairie Star Restaurant. Boards may be picked up at Prairie Star or delivered to your home free of charge on Feb. 14.



EVENTS & OPPS, from page 3

Meadowlark will be hosting an event called *Fast Friends*. The concept? Kind of like speed dating, but for friendships!

You're invited to the Event Center from 3 to 4:30 p.m. Friday, Feb. 11 to participate in an opportunity for staff and residents to meet or get to know one another better through interesting and fun table topics/questions.

Although registration isn't required, they are encouraged by signing up in the Blue Book. If you have questions, contact Jana at (785) 323-3890.

Valentine's Day Bingo

Monday, Feb. 14, at 7 p.m.

This month's theme BINGO falls on Feb. 14, so we will be celebrating by having a special Valentine BINGO! Player buy-in will be \$1 for the use of two playing cards. BINGO occurs for an hour each Monday starting at 7 p.m. in the Community Room, and theme BINGO nights occur on the second Monday of the month. No registration required.

Sing-A-Long, Drink-A-Long

Wednesday, Feb. 16, at 3 p.m.

Let's celebrate the week of Valentine's with an exciting addition to the Sing-A-Long Social on Wednesday, Feb. 16! A special repertoire of Valentine's Day songs will be included, along with the special stylings of Jim Reed on the guitar and Vera Williams on the piano.

For those who are thirsty, there will be festive drinks prepared, both alcoholic and non-alcoholic, and will cost \$1 each.

A selection of tables will be reserved for those who would like to remain masked during the event, while a few other tables will be designated for those who would rather drink and/or sing unmasked. Meadowlark Ambassadors will be on hand to help out as special bartenders, so you do not want to miss out! This event will take place during the regular Sing-A-Long time frame between 3 and 4 p.m. in the Event Center. All are welcome to attend.

GIVE, from page 1

in the late 1970s as that congregation joined with five other Manhattan churches to create Meadowlark. 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.

The siblings note that their generosity also was inspired by Jeff Call's parents: Jo Call, a current Meadowlark resident, and her late husband, Ed. The Calls moved to Meadowlark in 2008, and prior to Ed's death, enjoyed eight years in their second floor apartment, where Jo continues to reside.

"Both of them have been fortunate to have been able to take advantage of the amenities and care Meadowlark provides -- Ed after his heart valve replacement surgery and Jo after her back surgery," Jan Call said. "They both did their rehab at Bramlage House."

Ed served Kansas State University for 42 years as a teacher and researcher in Dairy Science and as part of the cooperative Extension Service. He was a member of several honorary and professional societies and regularly volunteered his time at their church and with the Manhattan Kiwanis Club. Jo worked for eight years at what is now Landmark National Bank.

Keeping active for exercise and socialization also was important to the Calls for many years. The couple golfed together and with friends and were members at a local health club. Jo also enjoyed bowling, and Jan Call remembers her father-in-law doing yard work until his early 80s.

"Jeff's dad, until he moved to Meadowlark, would

mow his own lawn, even in the 100-plus Kansas temperatures, and he often mowed my folks' lawn, too, after my Dad became ill," she said. "They both were very active, and Ed, in particular, would have made frequent use of the trail."

The next section proposed to receive a hard surface stretches from Stillman Cemetery, located east of Meadowlark Circle, to near the CenterPointe Physicians building, located east of the Meadowlark Valley road. 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. The paved section also will be wide enough for enjoying the outdoors in a golf cart.

"Ed and Jo were always very active in the community and wanted to give back, and that didn't change when they moved to Meadowlark," Call continued. "For us, being able to do something to benefit the Meadowlark community is fully aligned with the philosophy that they passed on to us and their entire family: taking care of others however you can."

Jo Call said she was pleased to learn of the project, and now that she uses a four-wheeled device when walking, she notes that a paved path is the only safe option for her.

"I think this is a wonderful idea!" she said.

Resident Leo Lake agreed. "Anytime the weather is so I can, I walk for an hour," said Lake, who began to explore Meadowlark's campus soon after his move to a garden apartment in 2017.

"I think this will be a really good addition. I appreciate the fact that paving another part of the trail will make it a safer place to walk, and this will allow people of all abilities to expand their route."

He noted that, currently, there's a step off the east end of the new bridge, and he was relieved to learn that "Paving the Way" improvements will replace that step with a gentle slope.

If you'd like to add to the 20 donations/pledges previously received in support of this project, 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.

January Gifts to Meadowlark Foundation

In January, gifts benefiting the COVID-19 Protection Plan, Good Samaritan Fund, Meadowlark Memory Program, the "Paving the Way" campaign, and Stolzer House were received by Meadowlark Foundation.

Memory of

Joanne Barkyoumb

Dorothy Buller*

Rev. H. Wayne Fink

Mary Larmer

Theda Loehr

M.S. Ram

John Vogt*

Shirley J. Wiley Wright

Junior Simeon "J.S." Wagner

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

Art Engagement *from the* Beach Museum of Art

Unity with Color ...

Often an artist will use line, shape, and color to create unity in an artwork.

Unity conveys the idea that all the items in the composition fit together and create a sense of completeness. Let's focus on the use of color in the two artworks shown here. As you look at each one, notice how the artist has distributed the color. It may be helpful to focus on one color at a time. For example, where is all the red? Where is all the blue, etc.? Once you have looked at each color look at the entire picture again. These two artists have used color to create unity in very different ways. Do you think they were both successful?



John Frederick Helm Jr., *Title unknown (geometric landscape)*, mid 20th century
Casein on panel, KSU, Marianna Kistler Beach Museum of Art, gift of the Kansas State University Alpha Chi Omega Alumnae Association, 2004.346



Philip Burnham Hicken (United States, 1910-1985), *This is a Beautiful Country*, 1940, Color screenprint on paper
KSU, Marianna Kistler Beach Museum of Art, gift of John, Susan, and Johnny Watt, in memory of Sarah Katherine Watt
2008.1

A Letter to the Manhattan Community from USD 383

The COVID-19 health pandemic has had a major impact on teaching and learning across our district. State and federal resources have been made available to school districts to support student academic learning recovery and maintain safe in-person instructional activities in all district locations. Manhattan-Ogden USD 383 will submit a budget plan for Elementary and Secondary School Relief Funds (ESSER III) authorized as a part of the American Rescue Plan (ARP) Act. These grant funds can only be utilized for identified allowable uses that fall under the broad categories of preventing, preparing for, and responding to the COVID-19 pandemic. Allowable uses of the ESSER III funding can be found online on the district website at www.usd383.org under *District —> ESSER III —> ESSER III Introductory Letter*.

Manhattan-Ogden USD 383 has established a District ESSER III Budget committee that is working to develop a plan to utilize the grant funds to support recovery and success for our students and staff. We are seeking your input to help establish priorities for the ESSER III Budget Plan. Your participation as a district stakeholder will help us determine how to utilize the resources available to us from the ESSER III grant over the next two academic years.

A survey will be available on the district website (www.usd383.org/district/esser-iii-budget) for this meaningful input process on or before Feb. 1, 2022. We ask that you participate in the survey and submit your input by March 11, 2022. The ESSER III Budget Plan will be presented to the Manhattan-Ogden USD 383 Board of Education for review and approval prior to being submitted to the Kansas Department of Education in the spring of 2022.

Thank you for your time and support of our students and staff in USD 383.

- Lew Faust, Director of Business Services
Chair—ESSER III Budget Committee

Obituary: Dennis Graham

submitted by the Graham family

Dennis (Lory) Graham, age 85, of Manhattan, Kan., died Jan. 6, 2022.

Dennis was born in 1936 in Rugby, ND. He graduated from Lawton High School, ND, in 1954. After two years of college at the University of North Dakota, he enlisted in the U.S. Navy in 1957, eventually becoming an officer and retiring out of Moffett Field as a Lt. Commander in 1981.

Dennis then worked at GTE as a business executive until he retired in 1996. While working, Dennis continued with college, obtaining a master's of Business Administration from USC.

Throughout his adult life, and especially in retirement, Dennis engaged in numerous volunteer activities including church, teaching driver's ed to seniors via AARP, and ESL group classes.

In 1959, Dennis married the love of his life, Linda (Skjerseth) while stationed in Honolulu. Together they raised their sons in the San Francisco Bay Area. Together Dennis and Linda traveled extensively throughout the world, visiting countries on every continent. Dennis was an avid home fix-it man who could repair or build



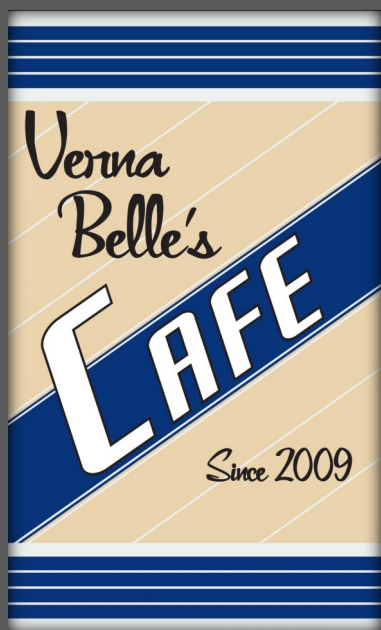
anything, particularly with wood.

Dennis is survived by his wife, Linda, and by his sons Dennis (wife Dolores) of Milpitas, Calif., and Mike (wife Mary) of Manhattan, Kan., their grandchildren Matt, Liz, Charlotte, Zachary, Linda and Nathan Graham, sister MarDee Dahlin (Jerry) and brothers Kenn (Geraldine, predeceased), Bryce (Francine) and Jayce Graham, and numerous nieces, nephews and cousins. Dennis was predeceased by his parents, Florence and Leroy Graham.

RESTAURANT **SPECIALS**

Celebrating the Beijing 2022 Winter Olympics

Sunday, February 6	\$12 Germany Pork Schnitzel Spaetzle (<i>pasta</i>) Buttered Beets	\$12 Germany Pork Schnitzel Spaetzle (<i>pasta</i>) Buttered Beets
Monday, February 7	\$10 Chile Cazuela (<i>Chilean Brisket Stew</i>) Cornbread with Honey Butter	\$15 Australia Salmon Cauliflower Rice Bowl Sautéed Green Beans Roasted Brussel Sprouts
Tuesday, February 8	\$9 France Croque Monsieur (<i>Hot Ham & Cheese</i>) French Onion Soup	\$13 Japan Yaki Udon (<i>Stir Fry Noodles with Shrimp & Veggies</i>)
Wednesday, February 9	\$9 Canada Brisket Poutine Winter Fruit Salad with Maple Lime Dressing	\$11 Argentina Beef Empanadas Grilled Veggies Corn & Black Bean Salad
Thursday, February 10	\$11 Turkey Sis tavuk (<i>Chicken Kebob</i>) Sehriyeli (<i>Rice & Orzo</i>) Cacik (<i>Cucumber Salad</i>)	\$12 Great Britain Traditional English Breakfast <i>for dinner!</i> with Sausages, Beans, Tomatoes, & more
Friday, February 11	\$10 USA All-American Cheeseburger Steak Fries Cherry Pie	\$19 USA BBQ Pork Ribeye Baked Potato Green Bean Almondine Red, White, & Blueberry Trifle
Saturday, February 12	\$11 Sweden Swedish Meatballs Lingonberry Sauce Mashed Potatoes Green Beans	\$13 India Butter Chicken Vegetable Jalfrezi (<i>stir fry</i>) Jasmine Rice Naan Bread



Breakfast & Lunch Specials

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

Monday, Feb. 7

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

Lunch: Meatballs with Creamy Tomato Penne, \$6.50
creamy penne pasta topped with Italian meatballs and served with garlic toast

Tuesday, Feb. 8

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

Lunch: Eggs Benedict, \$4.50 / \$6.50 *poached eggs & sausage topped with homemade hollandaise sauce served over a toasted English muffin with a side of hashbrowns and a cup of fruit*

Wednesday, Feb. 9

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

Lunch: Super Smashed Burger, \$6.50 *thinly grilled hamburger with caramelized onions & chipotle aioli served with potato wedges*

Thursday, Feb. 10

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

Lunch: Street Tacos, \$4.50 / \$6.50 *shredded pork, cheddar cheese, cilantro lime slaw, & avocado sauce on a mini flour tortilla and served with your choice of side*

Friday, Feb. 11

Breakfast: Waffle Bar & Fruit, \$4.50 / \$6.50

Lunch: Chicken Pot Pie, \$6.50 *creamy chicken & vegetable stew topped with a biscuit and served with your choice of side*

Saturday, Feb. 12, & Sunday, Feb. 13

Breakfast: Ala Carte Menu Options

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

SOMEBODY, from page 1

nice young lady I was and said he had enjoyed meeting me. Then he walked away, to Pennsylvania Avenue.

In those days, there was always news before a movie was showed. I went to a movie the next day. The news reel showed the White House while the voice-over said: "President and Mrs. Roosevelt had a distinguished visitor today. Shown arriving to have Christmas dinner with President and Mrs.

Roosevelt is Bernard Baruch, called "advisor to presidents" for his close association with presidents, royalty, and many heads of state."

And there was my friend, in the news reel, going into the White House door. The voice-over continued: "Tomorrow, Mr Baruch will fly to England to see his good friend King George VI."

Lucky me, to have spent an hour with him.

Weekly Opportunities Calendar Feb. 6 to Feb. 11

Sunday • Feb. 6

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

Monday • Feb. 7

8:30 a.m. ~ IL Resident Council, BR
9:30 a.m. ~ Town Meeting, EC
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
1:45 p.m. ~ Parkinson's Voice Class, CR
2:00 p.m. ~ Change & Loss Support Group, FHR
5:30 p.m. ~ Tuttle Creek Supper, BR
7:00 p.m. ~ Bingo Night, CR

Tuesday • Feb. 8 *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
12:00 p.m. ~ 4th Floor Luncheon, BR
2:00 p.m. ~ Memory Activities Class, KSU CL
2:00 p.m. ~ 10-Point Pitch, GR
3:30 p.m. ~ Ambassadors Meeting, PR
4:00 p.m. ~ Meadowlark Singers Practice, CR

Wednesday • Feb. 9

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
2:00 p.m. ~ High on the Hog, EC
3:00 p.m. ~ Sing-A-Long, EC
3:00 p.m. ~ Rock Steady Boxing, CR
5:30 p.m. ~ Eastside Supper, BR

Thursday • Feb. 10

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 Parkinson's, CR
12:00 p.m. ~ PD Care Partner Support Grp, FHR
1:00 p.m. ~ Parkinson's Exercise Class, CR

Thursday • Feb. 10

2:00 p.m. ~ Fiber Arts Club, BR
2:30 p.m. ~ Blood Pressure Clinic, PR
3:30 p.m. ~ Moves & Grooves, CR

Friday • Feb. 11

9:30 a.m. ~ Seated Strength, CR
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
3:00 p.m. ~ Fast Friends, EC
7:00 p.m. ~ Musical Entertainment, EC

Saturday • Feb. 12

3:00 p.m. ~ Weekend Games, BR

Room Abbreviations

BF, Body First	GR, Game Room
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

Zoom Opportunities

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

Monday, Feb. 7

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

Tuesday, Feb. 8

2 p.m.	Memory Activities Class
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Wednesday, Feb. 9

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

Thursday, Feb. 10

12 p.m.	Caring Conversations: People w/ Pd
12 p.m.	Pd Care Partner Support Group
1 p.m.	Parkinson's Exercise Class



CHANNEL 1960 Entertainment Guide

Sunday, Feb. 6

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 with Lonnie Baker, CEO
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, Feb. 7

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. 8

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. 9

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. 10

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. 11

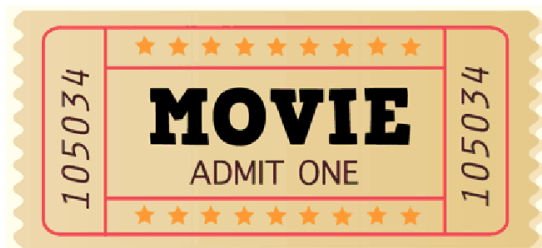
9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
12:00 p.m.	NEW! Channel 1960 News
11:15 a.m.	Sit & Be Fit Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class
5:00 p.m.	(Re-run) Channel 1960 News

Saturday, Feb. 12

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

Solution from 1/27.

B	A	S	I	S		A	N	A	L		C	L	A	D		
E	C	L	A	T		N	O	N	E		H	O	N	E		
A	N	I	M	E		G	A	T	A		E	V	I	L		
M	E	M	B	E	R	S	H	I	P		E	A	S	E		
					P	I	T			F	O	R	T	E		
H	E	R	A	L	D		S	E	R	I	F					
A	B	O	D	E		I	N	S	O	L	U	B	L	E		
G	R	I	M		P	R	O	N	G		L	O	A	D		
S	O	L	I	T	A	I	R	E		P	L	A	T	O		
					N	U	R	S	E		R	H	Y	T	H	M
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P	R	O	S			D	I	S	R	E	S	P	E	C	T	
L	O	U	T			I	N	C	A		I	O	T	A	S	
E	S	S	E			S	T	A	G		C	L	U	N	K	
D	E	E	R			T	O	M	S		S	L	I	T	S	



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: Feb. 6

ABOUT TIME (2013) R for language, & some sexual content, 2 hr. 3 min. *Swoonworthy, Witty*

Cast: Domhnall Gleeson, Rachel McAdams, & Bill Nighy

When Tim learns that the men in his family can travel in time and change their own lives, he decides to go back and win the woman of his dreams.

MUSICAL MONDAY: Feb. 7

THAT MIDNIGHT KISS (1949) NR, 1 hr. 36 min. *Romantic, Classic, Musical*

Cast: Kathryn Grayson, Mario Lanza, & Jose Iturbi

A truck-driving tenor gets his big break when the temperamental star walks off the job at the Philadelphia opera company where he works.

TRUE TUESDAY: Feb. 8

MONEYBALL (2011) PG-13, 2 hr. 13 min. *Heartfelt, Inspiring*

Cast: Brad Pitt, Jonah Hill, & Philip Seymour Hoffman

Frustrated that his baseball team can't afford big-money players, Oakland A's general manager Billy Beane bets on a bold new strategy to change the game.

WESTERN WEDNESDAY: Feb. 9

SILVERADO (1985) PG-13, 2 hr. 12 min. *Western, Exciting, Adventure*

Cast: Kevin Kline, Scott Glenn, & Kevin Costner

When a mischievous, motley crew of Old West cowboys arrives in a small town to seek their fortunes, they clash with corrupt leaders and past enemies.

THEATER THURSDAY: Feb. 10

DON'T LOOK UP (2021) R for language, sexual content, & nudity, 2 hr. 18 min. *Sci-Fi, Provocative*

Cast: Leonardo DiCaprio, Jennifer Lawrence, & Meryl Streep

Two astronomers go on a media tour to warn humankind of a planet-killing comet hurtling toward Earth. The response for a distracted world: Meh.

FUNNY FRIDAY: Feb. 11

FRANK MCKLUSKY, C.I. (2002) PG-13, 1 hr. 23 min. *Comedy*

Cast: Dave Sheridan, Dolly Parton, & Randy Quaid

Bumbling insurance fraud investigator Frank McKlusky goes undercover on a case and can't get anything right. One needn't look further than Frank's family to learn the root of his problems.

RESIDENT REQUEST

SWEET SATURDAY: Feb. 12

SEVEN BRIDES FOR SEVEN BROTHERS (1954) G, 1 hr. 42 min. *Romantic, Feel-Good, Musical*

Cast: Howard Keel, Jane Powell, & Jeff Richards

Set on a ranch in the Oregon Territory, this rousing musical tells the story of Adam and his six unruly brothers. Adam marries Milly, who's appalled by the motley crew and takes it upon herself to tame them. Longing to become husbands like their brother, the boys go into town and kidnap six lovely women for themselves. Not without chaos and uproar, the boys and their wives eventually find happiness.

RESIDENT REQUEST