



# What is Cybersecurity?

**by Tim Sobering**

My mom and I regularly talk about things like computer security and the various scams that are “out there,” trying to trick you into giving out personal information or money. OK, these are not conversations Mom usually initiates. She just wants the internet and her phone to work. After all, at her age (29 and counting) she loves staying in touch with grandkids, distant relatives, and friends. Email, texting, and phone calls are great ways for her to do it. I don’t know what it looks like from your perspective, but as an engineer who started out when email barely existed and watched the growth of the World Wide Web, I can say the technology is nothing less than amazing and amazingly confusing.

Lately, I have noticed that my years of nagging about computer security (they call it Cybersecurity now) didn’t fall on deaf ears. Mom calls me when she gets an email from UPS regarding a gift they have for her. Or when a friend emails her

from a different email account and Mom’s not sure it is really from her friend. Way to go Mom!

The UPS email was actually kind of interesting. If Mom had clicked on the button to claim her prize, she would have been taken to a website located in Ramallah, Palestine. That must be the headquarters of the UPS Gift Division. That’s a joke! I don’t know for sure what would have happened if she had clicked. She could have been taken to a page that asks for personal information (identity theft); maybe they would ask for banking information so they could send the \$50 they promised (and instead drained her bank account); or maybe the web page would just put a virus on her computer and lock all of her personal files and ask for payment (ransomware). Fortunately, Mom didn’t click. I wasn’t brave enough to explore this one, but what I do know is that nothing good would have come from it.

It has been a long road to get here. Mom’s generation grew up

more trusting than mine, not seeing the need to lock the front door and generally trusting that people are honest. This makes it harder to start from the assumption that a person is lying. Mom’s also nice (lucky for me!), as are her friends. I simply hang up the phone when I discover that someone is trying to sell me an extended warranty. I don’t care about their feelings. But Mom’s generation was taught not to be rude. Hanging up on someone is not nice. Being “nice” works to help the Bad Guys keep you on the phone and start their manipulation.

All of this got me thinking. Mom’s really no different than all of her friends at Meadowlark (other than she has the best son in the world... no, really! He’s my oldest brother and lives in Texas). And I know this computer stuff is complex, confusing, and frustrating to her. I’m not an expert, but I do have some knowledge, and so I asked Mom if I could help educate her friends the next time they get together for coffee. But with the

See **CYBERSECURITY**, page 6

## EVENTS & OPPORTUNITIES

### **Current COVID-19 Precautions**

Masks are required for all staff, residents, and visitors, when they are not actively eating or drinking. Visitors are allowed in common spaces, including Prairie Star Restaurant and Verna Belle's Café, and to attend events. The delivery fee for Prairie Star Restaurant has been re-instated.

Although restrictions are being relaxed, all staff, residents, and visitors should remain vigilant in staying healthy. Regular handwashing and use of hand sanitizer should continue. If you are feeling ill, please remain home. Meadowlark continues to keep infection control as a top priority, including usage of PPE when appropriate and sanitizing surfaces frequently.

Please contact Jayme Minton at (785) 313-0454 with questions.

### **Online Ordering for Prairie Star**

Employees and residents can order online from Prairie Star Restaurant through the Full Count Portal! **To receive the link to access this feature, please contact Jayme Minton at (785) 313-0454.**

Online ordering is available between 11 a.m. and 7 p.m. daily. All online orders are processed through your resident account and will apply to your meal plan balance if a balance is remaining. Receipts will not be printed for online orders. Delivery/take out times are approximations and may vary slightly. Please check the Meadowlark Messenger for daily specials.

Prairie Star still accepts restaurant orders in person and over the phone by calling (785) 323-3820, though we encourage the use of the new online portal. Please keep in mind, Prairie Star's phone systems utilize a queue system, meaning the calls are placed on a musical hold in the order they are received. During busier times, the caller may wait on the line for several minutes as other orders are taken.

### **Chair Yoga, canceled**

Chair Yoga is canceled for Tuesday, Feb. 22, and Thursday, Feb. 24. In-person class will resume the week of Feb. 28. Watch the Chair Yoga class on Channel 1960 on Tuesdays, Thursdays, and Sundays. See the Entertainment Listing on page 11 for dates and times.

### **Social Dining Hour**

*Tuesdays at 5:30 p.m.*

Every Tuesday at 5:30 p.m. the Manhattan Room in Prairie Star Restaurant will be reserved for those who wish to dine with others! While social dining is encouraged every day, this is a scheduled opportunity to dine with old and new friends. We do ask that every person check in with the host to be seated. Diners are expected to cover the cost of their own meals.

### **Moves & Grooves Dance Class**

*Thursday, Feb. 17 & Feb. 24, at 3:30 p.m.*

Two more classes remain! This week's class will focus on traditional country line dance routines, so feel free to dress for the occasion and wear your favorite handkerchief for some "Boot Scootin' Boogie!"

Be sure to attend on Thursdays during the month of February, in the Community Room, from 3:30 to 4:30 p.m. Participants are welcome to start at any time!

### **NEW! Let's Get Crafty: Dipped Mugs**

*Friday, Feb. 18, at 2 p.m.*

Residents are invited to make dipped coffee mugs at 2 p.m. Friday, Feb. 18, in the Bison Room. A step-by-step demonstration will be given and supplies will be provided at no cost. Light refreshments will be served. If you plan to participate, please sign up in the Blue Book at the Hospitality Desk.

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

*Saturday, Feb. 19, at 10:30 a.m.*

The next scheduled trip is Saturday, Feb. 19, with transportation going to Target and Dollar Tree West. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m. Please sign up in the Blue Book.

### **Weekend Sports**

*Saturday, Feb. 19, 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. 12, in the Bison Room. No registration required. This will be a weekly event and staff members will be present to assist participants.

## EVENTS & OPPORTUNITIES

### Wedding Celebration for Shannon

*Sunday, Feb. 20, at 2 p.m.*

Celebrate the nuptials of Meadowlark Stylist Shannon Creagh and her husband, Dave Anderson, from 2 to 3 p.m. Sunday, Feb. 20, in Flint Hills Room. The longtime couple wed in early February and will host an Open House (in their wedding best, of course) with refreshments. The couple requests words of advice in lieu of gifts.

### NEW! Mocktail Tasting

*Tuesday, Feb. 22, at 2:30 p.m.*

You're invited to join the bartender team in Prairie Star Restaurant at 2:30 p.m. Tuesday, Feb. 22, as we sample five different non-alcoholic drinks. The three most popular drinks at this event will appear on our Signature Sling menu in the Pub! There is no cost to attend and no registration required.

### Coffee Corner is back!

*Tuesday, Feb. 22, at 3:30 p.m.*

Coffee Corner is back starting at 3 p.m. Tuesday, Feb. 22, in the Event Center. Come enjoy dessert and coffee with friends!

### Memory Café

*Wednesday, Feb. 23, at 10 a.m.*

Memory Café meets every Wednesday from 10 to 11 a.m. in the KSU Classroom at Meadowlark and virtually via Zoom. Memory Café is led by Linda Montgomery, Licensed Social Worker, and features story sharing, reminiscing and social engagement.

### High on the Hog

*Wednesday, Feb. 23, at 2 p.m.*

Join us in the Event Center as we watch the final 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. All are welcome to attend and no registration required.

**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.

### ARTful Making: Chalk Rubbing Designs

*Wednesday, Feb. 23, at 2:30 p.m.*

Join Kim Richards from the Beach Museum of Art for some creative chalk play! Attend ARTful Making at 2:30 p.m. Wednesday, Feb. 23, in the KSU Classroom to work on layered chalk pastel designs. You will be shown how to make your own

EVENTS & OPPS continued on page 4

**Wine & Dine**  
\$45  
FEBRUARY 25TH  
5:30 P.M.  
PRAIRIE STAR EVENT CENTER  
APPETIZER  
Potato Croquette  
SOUP  
Shrimp and Crab Bisque  
ENTREE  
Oso Buco  
Creamy Polenta  
Roasted Beets & Green Beans  
DESSERT  
Bananas Foster with  
Vanilla Bean Ice Cream  
SIGN-UP AT THE HOST STAND

## EVENTS & OPPS, from page 3

stencil during this fun and colorful project! All materials will be supplied.

### **The Fabulous Fifties: UFM Class**

**Wednesday, Feb. 23, at 6:30 p.m.**

UFM Lifetime Learning and Meadowlark present *The Fabulous Fifties* with Dr. Robert Smith, Director for Fort Riley Museums Complex. This three-session course will begin Wednesday, Feb. 23, from 6:30 to 8 p.m. The second and third sessions will meet Wednesday, March 2, and Wednesday, March 9.

The decade that followed the Second World War was a period of American prosperity, technological advances, and tranquility. The class will consist of three lectures with the first focusing on America assuming the mantle of leading the free world. America witnessed the movement of the middle class to the suburbs, the birth of rock and roll and television, the space race, and a baby boom. The second class examines the rebuilding of Europe and the continents division into two spheres of influence—the free west and the Soviet-dominated east. The third and final session focuses on the end of colonialism in the Far East, the reemergence of Japan, and the rise of the unaligned Third World.

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

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

### **Caring Conversations for People with Pd**

**Thursday, Feb. 24, at 12 p.m.**

Join this opportunity to share your experiences and receive support from others with a Parkinson's or Parkinsonian diagnosis. It is open to all with a diagnosis at any stage of your journey. The next meeting is at 12 p.m. Thursday, Feb. 24, in the Community Room.

### **Fiber Arts Friends**

**Thursday, Feb. 24, at 2 p.m.**

The Fiber Arts Club is open to anyone who enjoys fiber arts and would like work on creative



*¡Holy Guacamole!*  
**TACO**  
**TWOSDAY**  
CELEBRATE 2/22/22  
ALL DAY AT PRAIRIE STAR  
\$2.22 BEEF TACOS  
\$2.22 RICE AND BEANS  
\$2.22 MEADOWLARK MARGARITA

The graphic features a sombrero and maracas. The text is framed by decorative borders at the top and bottom.

projects with like-minded residents, those who want to learn a new skill, or those who simply enjoy the company of others!

Fiber Art refers to fine art made with natural or synthetic fiber and other components, such as fabric or yarn.

A few materials will be provided for those who are interested in learning. The groups meets on the second and fourth Thursdays from 2 to 3 p.m. in the Bison Room.

### **Book Reading: River Spirits**

**Thursday, Feb. 24, at 4:30 p.m.**

Meadowlark resident Nathan Bolts will read from his book, *River Spirits*, at 4:30 p.m. Thursday, Feb. 24, in the Event Center. He will share about the trip that inspired the book. There will be time for questions and copies of the book will be available for purchase for \$14 each. No registration required.

### **Ruth Wells: Celebration of Life**

**Saturday, Feb. 26, at 2 p.m.**

All are invited to a Celebration of Life for longtime Meadowlark resident, Ruth Wells. The service will begin at 2 p.m. Saturday, Feb. 26, in the Community Room.

## **On Music The Hard Way**

*by Helen Roser*

He was tired. He had a successful career as a piano player. Stage, a few movies, the best clubs. He was tired and just wanted to take it easy. Maybe a Saturday night gig. Piano tuning for friends. But mostly, he would just take it easy.

I knew him from his playing jazz at clubs. I was surprised to hear from him. He was calling from the most expensive coastal hotel. He told me: "This was a surprise too good to turn down. I am hired to oversee installation of a concert grand in a new sea-side house. My expenses are all paid until the piano is in the new living room. I haven't seen his house yet. I am waiting for the info on this piano so as to move it into its close-to-the-sea home. It won't take long, and I'll make a ton of money."

Well, okay, it was a little hard for him to accept retirement, though piano-moving seemed pretty dull.

Little did I know! He was hired by another piano player. He's one of international fame! Very rich. He had designed his dream house. It was on a steep narrow slice of land, over-looking crashing waves.

His dream was of playing his piano in its glass-enclosed living room on the lowest of the floors. A kitchen and utility would be on the first floor. The dining room, small bedroom, bath and closets on the second. On the lowest floor would be his piano, looking out onto the ocean.

The three floors would be reached by a staircase. Not an ordinary staircase, but narrow circular steps. Encasing the narrow circular steps were glass walls. When my friend, with his literature about the piano to be moved, saw the glass-enclosed narrow circular steps, he howled: "No way!"

There was an exchange of refusal and threats of legal action and reminder all his expenses were being paid, however long it took.

Of course the piano had to be taken apart so its pieces could be taken down the glass enclosure. But there was no way to reduce the harp's size. It could barely squeeze between the glass walls while the foreman of the movers stood below, yelling to tell the movers where to put each foot.

The owner helpfully shouted: "Don't you dare break the glass enclosing the steps!"

My friend waited below. When they finally got the harp to its ocean-view location, he had to put the piano together again.

**See MUSIC, page 11**

## **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](http://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](http://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*

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

What is going on? Take a long moment to look closely at this image.

Then ask yourself, what is going on in this picture?

Any thoughts you have about this image are worth mentioning.

Ask yourself, what do you see that gives you these ideas?

**Artist credentials listed on page 11.**



### CYBERSECURITY, from page 1

Covid restrictions that might be a while, so I reached out to Sarah Duggan and offered to start writing some articles for the Messenger. It's a big topic, and so we'll present things as time and space permit. I hope this helps build your understanding of how you can protect yourself and still enjoy all of the benefits of email, texting and phone contact.

My first point is to **think and be skeptical!** Each of you are the first and best line of defense against the Bad Guys. Here's how it often works. The Bad Guys have figured out really good ways to **scare** you. Whether it is by phone, text, or email, they work hard to create a sense of **urgency**. They will tell you your Social

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Security payment is at risk, or your bank account is being drained of your life savings. Or maybe they say you owe a big tax

**If the Bad Guys can elicit urgency, anxiety, or fear, they create the conditions that make it easier to trick us.**

bill or a loved one is injured.

These would all be terrible if they were true.

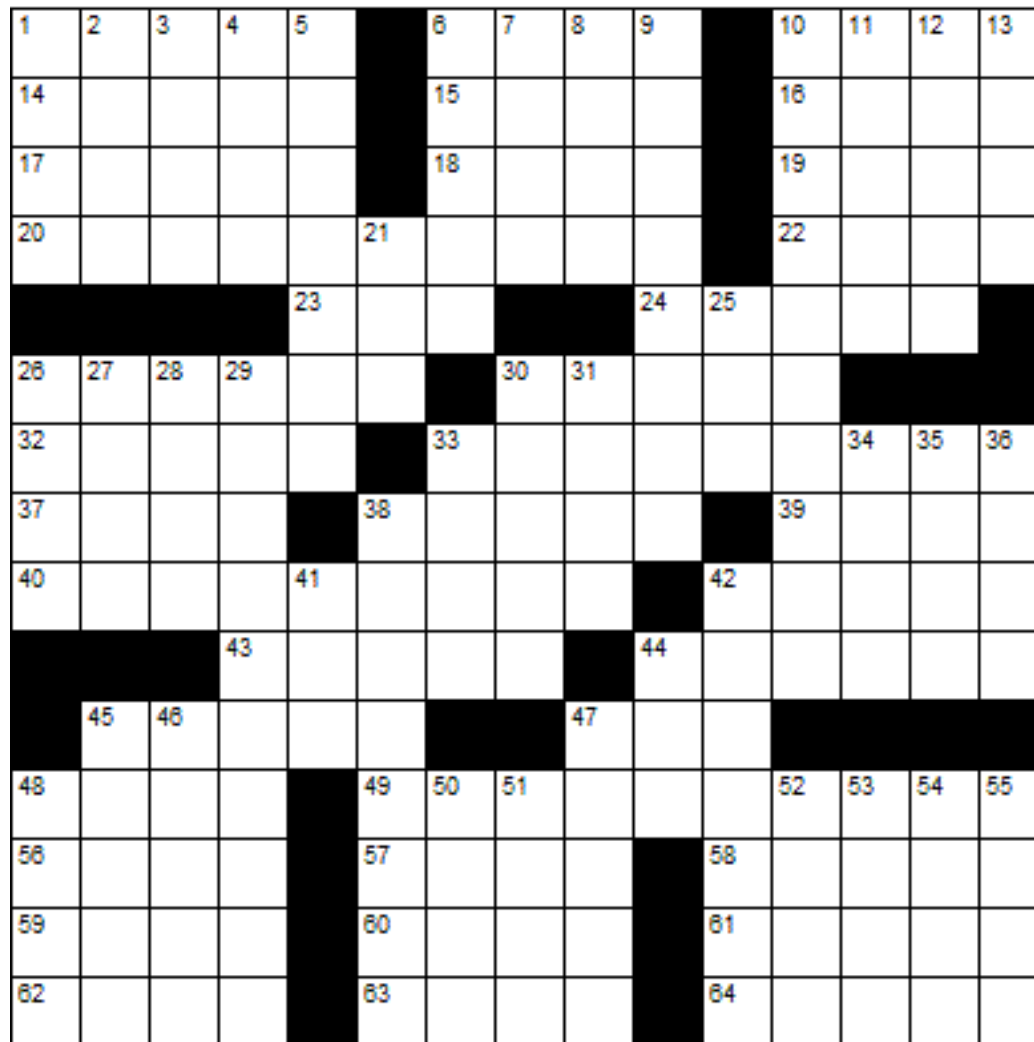
The fear and anxiety they create works in their favor because of the psychology behind it. When we get scared, anxious, or even rushed or flustered, the part of our brain responsible for reasoning and judgement actually **shuts down** precisely when we

need it the most. This primes us for what the Three Stooges called Duck, Dodge, and Hide, more commonly known as fight, flight, or freeze. If the Bad Guys can elicit urgency, anxiety, or fear, they create the conditions that make it easier to trick us.

Next week in Part Two of our Cybersecurity Series, we'll dive into how to protect yourself with vigilance, having the presence of mind to take control, and by using your knowledge.

**From the Editor: Tim Sobering is the son of resident Esther Sobering. This series will run over several editions of the Meadowlark Messenger. If you have a Cybersecurity concern, please reach out to a Meadowlark team member.**

# Work That Brain!



## ACROSS

1. Lingo
6. Indian dress
10. Dell
14. A mixture of sand and clay
15. Withdraw gradually
16. Angers
17. Keen
18. Diva's solo
19. Average
20. Emissions
22. Behold, in old Rome
23. Indian bread
24. Tropical Asian starlings
26. Fight back
30. Hints
32. Anguish
33. Recalcitrant
37. Brass component
38. Truth (archaic)
39. Monster
40. Set up
42. Concerning (archaic)
43. Posts
44. Judge
45. Land of the Rising Sun
47. Mug
48. A mold for setting concrete
49. Doorman
56. Attraction
57. Press
58. Cut
59. Dash
60. Tidy
61. Path
62. Toward sunset
63. Spurs
64. Cunningly

## DOWN

- |                         |                       |                               |
|-------------------------|-----------------------|-------------------------------|
| 1. Away from the wind   | 21. Little bit        | 41. Bleat                     |
| 2. Wander               | 25. Nevertheless      | 42. Distinct features         |
| 3. Madly in love        | 26. Dazzle            | 44. Arctic bird               |
| 4. Portent              | 27. Auspices          | 45. Unit of electrical energy |
| 5. Despotism            | 28. Typeface          | 46. Tapestry                  |
| 6. Boyfriend (archaic)  | 29. Campground        | 47. 100 to a dollar           |
| 7. Relating to aircraft | 30. Pass over         | 48. Took flight               |
| 8. Shower               | 31. Strip of wood     | 50. Region                    |
| 9. Considering that     | 33. Thwart            | 51. Tailless amphibian        |
| 10. Proportions         | 34. Curved molding    | 52. Nobleman                  |
| 11. Betel palm          | 35. Coffee dispensers | 53. Beseech                   |
| 12. Filter              | 36. Collections       | 54. Wicked                    |
| 13. Feudal worker       | 38. Catapulting       | 55. Depend                    |

# RESTAURANT **SPECIALS**

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<p><b>Sunday, February 20</b></p>	<p><b>\$15</b> Lunch Beef Tenderloin Tips Roasted Red Potatoes Broccoli &amp; Carrots</p>	<p><b>\$15</b> Dinner Beef Tenderloin Tips Roasted Red Potatoes Broccoli &amp; Carrots</p>
<p><b>Monday, February 21</b></p>	<p><b>\$9</b> Lunch Green Apple Chicken Salad <i>mixed greens, green apples, feta cheese, raisins, &amp; candied nuts</i></p>	<p><b>\$11</b> Dinner Italian Stuffed Peppers Sautéed Carrots &amp; Zucchini</p>
<p><b>Tuesday, February 22</b></p>	<p><b>Taco Twosday</b> \$2.22 ~ Beef Tacos \$2.22 ~ Rice &amp; Beans \$2.22 ~ Meadowlark Margarita</p>	<p><b>Taco Twosday</b> \$2.22 ~ Beef Tacos \$2.22 ~ Rice &amp; Beans \$2.22 ~ Meadowlark Margarita</p>
<p><b>Wednesday, February 23</b></p>	<p><b>\$9</b> Lunch Loaded BBQ Pork Sweet Potato Dr. Pepper Baked Beans Coleslaw</p>	<p><b>\$12</b> Dinner White Chicken Lasagna Texas Toast Asparagus</p>
<p><b>Thursday, February 24</b></p>	<p><b>\$7</b> Lunch Tuna Salad Wrap Pub Chips</p>	<p><b>\$14</b> Dinner Salisbury Steak Mashed Potatoes &amp; Gravy Green Beans</p>
<p><b>Friday, February 25</b></p>	<p><b>\$9</b> Lunch Ham &amp; Cheese Panini Cream of Leek Soup</p>	<p><b>\$14</b> Dinner Shrimp Scampi Whole Wheat Linguine Broccoli Garlic Knot</p>
<p><b>Saturday, February 26</b></p>	<p><b>\$11</b> Lunch Cioppino (<i>seafood stew</i>) served in a Bread Bowl</p>	<p><b>\$10</b> Dinner Teriyaki Burger <i>with Grilled Pineapple</i> French Fries</p>





## Breakfast & Lunch Specials

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

### Monday, Feb. 21

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

**Lunch: Beef & Broccoli, \$6.50** sliced flank steak, broccoli, & onions in a soy sauce served over white rice

### Tuesday, Feb. 22

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

**Lunch: Michigan Coney Island Hot Dog, \$6.50** hot dog in a bun topped with a savory meat sauce, diced white onions, & mustard served with a side of potato chips

### Wednesday, Feb. 23

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

**Lunch: Chicken Bacon Ranch Pizza, \$4.50 / \$6.50** flatbread pizza topped with shredded chicken, diced bacon, & ranch with shredded mozzarella cheese and served with your choice of side

### Thursday, Feb. 24

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

**Lunch: Pork & Poblano Tacos, \$4.50 / \$6.50** flour tortillas filled with pork, diced tomatoes, onions, pico de gallo, & garlicky sour cream and served with Spanish rice

### Friday, Feb. 25

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

**Lunch: Grilled Chicken Mac & Cheese Bowl, \$4.50 / 6.50** mac & cheese topped with grilled chicken, shredded cheese, & your choice of salad bar toppings

### Saturday, Feb. 26, & Sunday, Feb. 27

**Breakfast: Ala Carte Menu Options**

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

Solutions from 2/10

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

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

**If anyone gets a message from me about canned meat, don't open it.**

**It's Spam.**

# Weekly Opportunities Calendar Feb. 20 to Feb. 26

## Sunday • Feb. 20

10:30 a.m. ~ Worship Service, CR  
 10:30 a.m. ~ Transportation to FUMC, VE  
 2:00 p.m. ~ Wedding Celebration, FHR

## Monday • Feb. 21

9:30 a.m. ~ Seated Strength, CR  
 10:00 a.m. ~ Tuttle Creek Men's Group, MR  
 10:30 a.m. ~ Weights 101, CR  
 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. ~ 5th Floor Supper, BR  
 7:00 p.m. ~ Bingo Night, CR

## Tuesday • Feb. 22 *Trash & recycling pick-up*

7:00 a.m. ~ Rock Steady Boxing, BF  
 10:30 a.m. ~ Steady Yourself, CR  
 2:00 p.m. ~ Memory Activities Class, KSU CL  
 2:00 p.m. ~ 10-Point Pitch, GR  
 2:00 p.m. ~ Prairie Star Writing Group, PR  
 2:30 p.m. ~ Mocktail Tasting, PS Pub  
 3:00 p.m. ~ Coffee Corner, EC  
 4:00 p.m. ~ Meadowlark Singers Practice, CR  
 5:30 p.m. ~ 3rd Floor Supper, BR  
 5:30 p.m. ~ Social Dining, MR

## Wednesday • Feb. 23

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  
 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  
 4:00 p.m. ~ Artist Discussion, BR  
 6:30 p.m. ~ UFM Class: The Fabulous Fifties, CR

## Thursday • Feb. 24

9:00 a.m. ~ Messenger Team, KSU CL  
 10:30 a.m. ~ Steady Yourself, CR  
 12:00 p.m. ~ Caring Conversations for People with Parkinson's Disease, CR  
 12:00 p.m. ~ Pd Care Partner Support Grp, FHR  
 1:00 p.m. ~ Parkinson's Exercise Class, CR  
 2:00 p.m. ~ Fiber Arts Friends, BR  
 3:30 p.m. ~ Moves & Grooves, CR  
 4:30 p.m. ~ Book Reading: River Spirits, EC

## Friday • Feb. 25

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  
 5:30 p.m. ~ Wine & Dine, EC

## Saturday • Feb. 26

2:00 p.m. ~ Ruth Wells: Celebration of Life, CR  
 3:00 p.m. ~ Weekend Games, BR

## Zoom Opportunities

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

### Monday, Feb. 21

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

### Tuesday, Feb. 22

2 p.m.	Memory Activities Class
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### Wednesday, Feb. 23

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

### Thursday, Feb. 24

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



# CHANNEL 1960

## Entertainment Guide

### Sunday, Feb. 20

9:00 a.m.	Sweat It Out Exercise Class
3:00 p.m.	Guided Meditation <i>with Kathleen Spearman, LMSW</i>
3:30 p.m.	Chair Yoga

### Monday, Feb. 21

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. 22

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. 23

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
1:00 p.m.	Sit & Be Fit Exercise Class
2:00 p.m.	Weights 101 Exercise Class

### Thursday, Feb. 24

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. 25

9:30 a.m.	Seated Strength Exercise Class
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

### Saturday, Feb. 26

9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class

Artist credentials from page 6

**George Withers**

*Illustration for "Return of the Wolf" by Edmund Gilligan, 1955*

Opaque watercolor on illustration board

KSU, Marianna Kistler Beach Museum of Art, gift of Brian G. Withers  
2020.32

### Room Abbreviations

BF, Body First

BR, Bison Room

CR, Community Room

CY, Courtyard

EC, Event Center

FHR, Flint Hills Room

GC, Grosh Cinema

GR, Game Room

KSU CL, KSU Classroom

MR, Manhattan Room

PR, Patriot Room

PS, Prairie Star Restaurant

VBC, Verna Belle's Cafe

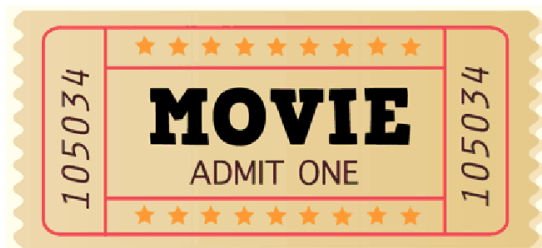
VE, Village Entrance

### MUSIC, from page 5

He told me all this sounding tired and sad. "I made a lot of money, but I am just so tired! All I want to do is be inland, where it is quiet, and flat!"

I don't read the music news much, but I think if there had been a spectacular new composition I'd have heard of it. So maybe the famous piano player is just enjoying playing his piano while the ocean crashes outside his window.

My friend stroked the smooth table. He didn't say so, but I knew he was appreciating it because it was flat. I was happy for him.



## 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. 20

*THREE COINS IN THE FOUNTAIN* (1954) NR, 1 hr. 42 min. *Romance, Comedy, Drama*

Cast: Clifton Webb, Dorothy McGuire, & Jean Peters

Three American working women pin their hopes for love on wishes they make as they toss coins into the famous Trevi Fountain in Rome. Their wishes come true ... but only after a series of dramatic misunderstandings on their quest for true romance.

### MUSICAL MONDAY: Feb. 21

*ANNIE* (1982) PG, 2 hr. 7 min. *Musical, Feel-Good, Sentimental*

Cast: Aileen Quinn, Albert Finney, & Carol Burnett

It's a hard-knock life, but scrappy young Annie is driven by the dream of finding her parents and the promise of tomorrow.

### TRUE TUESDAY: Feb. 22

*MY DOG SKIP* (2000) PG, 1 hr. 35 min. *Feel-Good, Emotional*

Cast: Frankie Muniz, Diane Lane, & Luke Wilson

During the summer of 1942, a lonely 9-year-old gets a dog, whose unconventional help changes the young boy's life forever.

### WESTERN WEDNESDAY: Feb. 23

*THE HARDER THEY FALL* (2021) R *for strong violence & language*, 2 hr. 19 min. *Western, Witty*

Cast: Jonathan Majors, Idris Elba, & Regina King

Gunning for revenge, outlaw Nat Love saddles up with his gang to take down enemy Rufus Buck, a ruthless crime boss who just got sprung from prison.

### THEATER THURSDAY: Feb. 24

*THE UNFORGIVABLE* (2021) R *for language & violence*, 1 hr. 54 min. *Gritty, Emotional, Drama*

Cast: Sandra Bullock, Vincent D'Onofrio, & Viola Davis

Released from prison into a society that won't forgive her, a woman convicted of murder searches for the little sister she was forced to leave behind.

### FUNNY FRIDAY: Feb. 25

*FREE GUY* (2021) PG-13, 1 hr. 57 min. *Sci-Fi, Comedy, Action-Adventure*

Cast: Ryan Reynolds, Jodie Comer, & Lil Rel Howery

A bank teller discovers he is actually a background player in an open-world video game, and decides to become the hero of his own story. Now, in a world where there are no limits, he is determined to be the guy who saves his world his way before it's too late.

### SWEET SATURDAY: Feb. 26

*HAMPSTEAD* (2019) PG-13, 1 hr. 42 min. *Charming, Romantic, British*

Cast: Diane Keaton, Brendan Gleeson, & Lesley Manville

An American widow in London forms an unexpected relationship with a man living off the grid in a beautiful park ripe for development.