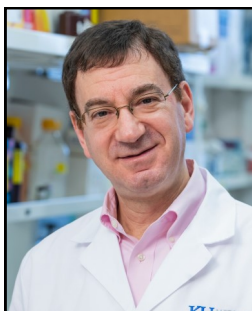


## Memory Matters Symposium Returns

**by Bridget Larkin, Social Services Leader**  
Meadowlark Memory Program is excited to announce the Memory Matters Symposium is scheduled for Tuesday, March 29, from 5:30 to 8 p.m. at Prairie Star's Event Center. The goal of the event is to provide outreach and education about dementia and Alzheimer's disease, while also helping to encourage engagement and understanding and ultimately helping to de-stigmatize cognitive decline and changes. The event is free and open to the public, and reservations are not required. Refreshments will be served.

The symposium will feature two speakers: Dr. Russel Swerdlow, MD, and Dr. Susan McFadden, Ph.D. Closing remarks will be provided by CenterPointe's Dr. Matt Floersch and Heather Sloan, APRN. Meadowlark Memory Program facilitators also will be present to answer questions and share information.

**Dr. Russel Swerdlow** is a professor in the Departments of Neurology, Molecular and Integrative Physiology, and Biochemistry and Molecular Biology at the University of Kansas School of Medicine. He directs the University of Kansas Alzheimer's Disease Research Center, its



Neurodegenerative Disorders Program, and the Heartland Center for Mitochondrial Medicine. Dr. Swerdlow will give a presentation titled, "Alzheimer's Disease: Questions Answered, Answers Questioned." He will touch on the history of Alzheimer's disease, how it is diagnosed, how it is treated, and how it might be treated in the future. The presentation also will discuss research at the University of Kansas Alzheimer's Disease Research Center.

**Dr. Susan McFadden** is Professor Emerita of Psychology, University of Wisconsin Oshkosh. She co-founded Fox Valley Memory Project (FVMP) in 2012. FVMP's programs and services aim to create a "dementia-friendly community" in northeast Wisconsin. Her most recent book is *Dementia-Friendly Communities: Why We Need Them and How We Can Create Them* (2021, Jessica Kingsley Publishers). Dr. McFadden's presentation is titled, "What Happens When We Recognize Dementia as a Disability?" She will describe the international effort to create dementia-friendly communities, a



goal recently embraced by the Manhattan Wellness Coalition in collaboration with the national nonprofit, Dementia Friendly America. Dr. McFadden will then suggest that thinking about dementia as a disability supports a relational model of care and helps us move away from viewing dementia as a personal tragedy affecting "patients" and families to a social issue involving whole communities that recognize the human worth and value of all persons.

Meadowlark Memory Program is designed to help those living with memory and cognitive changes, as well as their caregivers. This program is free and open to anyone affected by memory and/or cognitive issues in the Flint Hills region. Contact Michelle Haub or Bridget Larkin at (785) 323-3899 or [blarkin@meadowlark.org](mailto:blarkin@meadowlark.org) to schedule a free consultation.

# EVENTS & OPPORTUNITIES

## UPDATED COVID-19 Precautions

Masks are no longer required for staff, residents, and visitors in independent living and community center spaces.

Masks will continue to be required within all licensed areas, which are the long-term care, assisted living, and post-acute care households.

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.

## Participants Needed for Online Nutrition Research Study

A K-Stater Master of Public Health student is recruiting participants to complete a set of online surveys examining healthy eating behaviors. The surveys can be completed electronically and will take around 20 to 30 minutes.

Eligible participants will be aged 65 or older; community-dwelling, and speak English.

Participants will be entered in a raffle for one \$25 grocery store gift card. If you are interested in participating, please contact Anna Biggins at [abiggins15@ksu.edu](mailto:abiggins15@ksu.edu) for more information and to receive the survey link.

## 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.

## Weekend Sports

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

## 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.

## NEW! 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 to attend and watch as the two teams battle it out led by your host, Monte "Thriller" Spiller.

## Town Meeting

*Monday, March 7, at 9:30 a.m.*

Come hear about the Meadowlark campus updates, including information about the

## EVENTS & OPPORTUNITIES

upcoming construction for the Monarch project, from members of the leadership team and Lonnie Baker, CEO! The meeting will begin at 9:30 a.m. Monday, March 7, in the Event Center. All are welcome to attend.

### **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.

### **Coffee Corner**

**Tuesday, March 8, at 3 p.m.**

Coffee Corner is at 3 p.m. Tuesday, March 8, in the Event Center. Come enjoy dessert and coffee with friends!

### **Memory Café**

**Wednesday, March 9, 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.

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

**Wednesday, March 9, at 6:30 p.m.**

UFM Lifetime Learning and Meadowlark present *The Fabulous Fifties* with Dr. Robert Smith, Director for Fort Riley Museums Complex. The final session is from 6:30 to 8 p.m. Wednesday, March 9.

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

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

**Thursday, March 10, 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 one's journey. The next meeting is at 12 p.m. Thursday, March 10, in the Community Room.

### **Fiber Arts Club**

**Thursday, March 10, at 2 p.m.**

The Fiber Arts 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!

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.

### **Get the Scoop**

**Thursday, March 10, at 3 p.m.**

At the next ice cream social, Get the Scoop, you will have the opportunity to meet Linda Montgomery. Linda, Social Worker, is a part of Meadowlark's Social Services team. Grab your ice cream treat and get the scoop on all things Linda!

All are welcome to attend this event on the second Thursday of the month, from 3 to 4 p.m., in Prairie Star's Event Center.

### **NEW! Let's Laugh Day**

**Friday, March 11, at 3:30 p.m.**

Sometimes, we all need to take a little time to enjoy the little things, and one another, so Meadowlark will celebrate Laughter Day at 3:30 p.m. Friday, March 11! Residents and staff will have the opportunity to be amused through entertaining activities and treats during the day.

Residents can stop by the Hospitality Desk to get

**EVENTS & OPPS continued on page 4**

## **EVENTS & OPPS, from page 3**

a couple of free Laffy Taffy candies to enjoy (jokes included)! Baskets O'Fun will be delivered to each service area in the afternoon that will be filled with sweet treats and novelty items to create some good-hearted fun for staff and fellow co-workers. There might even be some impromptu Rock-Paper-Scissor contests!

And last, but not least, if you need to expand your lungs the fun way, plan on coming to Laughter is the Best Medicine with Sue Hunt! She swears participants will laugh like they did as children, thus improving your health! Residents and staff are invited to this enjoyable activity and no sign-up is required. Be sure to attend at 3:30 p.m. Friday, March 11, in the Flint Hills Room for an experience you won't forget!

### **NEW! Andy Bell Trio**

*Friday, March 11, at 7 p.m.*

Meadowlark welcomes the Andy Bell Trio at 7 p.m. Friday, March 11, in the Event Center! Andy started his professional music career playing saxophone for the Vaughn Bolton Orchestra at the age of 16. He is an accomplished Jazz musician with over 30 years of experience.

Recently, Andy started a Jazz trio with his twin boys, Alan and Andrew. At the age of 14, Alan started playing drums and Andrew began learning guitar. The two started a band at the age of 17 and have toured the U.S. and Canada. They have extensive academic backgrounds here in the US and internationally. This family trio will be a treat to experience, so come on out and enjoy the sounds of the Andy Bell Trio!

### **Shamrock Showdown Bingo**

*Monday, March 14, at 7 p.m.*

Break out your green attire and four-leaf clovers to celebrate St. Patrick's Day with a Shamrock Showdown-themed BINGO night! Player buy-in will be \$1 for the use of two playing cards. There will be exciting decorations, and prizes to fit the theme! Registration is not required. Theme BINGO nights occur on the second Monday of each month.

### **NEW! Card Making with Michelle**

*Thursday, March 17, at 2:30 p.m.*

Come and enjoy some festive card making with Michelle! Michelle Lehmer is a former Meadowlark employee, who will now volunteer

with the organization by offering her skills and vast card making materials.

Residents can participate in this opportunity on the third Thursday of each month from 2:30 to 4:30 p.m. Registration is not required. Be sure to attend the first session Thursday, March 17!

### **NEW! Woodworking Demo with Steve**

*Monday, March 21, at 3 p.m.*

Join resident and woodworker extraordinaire Steve Hall as he demonstrates how to use a scroll saw and sander, while creating a work of art! This program will be offered at 3 p.m. Monday, March 21. Participants will have the opportunity to enjoy a hands-on experience and will walk away with a special memento!

Registration is limited to the first five residents as the demonstration will be taking place in the Meadowlark Wood Shop, located near West independent living elevators. If more participants wish to attend, an additional demo session may be scheduled. Please sign up in the Blue Book.

### **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.

# Save the Date: Paving the Way Carnival

by *Becky Fitzgerald, Dev. Director*  
 A Meadowlark Ambassadors sub-committee and a few Meadowlark employees are teaming up to organize a carnival-style, fundraising event to benefit Meadowlark Foundation's *Paving the Way* campaign. Mark Friday, April 15, on your calendars and expect an evening of fun, games, prizes, food, and more fun for all ages!

The event is planned for 4 to 8 p.m. at Prairie Star Restaurant and Event Center. Residents, employees, Passport members, board members, and families are all invited. As happens at many fairs or carnivals, attendees will purchase tickets at \$1 each, with various numbers of tickets required to play games, purchase food, etc.

Oodles of prizes will be required for a successful event, and Carnival committee members have already begun collecting and

purchasing candy, individually wrapped snacks, trinkets, handcrafted items, costume jewelry, etc. Prizes are expected to vary in value; see future Messengers for more information as event planning progresses.

With Easter just two days after the event, plastic fillable eggs and holiday candy will be part of at least one game, and the committee welcomes donations of either or both items. Donations may be submitted at the Hospitality Desk.

To date, the *Paving the Way* project has attracted about \$87,000 in donations and pledges. These funds will pay to pave a portion of the loop trail which circles Meadowlark's campus. The section next to receive a hard surface stretches from Stillman Cemetery, located east of Meadowlark Circle, to near the new CenterPointe Physicians

building, located east of the Meadowlark Valley road.

A total of \$92,000 allows for a 1,550-foot long, 6-foot wide ribbon of concrete and also covers the cost of improvements made last fall, such as dirt work and a rock base just west of a new bridge. 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.

*Paving the Way* was prompted by a matching/challenge gift of \$40,000 from Jan Fink Call and Jeff Call of Huntingdon Valley, Pa., and Dan Fink of Highlands Ranch, Colo., in memory of the late Rev. H. Wayne Fink. Their gift also was inspired by Jeff Call's parents, Jo Call, a Meadowlark resident, and the late Ed Call.

## February Gifts to Meadowlark Foundation

*In February, gifts benefiting the Good Samaritan Fund, Meadowlark Parkinson's Program, and the "Paving the Way" campaign were received.*

### Memory of

John Allard	Jessie Garibay
Joanne Barkyoumb	Dennis Graham
Darrell Brensing	Dean Jackson
Judy Cattell	Dennis Law
Carl Didas	Don Marks

Ruth Wells

### Honor of

Jana Armfield

Contact Becky Fitzgerald at (785) 323-3843 to learn more about Meadowlark Foundation.



## On Crowd Control

By Helen Roser

My friend Bill's first memory was not of his Teddy Bear. Nor loving arms holding him. His first impression was from Vaudeville stage. His parents had written him into their act, rather than have him standing alone in the drafty off-stage wing.

So it was that Bill looked out onto the crowd sitting in the room as far as he could see. They reacted to what was going on on stage. Thus began Bill's interest in, and love of, crowds.

Later, he was known as a Crowd Control Expert to architects, city planners, and traffic control cops for his simple commandment for crowd control: Keep them moving.

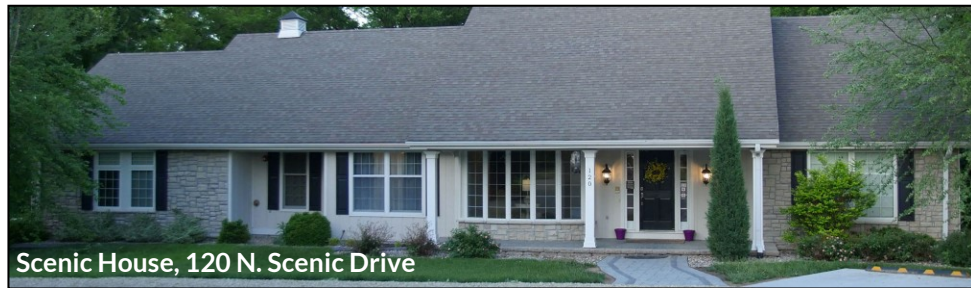
Robbie was a traffic cop outside of the huge new athletic stadium. Thousands of attendees had rushed to their vehicles parked in the huge lot and had been herded onto the broad street. Traffic was under way, moving at a goodly clip.

What must not happen, but sometimes did, was a driver stopping to ask the cop directions. Regardless of where they wanted to go, Robbie had one answer: "See the light down there? Go to it and take a left. It will lead you right to it."

The satisfied driver took off, never to be seen by Robbie again. Robbie's traffic kept moving.

Bill would have nodded approvingly. He understood that humans get edgy when thwarted. Crowd control experts are some of my favorite people.

## Meadowlark Market Making a Move



by Becky Fitzgerald, Dev. Director

With construction of The Monarch, a 24-unit apartment building, slated to begin in a few weeks at the corner of Meadowlark Road and Meadowlark Circle, Meadowlark Market is moving to a new location. Beginning in April, Meadowlark's Scenic House, 120 N. Scenic Dr., is to be the venue for Meadowlark Foundation's monthly sale.

The public is invited to shop from 10 a.m. to 3 p.m. the final Friday and Saturday of the month, with the first dates at Scenic House scheduled for April 29 and 30. The Market's inventory includes several styles and eras of quality used furniture, housewares and home decor, collectibles, seasonal items, and jewelry.

Scenic House, which previously was a licensed, assisted living-style home to persons with memory loss, boasts more square footage than the cottage at 1217 Meadowlark Circle, the Market's location since it opened in March of 2019. The Market team is excited to have the opportunity to display more merchandise at one time and to be able to store future inventory on site.

The new shop is located south of the roundabout at the junction of Anderson Avenue and Scenic Drive, and is just south of the Scenic Woods Apartments complex.

Meadowlark Market's first sale of 2022 was last weekend; the February sales total is \$9,529! A final sale at 1217 Meadowlark Circle is planned for Friday and Saturday, March 4 and 5. Hours are 10 a.m. to 3 p.m. both days.

Meadowlark Foundation greatly appreciates the many who contribute to the success of this monthly fundraiser: volunteers who work before, during, and after the monthly sales; the generous donors who contribute furniture and other items; and the shoppers, who excitedly search for "fabulous finds."

During the February sale, a traveler from Cody, Wyo., stood in line prior to the opening of the shop with the hope of purchasing a collectible donated by new residents Howard and Ann Erickson. He was sent to purchase a 1:6 diecast model of a Whizzer motorized bicycle by his mother, who lives in Miltonvale. He was thrilled to find the replica still available, and asked volunteers to pack it up carefully because a.) it was to be a birthday gift for his uncle, and b.) he would be taking the Whizzer with him as he traveled to Tennessee.

Meadowlark Market proceeds benefit the Good Samaritan Fund or special projects as needed. If you are in need of a particular item, or would like to donate furniture or other home goods, please contact Becky at (785) 323-3843.

# Art Engagement *from the* Beach Museum of Art

## What happened here?

The title of the print below is *Peaceful Afternoon*. As you take a closer look at this scene it appears things might not be peaceful after all. What story does this scene tell? What could have happened right before this image? What do you think happens next? You tell the story. Maybe you want to write a short story to accompany this art or share your thoughts at lunch or coffee with friends.



Grace Thurston  
 Arnold Albee (United States, 1890 - 1985)  
*Peaceful Afternoon*, ca. 1910  
 Wood engraving on paper  
 KSU, Marianna Kistler Beach Museum of Art, gift of John Cranston Heintzelman, 1965.10

Solutions from 2/24

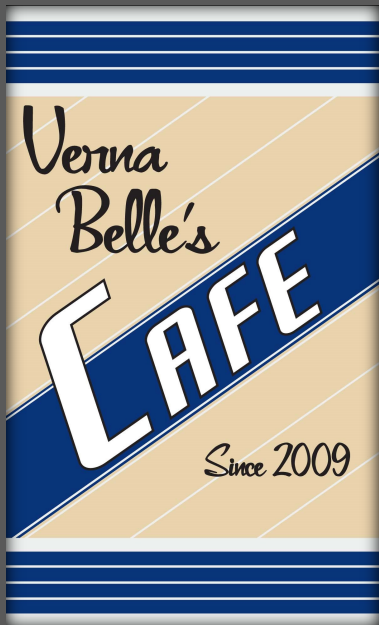
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9	2	5	4	1	7	6	3	8

# RESTAURANT **SPECIALS**

<p><b>Sunday, March 6</b></p>	<p><b>\$14</b> Lunch BBQ Brisket Dr. Pepper Beans Coleslaw Cornbread with Honey Butter</p>	<p><b>\$14</b> Dinner BBQ Brisket Dr. Pepper Beans Coleslaw Cornbread with Honey Butter</p>
<p><b>Monday, March 7</b></p>	<p><b>\$10</b> Lunch Spaghetti with Meat Sauce Green Beans Garlic Toast</p>	<p><b>\$14</b> Dinner Tuna Steaks <i>with Lemon Cream Sauce</i> Citrus Rice Green Beans &amp; Mushrooms</p>
<p><b>Tuesday, March 8</b></p>	<p><b>\$10</b> Lunch Chicken Drumettes Scalloped Potatoes Carrots</p>	<p><b>\$11</b> Shredded Pork Tacos Black Beans Cilantro Lime Rice</p>
<p><b>Wednesday, March 9</b></p>	<p><b>\$9</b> Lunch Chicken, Broccoli, Mushroom &amp; Cheese Quiche Spinach Salad</p>	<p><b>\$14</b> Dinner Coconut Shrimp <i>with Pina Colada Dipping Sauce</i> Coconut Rice Sautéed Snow Peas</p>
<p><b>Thursday, March 10</b></p>	<p><b>\$10</b> Lunch Ham Loaf Roasted Red Potatoes Broccoli</p>	<p><b>\$13</b> Dinner Chicken Piccata Fettucine with Lemon Cream Asparagus</p>
<p><b>Friday, March 11</b></p>	<p><b>\$11</b> Lunch Shrimp Po' Boy Pasta Salad</p>	<p><b>\$16</b> Dinner Beef Tenderloin <i>With Burgundy Mushroom Sauce</i> Baked Potato Brussel Sprouts</p>
<p><b>Saturday, March 12</b></p>	<p><b>\$8</b> Lunch Egg &amp; Bacon Salad on a Croissant Pub Chips</p>	<p><b>\$12</b> Dinner Lasagna Rolls Broccoli Garlic Knots</p>





## Breakfast & Lunch Specials

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

### Monday, March 7

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

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

### Tuesday, March 8

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

**Lunch: As Gouda As It Gets Grilled Cheese, \$4.50 / \$6.50** *gouda cheese melted on grilled sourdough bread and served with tomato soup*

### Wednesday, March 9

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

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

### Thursday, March 10

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

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

### Friday, March 11

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

**Lunch: SOUPer Friday, \$6.50** *a bread bowl filled with your choice of broccoli cheese soup, tomato basil soup, or creamy potato soup*

### Saturday, March 12,

### & Sunday, March 13

**Breakfast: Ala Carte Menu Options**

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

**Free Hat Friday:** In the month of March, we will hold a drawing for two winners of a Meadowlark beanie in Verna Belle's Cafe! For each breakfast or lunch special that is ordered during the week, you will qualify for a chance to win. Two names will be drawn from the on Friday mornings. The first drawing will be Friday, March 4.



# Weekly Opportunities Calendar *March 6 to March 12*

## Sunday • March 6

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

## Monday • March 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  
 11:30 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  
 3:00 p.m. ~ Pasta Making Class, VBC  
 5:30 p.m. ~ Tuttle Creek Supper, BR  
 7:00 p.m. ~ Bingo Night, CR

## Tuesday • March 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  
 3:00 p.m. ~ Coffee Corner, EC  
 4:00 p.m. ~ Meadowlark Singers Practice, CR  
 5:30 p.m. ~ Social Dining, MR

## Wednesday • March 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  
 3:00 p.m. ~ Sing-A-Long, EC  
 3:00 p.m. ~ Rock Steady Boxing, CR  
 6:30 p.m. ~ UFM Class: The Fabulous Fifties, CR

## Thursday • March 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 Pd, CR

## Thursday • March 10

12:00 p.m. ~ Parkinson's Care Partner Support Group, FHR  
 1:00 p.m. ~ Parkinson's Exercise Class, CR  
 2:00 p.m. ~ Stepping On Booster Class, KSU CL  
 2:00 p.m. ~ Fiber Arts Club, BR  
 2:30 p.m. ~ Blood Pressure Clinic, PR  
 3:00 p.m. ~ Get the Scoop, EC

## Friday • March 11

9:30 a.m. ~ Seated Strength, CR  
 10:30 a.m. ~ Weights 101, CR  
 11:30 a.m. ~ Sit & Be Fit, CR  
 1:00 p.m. ~ Rock Steady Boxing, BF  
 3:30 p.m. ~ Laughter is the Best Medicine, FHR  
 7:00 p.m. ~ Andy Bell Trio, EC

## Saturday • March 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

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



## Zoom Opportunities

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

### Monday, March 7

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

### Tuesday, March 8

2 p.m.	Memory Activities Class
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### Wednesday, March 9

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

### Thursday, March 10

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

**What did the Buddhist say  
to the hot dog vendor?**

**Make me  
one with  
everything.**

## CHANNEL 1960 PROGRAM GUIDE

### Sunday, March 6

9:00 a.m.	Sweat It Out Exercise Class
3:30 p.m.	Chair Yoga

### Monday, March 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, March 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, March 9

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 10

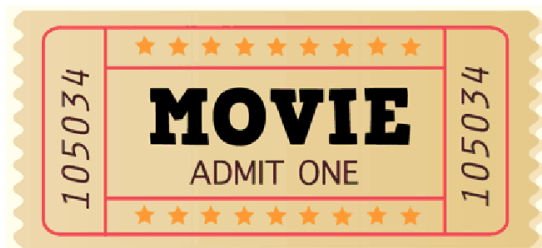
10:30 a.m.	Steady Yourself Exercise Class
11:30 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class
2:00 p.m.	Steady Yourself Exercise Class

### Friday, March 11

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 12

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



## 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: March 6

*P.S. I LOVE YOU (2007)* PG-13, 2 hr. 7 min. *Emotional, Romantic, Inspiring*

Cast: Hilary Swank, Gerard Butler, & Lisa Kudrow

When she loses her beloved husband, Gerry, to a brain tumor, grieving widow Holly Kennedy learns that he left a series of letters behind to help her cope with the pain of living without him.

### MUSICAL MONDAY: March 7

RESIDENT REQUEST

*JOYFUL NOISE (2012)* PG-13, 1 hr. 58 min. *Musical, Feel-Good, Comedy*

Cast: Queen Latifah, Dolly Parton, & Keke Palmer

Members of a flat-broke town choir dream of winning a national contest. However, the stars' struggle for leadership could scuttle the group's harmony and hopes for success.

### TRUE TUESDAY: March 8

*THE RESCUE (2021)* TV-14, 1 hr. 47 min. *Survival, Documentary*

Cast: Amp Bangnoin, Lt. Gen. Bancha Duriyapunt, & Radm. Apakorn Youkongkaew

The Rescue chronicles the against-all-odds story of the daring rescue of 12 boys and their coach from deep inside a flooded cave in Thailand.

### WESTERN WEDNESDAY: March 9

*IN A VALLEY OF VIOLENCE (2016)* R for violence & language, 1 hr. 43 min. *Western, Action*

Cast: Ethan Hawke, John Travolta, & Taissa Farmiga

After a quiet drifter is met with violence and bullying in a small town, he finds himself enmeshed in a vengeful struggle with the local marshal.

### THEATER THURSDAY: March 10

*IN THE LINE OF FIRE (1993)* R for violence & language, 2 hr. 8 min. *Exciting, Suspenseful*

Cast: Clint Eastwood, John Malkovich, & Rene Russo

A twisted yet ingenious killer torments a veteran Secret Service agent who's haunted by his failure years ago to save President John F. Kennedy.

### FUNNY FRIDAY: March 11

*MY BLUE HEAVEN (1990)* PG-13, 1 hr. 35 min. *Comedy, Feel-Good, Inspiring*

Cast: Steve Martin, Rick Moranis, & Joan Cusack

The FBI's Witness Protection Program is turned funnyside up with mob informant, Vinnie Antonelli, and agent, Barney Coopersmith. Vinnie's identity, home, and lawn mower are new, but he's still the same: a guy with an eternal scam, which makes overseer Barney a guy with a huge headache.

### SWEET SATURDAY: March 12

*ENCANTO (2021)* PG, 1 hr. 49 min. *Family, Fantasy, Musical*

Cast: Stephanie Beatriz, Maria Cecilia Botero, & John Leguizamo

The Madrigals are an extraordinary family living in a magical house in the Columbian mountains. But when Mirabel, the only ordinary family member, discovers the magic surrounding their home is in danger, she may be her family's last hope.