

Cybersecurity: Vigilance, Control, & Knowledge

by Tim Sobering

Keeping yourself safe online requires with vigilance, control, and knowledge.

Let's start with **vigilance**. Pretend that you get a phone call, and the person says he is with your bank and that there is a problem with your account. He will tell you that for your protection he needs you to "verify" your information. He sounds professional and he just wants to ensure he is talking to the real account holder. He will ask for your name and social security number. Maybe they will want your mailing address. And (here's the gold) he will ask you to read the account and routing numbers off of a blank check. It sounds legitimate to you as companies often ask these kind of questions when you call them to talk about your account. But there's the big difference: *You did not make this call!* He called you. If you give the information, scammers have what they need to pull funds from your account. Oops!

So what should you do instead?

Be **vigilant** and fight to keep the reasoning part of your brain working. Remain calm and remind yourself that problems are solvable, you are not alone, and there are ways to get help. Simply ask the Bad Guy for his name and phone number. If he refuses to give you the information, you will immediately know it is a scam and

Be very careful what you click on—being skeptical really is a good thing.

you *hang up*. Yay! You won! You can rest easy as your **vigilance** confirmed that it was a scam.

But let's pretend that he says that his name is "Moe Howard" and his number is 1-800-555-1212. No problem. You are the boss so you **take control** of the problem. Thank the caller for bringing this matter to your attention and *hang up* the phone. He will try very hard to keep you on the phone, but just

hang up. Don't worry about being rude. Once you are off the phone, you place a new call to your bank using a phone number that you know is correct. **Don't use the number the scammer gave you.** Tell the person who answers at the bank that "Moe Howard" called and said there was a problem with your account and you would like to talk to someone and get it resolved. Most likely, you will find out that there is no problem. However, if you do get transferred to "Moe Howard" at your bank, you can simply apologize for hanging up and tell him you were just being careful. Moe will certainly understand and then he will help you with solving the problem. Boom! You took control and the problem is in hand. But I'm pretty confident that Moe won't exist and the bank will tell you everything is fine.

So the next thing we can talk about is **knowledge**. Companies and government agencies do business a certain way. This is

See CYBERSECURITY, page 5

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.

Recycling Flower Vases & Pots

submitted by Kay Shanks

Recycling is an ongoing Meadowlark project. If you have one or many vases, straw baskets, or ceramic planter pots that you'd like to stop storing, please call the Hospitality Desk at (785) 323-3847 or call (785) 770-5054 and someone will pick them up at your apartment or cottage.

This offer includes healthcare and assisted living households, also.

A select variety of vases are stored in the cabinet over the sink in the Community Room and in the cupboard above the cubbies nearest to the Courtyard entrance in the Game Room. Please feel free to use them whenever you need a vase.

Recycling is one way we can help.

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.

Technology Tutoring

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

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

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

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

Social Dining Hour

Tuesdays at 5:30 p.m.

Every Tuesday at 5:30p.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.

Book Reading: River Spirits

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

Meadowlark resident Nathan Bolls will read from his book, *River Spirits*, at 4:30 p.m. Thursday, Feb.

EVENTS & OPPORTUNITIES

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.

Wiikend Sports

Saturday, Feb. 26, 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. 26, in the Bison Room. No registration required. This will be a weekly event, and staff members will be present to assist participants.

NEW! Bar Trivia

Thursday, March 3, at 4 p.m.

Test your knowledge during Bar Trivia at 4 p.m. Thursday, March 3, at the Pub in Prairie Star Restaurant. No registration required.

For the Love of Books: Book Club

Tuesday, March 1, at 9:30 a.m.

The next meeting of the *For the Love of Books Book Club* is at 9:30 a.m. Tuesday, Feb. 22, in the Flint Hills Room. We will be discussing chapter two of *My Football Life*. If you have questions contact Monte at (785) 323-3801.

Ash Wednesday

Wednesday, March 2, at 10 a.m. & 4:30 p.m.

Join Chaplain Patty Brown-Barnett for Ash Wednesday service on Wednesday, March 2. Two options are scheduled: 10 a.m. in the Event Center and 4:30 p.m. in Community Room. All are welcome to attend.

The Fabulous Fifties: UFM Class

Wednesday, March 2, 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 next session is from 6:30 to 8 p.m. Wednesday,

March 2. The final class will meet Wednesday, March 9.

The decade that followed the Second World War was a period of American prosperity, technological advances, and tranquility. 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.

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

NEW! Let's Celebrate Compliment Day!

Thursday, March 3, at 2 p.m.

Did you know National Compliment Day is in March? Let's jump on the bandwagon and celebrate this day in our own special way!

Thursday, March 3, from 2 to 3 p.m., residents will have the opportunity to design their own compliment cookies. Cookies will be pre-made with royal icing, and participants will use edible markers to decorate the top of cookies with thoughtful sayings and designs to deliver to deserving staff and/or fellow residents! In addition to cookies, attendees will learn how to make their own origami paper fortune tellers, also known as "cootie catchers." Each paper fortune will be unique to that resident, with their creation of compliments. The hope is to spread more compliments and joy throughout the day by asking others to play!

Meadowlark staff members will also get to be a part of the fortune teller fun! Many will have the opportunity to win some COMPLIMENT-ary treats. They will need to be on the lookout that day for a blond lady wearing a pink tool belt.

Servers will offer special paper fortune tellers during dinner service at Prairie Star that evening, and they will also have special compliment-ary treats! Each customer will be able to benefit from this opportunity, so be sure to dine

EVENTS & OPPS continued on page 4

EVENTS & OPPS, from page 3

at Prairie Star Restaurant the evening of March 3 for a unique experience!

Pd Education Group

Thursday, March 3, at 2 p.m.

You're invited to attend the Pd Education Group meeting from 2 to 3:30 p.m. Thursday, March 3, in the Community Room. Come learn from program instructors and leaders what Meadowlark Parkinson's Program has to offer and discover all the program can do to support you.

Dinner with the League

Thursday, March 3, at 6 p.m.

You're invited to join Dinner with the League of Women Voters at 6 p.m. Thursday, March 3, in Prairie Star Restaurant's Event Center. The topic for the evening is "Juvenile Justice System in Kansas and the League Position on Juvenile Justice." The speaker will be Gabrielle Thompson, a member of the League of Women Voters, who studied the issue and updated the state League position. Gabrielle is an attorney with experience in this area.

Residents are invited to attend the program and/or meal. Dinner will feature a Cobb salad with grilled shrimp for \$12 per person. There is no cost to attend the program only. Please sign up in the Blue Book by Monday, Feb. 28, to participate.

Prairie Star Menu Suggestion Meetings

Friday, March 4, at 9 a.m.

Prairie Star Restaurant offers an open forum for residents to offer menu suggestions. The next meeting is scheduled for 9 a.m. on Friday, March 4, in the Bison Room. This meeting occurs every

first and third Friday.

Family Feud

Friday, March 4, at 4 p.m.

Name something you do on a Friday Night at Meadowlark Hills: "Play Family Feud!" Ding! That's the number one answer!

If you are familiar with Family Feud, you will love Meadowlark's version of the feud with Staff versus Residents at 4 p.m. Friday, March 4, in the Event Center. All are welcome as the two teams battle it out with your host Monte "Thriller" Spiller.

Pasta Making Class

Monday, March 7, at 3 p.m.

Join Executive Chef Stacey Hayter as she recounts her culinary studies from Italy while hosting a Pasta Making Class. All participants will make their own pasta and leave with a jar of Stacey's homemade pasta sauce to complete their dish at home. The class will meet in Verna Belle's Café at 3 p.m. Monday, March 7. Registration is required in the Blue Book and the cost to attend is \$5 per person.

UFM Lifetime Learning: Lunch & Learn

Tuesday, March 22, at 11:30 a.m.

Meadowlark and UFM have partnered to offer Lifetime Learning courses! Classes are now open for enrollment. For learning opportunities at Meadowlark, call UFM at (785) 539-8763 and request to register. If the office is not open, leave a message and staff will call you back. Meadowlark residents may attend all Meadowlark-sponsored UFM courses at no cost. Passport members may attend at a 20% discount.

The next UFM Lunch and Learn begins at 11:30 a.m. Tuesday, March 22, in the Event Center and is titled "Cowboys and Cowtowns of Kansas." Over 150 years ago, the first trail herd from Texas arrived on the Chisholm Trail in Abilene. The Texas longhorns had been driven earlier to places from which they could be delivered to markets. For two decades, trail herds continues to come to Abilene and other Kansas towns. This session is presented by Roy Bird. Roy is known as a librarian, historian, college professor, and author. The class fee for passport members is \$8 each.

For all Lunch and Learn classes, please bring your own lunch, or arrive early and purchase from the menu at Meadowlark's Prairie Star restaurant.

**What starts with E,
ends with E, and has
only one letter in it?**

An envelope.

CYBERSECURITY, from page 1

partially because there are normal business practices, and sometimes it is because of laws that were passed in response to these scams. Be skeptical if a company tries to do business in an odd way. Here are some things to keep in mind:

- ~ The IRS and the Social Security Administration do not call, text, or email people. *Ever*. If there is a problem, they will send you a letter. The only exception I can think of is when I log into my IRS or SS account I will get a text with a security code. But that is something ***I initiate. If the call, text, or email is unsolicited, it's a scam.***
- ~ Few, if any, companies will ask for your personal information over email or text. If they do, call them instead. Email is never a secure way to send personal information.
- ~ No legitimate government agency, bank, or business will ever call you and ask you to make a payment with gift cards. If your grandson was arrested for drunk driving, you cannot pay his bail with gift cards you buy from Walmart (or anywhere else). This might sound silly, but I know of a person who was tricked into trying to do exactly this. The scammer scared her and she tried to “help.” Fortunately, her bank started asking questions when she went to withdraw a large amount of cash. And keep in mind, it might do your grandson some good to spend a night in jail.
- ~ Beware of anything that is “free.” Remember the old adage that if it sounds too good to be true, it probably is.

One thing to keep in mind is that everyone makes mistakes. I don't like to admit it, but I fell for a scam once that compromised my password. I was lucky as I caught it immediately and it was easy to fix. Importantly, I also reported it to my company security department. My point is, if something happens, don't be embarrassed and hide it. You are only human, and the Bad Guys do this for a living. There are lots of ways to fix these problems and there are protections built into the law, but often that requires notifying your bank or credit card company promptly. Tell your bank, tell your family, tell your lawyer. Get help.

The Department of Homeland Security has a saying – When in doubt, throw it out – it works for food that has stayed a little too long in the fridge and also for emails and texts. Be very careful what you click on—being skeptical really is a good thing. Read the next article in Cybersecurity series in the March 10 edition of the Messenger to learn about safer ways to respond to emails that you think might be legitimate but you just aren't sure.

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.

On With the Snow Men

by Helen Roser

Since I was not an entertainer, the group was surprised when I said that I had spent a New Years Eve on stage.

I was dating the drummer in a popular band. He was not a crash-bang show-off player. He kept a steady beat dancers loved.

The band was booked to play New Years Eve in a popular dinner house with a big dance floor. It was very “high dollar” and had been fully booked for a year in advance.

The wife of the owner of the popular dinner house was into decorating. To her, if a little was nice, then a lot would be wonderful. Which explained the big trucks filled with Christmas trees, all generously laden with flocking. The trees were set about sides of the dance floor, and crammed onto the small raised bandstand.

Hours before their gig was to begin, the band arrived to set up their instruments. In their efforts to make space for their instruments, their tux gathered enough flocking that some smart-mouth observer called them “The snow men.”

The band leader told management: “At least half of these trees have to go!” He was told it couldn't be done. To which he said: “Then we won't play.” Someone mentioned the cash to all involved for legal action. It was decided the band would try to shove themselves between the trees and play.

My drummer friend had enjoyed ten years of sobriety, thanks to A. A. He was not going to blow it over a bunch of trees. He called me and wailed: “Hellllp!”

I put on my nicest black dress, jumped into my trusty Mercury (with four-barrel carburetor), and arrived shortly before the dancers.

See SNOWMEN, page 11

Work That Brain!

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

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



March Birthdays



Skilled Nursing

3/2 Harold Couchman
3/9 Carrol Whisnant
3/10 Doris Givens
3/10 Darlene Reeves
3/20 Norma Adams
3/22 Mary Givens
3/27 Emily Given
3/29 Marilyn Vossman

Assisted Living & Riley House

3/7 Phyllis Deckert
3/11 Hosea Harkness
3/17 Sally Lansdowne
3/18 Ronald Brase
3/23 Sandy Emley
3/25 Ruth Friedmann

Independent Living

3/1 **Jean Beatty**
3/1 Vera Williams
3/4 Verlyn Richards
3/4 Janet Walters
3/6 Vicky Auman
3/10 Beth Pannbacker

3/12 Charlie Deyoe
3/12 **Sherry Reed**
3/16 Howard Erickson
3/19 Steve Owens
3/20 **Betty Braaten**
3/22 Sue Bayer
3/24 Peter Cloutier
3/26 Mary McInteer
3/28 Jan Vanderbilt

Employees

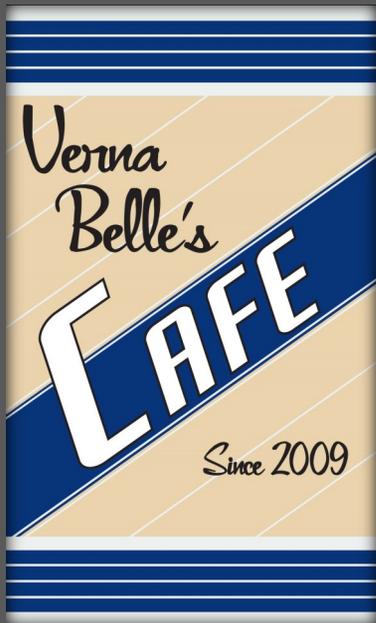
3/1 Mary Myers
3/2 Jason Shelton
3/2 Jeanette Wagner
3/3 Will Gold
3/3 Ellissa Stringfellow
3/4 Linda Montgomery
3/5 Alana Conrad
3/6 Brittany Ellermann
3/7 Brianna Barnhart
3/7 Narwette Thornton
3/7 Kashaya Zukowske
3/8 Katie Marlow
3/9 Tameka Brown
3/9 Kaitlyn Gregoire
3/9 Daniel Rubio

3/9 * Sara Snell
3/10 Kurtis Cavender
3/10 Hannah Jenkins
3/10 Kristen Martin
3/10 Joy Underwood
3/11 Anastasia Brown
3/12 Teresa Berens
3/13 Stephanie Bondurant
3/16 Lori Uffman
3/17 Jaclyn Craft Camarotti
3/17 Shannon Sak
3/18 Morgan Johnson
3/19 Colton Baker
3/19 Sharon McBride
3/19 Lynn Roberts
3/20 Julia Burlingame
3/21 Kenedee Yosick
3/22 Kate Boerger
3/22 Joyceanne Scudder
3/24 Coleen Deschner
3/24 Connie Scherff
3/28 Brylee Aldridge
3/28 Jon Bechtel
3/28 Keana Davis
3/28 Santa Martinez Romero
3/29 Leila Enamorado Ayala
3/30 Kana Ellis
3/31 Tracy Gagnon

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

RESTAURANT **SPECIALS**

<p>Sunday, February 27</p>	<p>\$14 Lunch Fried Chicken Mashed Potatoes & Gravy Corn Biscuit with Honey Butter</p>	<p>\$14 Dinner Fried Chicken Mashed Potatoes & Gravy Corn Biscuit with Honey Butter</p>
<p>Monday, February 28</p>	<p>\$10 Lunch Chicken Fiesta Salad <i>mixed greens, black beans, corn, onion, avocado, & cheddar in a tortilla shell</i></p>	<p>\$16 Dinner Braised Short Ribs Loaded Mashed Potatoes Fresh Green Beans</p>
<p>Tuesday, March 1</p>	<p>\$8 Lunch Turkey Craisin Croissant Vegetable Soup</p>	<p>\$16 Mardis Gras Dinner Shrimp Etouffee Creole Cornbread <i>Beignets with Strawberry & Chocolate Dipping Sauce</i></p>
<p>Wednesday, March 2</p>	<p>\$9 Lunch Pork Belly Bao Buns French Fries</p>	<p>\$12 Dinner Pork Tenderloin <i>with Raspberry Dijon Sauce</i> Potato Pancakes Asparagus, Tomato, & Red Onion</p>
<p>Thursday, March 3</p>	<p>\$10 Lunch Caesar Steak Wrap Corn Chowder</p>	<p>\$12 Dinner Chicken Parmesan Marinara Whole Wheat Angel Hair Pasta Broccoli</p>
<p>Friday, March 4</p>	<p>\$11 Lunch Fish & Chips Coleslaw</p>	<p>\$15 Dinner Maple-Glazed Salmon Roasted Garlic Potatoes Asparagus</p>
<p>Saturday, March 5</p>	<p>\$9 Lunch Avocado BLT Sweet Potato Fries</p>	<p>\$10 Dinner 6-oz. Ribeye Steak Smoked Cheddar Scalloped Potatoes Buttered Carrots</p>



Breakfast & Lunch Specials

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

Monday, Feb. 28

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

Lunch: Sweet Potato & Pepper Quesadilla, \$4.50 / \$6.50

sweet potatoes, onions, peppers, & cheese stuffed in a flour tortilla with salsa & chipotle sour cream and served with your choice of side

Tuesday, March 1

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

Lunch: Sweet'n'Tangy Cherry Meatballs, \$4.50 / \$6.50

meatballs cooked in a sweet & tangy cherry jam and served with roasted zucchini & potato wedges

Wednesday, March 2

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

Lunch: Garlic Rosemary Chicken, \$4.50 / \$6.50 *chicken breast topped with a homemade garlic rosemary sauce and served with roasted root vegetables*

Thursday, March 3

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

Lunch: Honey BBQ Pulled Pork Sandwich, \$6.50 *shredded pork in BBQ sauce with shredded cheddar cheese & a honey mustard slaw served on a wheat thin roll with your choice of side*

Friday, March 4

Breakfast: Waffle Bar with Bacon or Sausage & Fruit, \$4.50 / \$6.50

Lunch: Potato Sausage Casserole, \$6.50 *creamy potatoes & crumbled sausage baked in a casserole covered with cheese and served with green beans*

Saturday, March 5, & Sunday, March 6

Breakfast: Ala Carte Menu Options

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

Meadowlark Ambassadors made Valentine Cookie Baskets for healthcare and assisted living team members to enjoy. They also included their favorite cookie recipe in the basket!



Weekly Opportunities Calendar *Feb. 27 to March 5*

Sunday • Feb. 27

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

Monday • Feb. 28

9:30 a.m. ~ Seated Strength, CR
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
1:00 p.m. ~ 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
7:00 p.m. ~ Bingo Night, CR

Tuesday • March 1 *Trash & recycling pick-up*

7:00 a.m. ~ Rock Steady Boxing, BF
9:30 p.m. ~ Book Club: My Football Life, FHR
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Kimball Luncheon, MR
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
3:30 p.m. ~ Ambassador's Meeting, PR
4:00 p.m. ~ Meadowlark Singers Practice, CR
5:30 p.m. ~ Social Dining, MR

Wednesday • March 2

9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Ash Wednesday Service, EC
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
10:00 a.m. ~ Memory Care Partner Group, FHR
10:00 a.m. ~ Memory Café, KSU CL
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
3:00 p.m. ~ Sing-A-Long, EC
3:00 p.m. ~ Rock Steady Boxing, CR
4:30 p.m. ~ Ash Wednesday Service, CR
6:30 p.m. ~ UFM Class: The Fabulous Fifties, CR

Thursday • March 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
2:00 p.m. ~ Compliment Day Creations, BR

Thursday • March 3

4:00 p.m. ~ Bar Trivia, PS Pub
5:30 p.m. ~ Meadowlark Circle Supper, BR
6:00 p.m. ~ League of Women Voters, EC

Friday • March 4

9:00 a.m. ~ Prairie Star Menu Suggestions, BR
9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Art Committee Meeting, FHR
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. ~ Family Feud, EC

Saturday • March 5

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. 28

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

Tuesday, March 1

2 p.m.	Memory Activities Class
--------	-------------------------

Wednesday, March 2

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

Thursday, March 3

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



CHANNEL 1960

Entertainment Guide

Sunday, Feb. 27

9:00 a.m.	Sweat It Out Exercise Class
3:00 p.m.	Progressive Muscle Relaxation with Bridget Larkin, LMSW
3:30 p.m.	Chair Yoga

Monday, Feb. 28

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, March 1

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, March 2

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, March 3

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, March 4

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, March 5

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

Solution from 2/17

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

SNOWMEN, from page 5

There was no place to put me where the drummer could see me. (My presence was the drummer's Teddy Bear.)

Someone shoved a little box for me to sit on by his elbow, among the trees. I soon looked like Snow Lady. All I could see was his elbow and some players' feet.

I couldn't see the dancers at all, but they sounded like they were having a wonderful time, giving the band an ovation after every piece.

So, though I never claimed to be an entertainer, I was on stage for New Years Eve. And my Mercury had flocking to prove it.



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. 27

SOMETHING BORROWED (2011) PG-13, 1 hr. 52 min. *Charming, Romantic, Comedy*

Cast: Kate Hudson, Ginnifer Goodwin, & John Krasinski

In this genial romantic comedy, a lifelong friendship is put to the test when a successful single lawyer ends up in bed with her best friend's fiancé.

MUSICAL MONDAY: Feb. 28

BARBRA (2017) TV-14, 1 hr. 48 min. *Musical, Feel-Good, Concert*

Cast: Barbra Streisand

Iconic songstress Barbra Streisand culminates her 13-city tour in Miami with dazzling ballads, Broadway standards, and stories from behind the scenes.

TRUE TUESDAY: March 1

BOB ROSS: HAPPY ACCIDENTS, BETRAYAL, & GREED (2021) TV-14, 1 hr. 33 min.

Cast: Bob Ross

Bob Ross brought joy to millions as the world's most famous art instructor. But a battle for his business empire cast a shadow over his happy trees.

WESTERN WEDNESDAY: March 2

JONAH HEX (2010) PG-13, 1 hr. 21 min. *Western, Gritty, Exciting*

Cast: Josh Brolin, John Malkovich, & Megan Fox

After the Civil War, a scarred bounty hunter scours the West in pursuit of an ex-Confederate general who has a weapon that could destroy the government.

THEATER THURSDAY: March 3

THE BEST OF ENEMIES (2019) PG-13, 2 hr. 13 min. *Inspiring, Social Issue Drama*

Cast: Taraji P. Henson, Sam Rockwell, & Babou Ceesay

In 1971, a summit on school integration in North Carolina pits a civil rights activist against a Kl Klux Klan leader, sparking an unlikely friendship.

FUNNY FRIDAY: March 4

GRAND-DADDY DAYCARE (2019) PG-13, 1 hr. 36 min. *Family, Comedy*

Cast: Danny Trejo, Reno Wilson, & Margaret Avery

A frustrated novelist with money problems opens an unsanctioned senior center at his house to make quick cash and occupy his cumbersome father-in-law.

SWEET SATURDAY: March 5

GHOSTS OF GIRLFRIENDS PAST (2009) PG-13, 1 hr. 40 min. *Heartfelt, Feel-Good, Romantic*

Cast: Matthew McConaughey, Jennifer Garner, & Breckin Meyer

On the eve of his brother's wedding, notorious flirt, Connor, embarks on a mysterious journey and explores his romantic past, present, and future.