



# Cybersecurity: Is This Email Safe?

*by Tim Sobering*

I have been getting more calls from Mom asking me to look at an email that seems “funny.” I’m happy that Mom is doing this.—she has been listening! She worries a bit about the Bad Guys, though. That’s OK, but let me reiterate something important. The internet provides wonderful ways to keep in touch with family and friends, learn new skills, or keep up with world events. Don’t be afraid, just be smart!

Email is mostly unregulated. Anyone can get an email account. I have 12 accounts that I set up for various purposes, plus my own email server at home. Many email services are free and most don’t require identification. You can be anonymous. Services such as Gmail (Google), Outlook or Hotmail (Microsoft), iCloud Mail (Apple), or some of the others (Yahoo, Proton Mail, AOL, etc.) try to keep you safe. However, that’s kind of like playing whack-a-mole. As soon as they figure out an address is malicious, the Bad Guy changes his email

account. He doesn’t go out of business.

The underlying mechanics of how email is transmitted is largely insecure. That means most of what is sent by email can be read by someone else. You know to never send personal information such as social security or credit card numbers by email. Right? But it also means that it is easy to spoof an email, making it “appear” as if it came from Queen Elizabeth. Few of you would be fooled by that, but what if I used your neighbor’s name or Sarah Duggan’s? It would be easy to be tricked into thinking it was real.

Recently I received an email from Charles Taber. The email was asking me for a phone number where he could reach me on the weekend with some important information. Dr. Taber is the Provost at K-State, and while it’s unlikely he would contact me, I’ll admit that I wondered about it as I am responsible for some security matters in my department. Then I noticed that the email came from

the account *charlestaber@gmail.com*. I immediately realized that this was not the real Dr. Taber. He would have emailed from his official K-State account, right? I’m not sure what the scam was, but I ignored the email.

That email had the right elements: a familiar name, an element of authority, and a sense of urgency. As you recall, we talked about how scammers use those things to get your brain to stop thinking and engage your fight, flight, or freeze reaction. How can you recognize there is something wrong with an email?

It’s not easy and depends on your email client (app). Emails contains “headers”, often 60 to 80 or more lines of cryptic text that show the route, dates, times, and computers used when traveling from the sender to your inbox. Your email app, very wisely, hides this from you. If you are really curious, or perhaps a little crazy, your email app will have a menu item where you can select “View

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## EVENTS & OPPORTUNITIES

### **Exercise Classes canceled**

Group exercise classes are canceled for Monday, March 14. Classes will be available on Channel 1960. Please see page 11 for the full schedule.

### **Participants Needed for 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.

### **Comedy Writing Contest**

Be sure to submit your entry to the 2022 Comedy Writing Contest! The purpose of this contest is to gather resident and staff stories that invoke great joy, as a reminder that humor and fun make the soul dance, which is one of Meadowlark's values! Stories will need to contain 500 words or less, and can either be fiction or non-fiction, with the hopes to make readers laugh out loud!

There will be two categories: staff and non-staff. For each category, there will be three cash prizes awarded to the top three stories: \$100 (first), \$75 (second) and \$50 (third). Story submissions will be due by 5 p.m. Friday, March 25, and must be submitted with a completed entry form. Winners will be announced in the March 31 edition of the Meadowlark Messenger as well as the April 4 Town Hall Meeting.

Entry forms are available at the Hospitality Desk and the Human Resources office.

If you have questions regarding the contest, please contact Jana at (785) 323-3890 or Sarah at (785) 323-3878. Submissions can be dropped off at the Hospitality Desk or via email at [sarah.duggan@meadowlark.org](mailto:sarah.duggan@meadowlark.org).

### **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 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 resident 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!

### **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.

## EVENTS & OPPORTUNITIES

### **NEW! March Madness Bracketology**

**Monday, March 14, at 11 a.m.**

Chris "The Kid" Nelson and Monte "Thriller" Spiller are back at it again, but this time they are talking basketball and March Madness! All are invited to the Event Center on Monday, March 14, at 11 a.m. as they will discuss matchups and fill out brackets for the upcoming tournament. Residents are encouraged to fill out brackets as well, and our wonderful bartenders will update them daily as we track each game. Prizes will be awarded to the winning brackets!

### **NEW! Bartending with Brayden**

**Monday, March 14, at 3 p.m.**

Will it be shaken or stirred? Come to learn all the differences from gin to vodka, dry to dirty, and so much more. Brayden Cox, Prairie Star Pub Bartender, will host a bartending class featuring the martini. The class will be at the Prairie Star Pub at 3 p.m. Monday, March 14. Attendees will have the opportunity to enjoy a sample or two during the class.

### **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.

### **Dessert with Stacey**

**Tuesday, March 15, at 3 p.m.**

Join Chef Stacey Hayter at 3 p.m. Tuesday, March 15, in Verna Belle's Café as she teaches a class on making and decorating an Irish Crème Swiss Roll. Participants will fill and decorate their own Swiss roll to take home. Cost to participate in \$5. Please sign up in the Blue Book at the Hospitality Desk by Sunday, March 13.

### **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.

### **FUMC Communion**

**Wednesday, March 16, at 9:30 a.m.**

Join Pastor Melanie Nord and Pastor Barry Dundas from First United Methodist Church at 9:30 a.m. Wednesday, March 16, in the Bison Room to receive communion. The opportunity is open to anyone wanting to invite Christ into his or her heart.

### **Artist Discussion with the Beach**

**Wednesday, March 16, at 4 p.m.**

Join Kim Richards from the Beach Museum of Art at 4 p.m. Wednesday, March 16, in the Bison Room for "Wayne Thiebaud: Painter of the Everyday." Thiebaud began painting his recognizable, fun, color intense paintings in the 1960s. But his career began earlier with cartooning and commercial work. Attend this session to learn about his art journey and view his playful, vibrant paintings of everyday objects.

### **Shamrock Scavenger Hunt**

**Thursday, March 17**

May the luck of the Irish be with you as you hunt for clues that will lead you to a pot of gold during Meadowlark's Shamrock Scavenger Hunt! Starting at 9 a.m. on Thursday, March 17, your first clue will be waiting for you at the Hospitality Desk. All are welcome to join the hunt. Each participant will receive a small prize, and the first Lucky Leprechaun who solves the final clue will be the big winner!

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

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

Come and enjoy some festive card making with Michelle at 2:30 p.m. Thursday, March 17, in the Bison Room! 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. Registration is not required.

## EVENTS & OPPORTUNITIES

### **NEW! Tik Tok Dances**

*Friday, March 18, at 4 p.m.*

Tik Tok Dances with Rachel and Kendal Prairie Star Servers and competitive dancers, Rachel Edie and Kendal Proctor, will teach several dances from the viral social media platform, Tik Tok. Kendal and Rachel will not only explain Tik Tok's most popular trending videos, but break down some of the dance moves as well. Attendees are welcome to listen and learn or participate. Tik Tok Dances will be at 4 p.m. Friday, March 18, in Prairie Star's Event Center.

### **NEW! Name That Tune**

*Friday, March 18, at 7 p.m.*

Who doesn't love a good game of Name That Tune? Well here is your opportunity to play along, but with a Meadowlark twist! We are fortunate enough to have so many talented people working and living here at Meadowlark, including independent living resident Barbara Rees. Barbara will be playing classic tunes on the piano while you try to properly *Name That Tune!* If this sounds like a good time to you, then join us in the Community Room near the Hospitality Desk at 7 p.m. Friday, March 18. All are welcome to attend!

### **Shopping at Hobby Lobby & Dollar Tree**

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

The next scheduled trip is Saturday, March 19, with transportation going to Hobby Lobby and Dollar Tree East. The bus will leave at 10:30 a.m., and the return time is set for 11:45 a.m. Please sign up in the Blue Book to attend.

### **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 the West independent living elevators. If more participants wish to attend, an additional demo session may be scheduled. Please sign up in the Blue Book.

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### **NEW! CFA Watch Party**

*Monday, March 21, at 7 p.m.*

After canceling the in-person Community Foundation Awards in both 2020 and 2021, the Greater Manhattan Community Foundation is excited to once again come together to recognize several outstanding Manhattan area individuals and organizations. A reduced-capacity, in-person event is planned alongside an online live stream of the event on Monday, March 21.

Meadowlark residents are invited to watch this inspirational program beginning at 7 p.m. in the Game Room on that Monday. Light, complimentary refreshments will be served, and Prairie Star's bar will be open until 8 p.m. for anyone who'd like to purchase an alcoholic beverage or soft drink.

The Community Foundation Awards started in 2014 as an addition to the Greater Manhattan Community Foundation's annual meeting. The organization opened the event to the entire community, and honored the individuals, organizations, and businesses that were dedicated to improving their community with their time, talent, or treasure. Award categories are: Rising Star (volunteer under 50); Distinguished Volunteer (individual 50 or older); Nonprofit Service; Business Philanthropy, and Civic Philanthropy (individual or service club).

Meadowlark was recognized at the 2021 virtual event as the Nonprofit Service award winner. The late Don Rasmussen, a former Meadowlark resident, was a nominee for the Distinguished Volunteer award in 2019.

### **UFM Opportunity: 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.” More than 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.

### **American Irony**

*by Ron Williams*

I was listening to the memorial for Congressman John Lewis Antioch and the College of Yellow Springs, Ohio came to mind, and that had not happened for some time.

I was in graduate school in Dayton, Ohio, and Yellow Springs and Antioch was about 20 or 30 miles to the East. I don’t know what was in the Yellow Springs water, or what, but there was

always something wild going on at Yellow Springs, at least in the 1960s.

The news of the day that came to mind, was that a whole bunch (50 or 60) from Antioch (mostly white) were in downtown Yellow Springs protesting that a barber named Gagner would not cut Black students’ hair. He said it was because he could not do it well.

Anyway, someone called out the law. The police chief showed up, and he was a Black man named McGee. He promptly arrested four or five students and the crowd dissipated. The protest was over.

But I was struck by the comical irony of a Black police chief, representing a town which had a white majority, arresting white students for their protests against a white barber, because he would not cut Black students’ hair.

The issue was solved when someone paid for Gagner to go to barber school, to learn to cut Black customers’ hair. Further irony: while Gagner was gone, he appealed to the barbers union for a replacement barber. I don’t know if the union knew the situation, but the replacement barber happened to be Black.

Whatever America has, it certainly has irony.

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

**Compare and Contrast ...** These two artworks have similar subject matter; however, the artists interpreted the scenes differently. Take a few moments to look closely at the images. What do you see that is different? Now take some time to notice what is the same.



**Bernard Joseph Steffen (United States, 1907 - 1980), Printer, Bernard Joseph Steffen**  
*Tree, ca. 1970*  
Color screenprint on paper  
KSU, Marianna Kistler Beach Museum of Art,  
gift of R. E. Hochberg, 2021.34



**Roy Clinton Langford (United States, 1903 - 1990)**  
*Dead Tree, ca. 1965*  
Watercolor on paper mounted on hardboard  
KSU, Marianna Kistler Beach Museum of Art, The Roy  
C. Langford Collection, gift of the Langford family,  
2008.390

## CYBERSECURITY, from page 1

Original” (Gmail) or “View Message Details” (Outlook). What you will see is a very confusing mess. I don’t like trying to figure it out, and this simply isn’t practical for most people.

What’s a solution that can work for you? Recall the previous topics – **THINK and be SKEPTICAL, VIGILANCE, and KNOWLEDGE.** These are your tools. For emails, use your knowledge of the sender. Pretend you get an email from your friend Sue, but it doesn’t quite sound like her. Look at the email address. Does it seem to come from Sue’s account? Or is the address new or odd looking? Is the message content something that you and Sue had conversed about, or is it new or different? Is the message personal, or does it sound mechanical or robotic? If any of these bells are ringing in your head, you might have a fake email. Since Sue’s your friend, the solution is really easy! Give her a call and ask about it. If it turns out that the email is real, you can respond to it later. But even better, you’ll get to have a nice conversation with your friend. That beats an email any day!

What if the email is not from a friend? Maybe it says it is from your bank or it is from a complete stranger. In addition to what you have already learned from the past articles, there are some characteristics that are often found in scam and spam emails.

- ~ Did it come from a new or infrequent sender?
- ~ Does the email use worse grammar or spelling than usual?
- ~ Does the email sound “generic” or impersonal?
- ~ Is the email asking for personal or financial information?
- ~ Is that email urgent or threatening?
- ~ Does the email try to get you to click on web links or open an attachment?
- ~ Does the email “domain” match the company sending it?

Some explanation is required. Let’s start with the **domain.** When I email these articles to Sarah, she receives the message from my email address at **protonmail.com.** That’s a domain. Other domains that you might recognize are **amazon.com, medicare.gov, or ups.com.** Scammers can’t take control of **gmail.com** or these other “top level domains,” so they try to trick you by making scam domains that are close enough to the real ones so

that you might miss the difference. For example, instead of **irs.gov** a scammer might try **irs.com** or **irs.gov.co.** For emails, they might switch **hotmail.com** to **hotmail.reply-quick.com.** It’s called Domain Spoofing and it is intentionally confusing. When you look at a domain, only look at the last two elements between the periods to see the actual name of the domain. In the example above, the domain is **reply-quick.com.** No one owns the word “amazon.” So **amazon-com.co** and **amazon.biz** are not **amazon.com** and are scams. Sometimes the scammers try a simple misspelling such as **gnnail.com** instead of **gmail.com.** These are called “typo traps.” With my bad eyes and depending on the font, two “n’s” can sure look like an “m.” I have to be careful.

Some emails contain attachments and web “links.” Attachments are pretty simple. If you aren’t expecting an attachment or you don’t normally get attachments from a particular sender, don’t open it. Don’t let your curiosity get the better of you. It could contain a virus or malware. Take control. Call the person or the organization and verify that the attachment is legitimate.

Links are more difficult. Links are what you normally click on to read a new article or go to Facebook. In a previous article, I talked about Mom getting an email that looked like it was from **ups.com.** It even had a link in large text instructing her to click and claim her reward – **gift.ups.com.** That link sure looks like it passes the domain tests described above but here’s the catch: Web pages (and emails) aren’t just text. They are programming languages. Companies (and scammers) use that programming to make their emails look pretty by adding images and links. Here’s the catch. The address that the link will take you to can be different than the text displayed in the email. I can make any text I want visible – **gift.ups.com** – but underneath I will program and hide the real link – **https://scammer.badplace.crook** – and you end up nowhere near UPS. Aargh! It’s just not fair!

The advice given by the experts is Do Not Click! Instead, type the link into your browser address bar so that you know where you are actually going. Or if it is a site you have visited before, use the address you already bookmarked, for example, for your bank. They also recommend “hovering” your mouse over the link and looking in the lower left of

your browser to see where the link will take you. This is easy on a laptop or desktop computer. But where is the mouse on your phone or tablet? There is a way, but it is frustrating because nothing is simple. It seems like we are just making it easier for scammers!

My advice is to be careful and accept that you will need to ask for help. Family and friends can help you to be safe. Remember that nothing that you get in an email or text (or a phone call from a stranger) is so urgent that it needs to be acted on today. Enjoy the internet and stay in touch with friends and family—that's important! But take it slow and ask for help if something doesn't seem right. Don't be embarrassed. It's easy to get confused, and we all make mistakes.

**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 My Left Knee

by Helen Roser

My knee had been whacked in an accident. Now it needed surgery to fix it. I don't like hospitals and had closed my eyes to whatever was going on.

I had received a shot, then put on a gurney and taken to the cold room and laid on a cold, hard surface. Just then, a voice that has spoken over my right shoulder for years, spoke: "Hey! This could be it, kid! Always leave them laughing!"

Of course I had not thought of any exit line. I didn't need to. It just came, and I heard myself trying to speak through the blur of the shot.

Someone had sat down next to me and had gently picked up my left hand. I managed to mumble to the hand-holder: "I'd like to remind you that this is not a sex-change operation."

I heard my doctor yell: "What? What did she say?" The hand-holder, suppressing a

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Here's the Deal!  
YOU'RE INVITED TO  
**Poker Night**  
Thursday, March 24th  
5:00-7:00  
PRAIRIE STAR EVENT CENTER  
\$25 Includes  
APPETIZER BUFFET  
2 DRINK TICKETS  
POKER CHIPS  
BLACKJACK, POKER  
& ROULETTE  
Reservations Required  
STOP BY THE HOST STAND OR  
CALL 785-323-3820

# RESTAURANT SPECIALS

<p><b>Sunday, March 13</b></p>	<p><b>\$13 Lunch</b> Slow-Cooked Honey-Garlic Chicken Red Potatoes Green Beans</p>	<p><b>\$13 Dinner</b> Slow-Cooked Honey-Garlic Chicken Red Potatoes Green Beans</p>
<p><b>Monday, March 14</b></p>	<p><b>\$9 Lunch</b> Tomato Basil &amp; Caramelized Onion Quiche Pasta Salad</p>	<p><b>\$12 Dinner</b> Creamy Herb Chicken Fettucine Broccoli Garlic Knot</p>
<p><b>Tuesday, March 15</b></p>	<p><b>\$9 Lunch</b> Tuna Melt on Sourdough Tomato Cucumber Salad</p>	<p><b>\$11</b> Shredded Beef Tacos Mexican Rice Pinto Beans</p>
<p><b>Wednesday, March 16</b></p>	<p><b>\$10 Lunch</b> Mediterranean Chopped Salad <i>with Lemon Garlic Shrimp</i></p>	<p><b>\$12 Dinner</b> Country Pork Ribs Loaded Mashed Potato Bake Green Beans</p>
<p><b>Thursday, March 17</b></p>	<p><b>\$10 St. Patrick's Day Lunch</b> Irish Guinness Stew <i>served in a Bread Bowl</i></p>	<p><b>\$15 St. Patrick's Day Dinner</b> Corned Beef &amp; Cabbage Boiled Potatoes Irish Apple Cake with Bailey's Ice Cream</p>
<p><b>Friday, March 18</b></p>	<p><b>\$12 Lunch</b> Fish &amp; Chips Coleslaw</p>	<p><b>\$23 Dinner</b> 4 oz. Filet <i>with Burgundy Sauce</i> Lemon Butter Shrimp Baked Potato Asparagus</p>
<p><b>Saturday, March 19</b></p>	<p><b>\$9 Lunch</b> Lemon-Dill Chicken Sandwich Pub Chips Dill Pickle</p>	<p><b>\$16 Dinner</b> Salmon Bowl <i>with Cauliflower Rice, Sautéed Green Beans, &amp; Roasted Brussel Sprouts</i></p>





## Breakfast & Lunch Specials

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

### Monday, March 14

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

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

### Tuesday, March 15

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

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

### Wednesday, March 16

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

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

### Thursday, March 17

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

**Breakfast or Lunch:** Top O' the Mornin' Irish Breakfast, \$7.50 *sausage links, bacon, fried egg, fried tomatoes & mushrooms served soda bread and baked beans*

### Friday, March 18

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

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

### Saturday, March 19, & Sunday, March 20

**Breakfast:** Ala Carte Menu Options

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

**Free Hat Friday:** Congrats to the March 4 winners—Betty Grubb and Julia Booner! Every Friday in March in Verna Belle's Café, two lucky winners will be selected to take home a Meadowlark beanie! 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 on Friday mornings. The next drawing will be Friday, March 11.



# Weekly Opportunities Calendar March 13 to March 19

## Sunday • March 13

*Daylight Savings Time! Spring Forward!*

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

## Monday • March 14

- 11:00 a.m. ~ March Madness Bracketology, EC
- 11:30 a.m. ~ Valley Luncheon, BR
- 1:30 p.m. ~ God Talk, KSU CL
- 2:00 p.m. ~ Change & Loss Support Group, FHR
- 3:00 p.m. ~ Bartending with Braydon, PS Pub
- 7:00 p.m. ~ Bingo: Shamrock Showdown, CR

## Tuesday • March 15 *Trash & recycling pick-up*

- 7:00 a.m. ~ Rock Steady Boxing, BF
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 2:00 p.m. ~ Prairie Star Writers, PR
- 2:00 p.m. ~ Memory Activities Class, KSU CL
- 2:00 p.m. ~ 10-Point Pitch, GR
- 3:00 p.m. ~ Dessert with Stacey, VBC
- 4:00 p.m. ~ Meadowlark Singers Practice, CR
- 5:30 p.m. ~ 2nd Floor Supper, BR
- 5:30 p.m. ~ Social Dining, MR

## Wednesday • March 16

- 9:30 a.m. ~ Seated Strength, CR
- 9:30 a.m. ~ FUMC Communion, BR
- 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
- 4:00 p.m. ~ Artist Discussion with the Beach, BR
- 5:30 p.m. ~ Eastside Supper, BR

## Thursday • March 17

- 9:00 a.m. ~ Messenger Team, KSU CL
- 9:00 a.m. ~ Shamrock Scavenger Hunt,
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 3:00 p.m. ~ Card Making with Michelle, BR
- 5:30 p.m. ~ Meadowlark Circle Supper, BR

## Friday • March 18

- 9:00 a.m. ~ Prairie Star Menu Suggestions, BR
- 9:30 a.m. ~ Seated Strength, CR
- 10:30 a.m. ~ Weights 101, CR
- 11:30 a.m. ~ Sit & Be Fit, CR
- 3:00 p.m. ~ Catholic Rosary, CR
- 4:00 p.m. ~ Tik Tok Dances, EC
- 7:00 p.m. ~ Name That Tune, EC

## Saturday • March 19

- 10:30 a.m. ~ Shopping Trip, VE
- 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



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

### Monday, March 14

2 p.m.	Change & Loss Support Group
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### Tuesday, March 15

2 p.m.	Memory Activities Class
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### Wednesday, March 16

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

### Thursday, March 17

1 p.m.	Parkinson's Exercise Class
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# CHANNEL 1960

## Entertainment Guide

### Sunday, March 13

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

### Monday, March 14

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 15

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

### Solution from 3/3.

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

### Wednesday, March 16

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 17

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 18

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 19

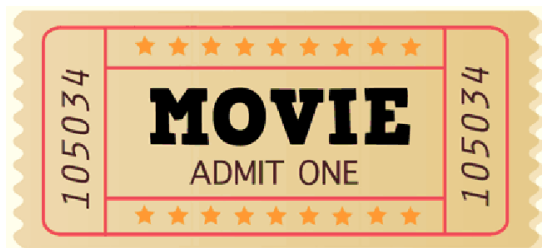
9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class

### KNEE, from page 7

laugh, repeated what I had said. Then he said gently: "Here we go" and I was out.

My knee has hurt ever since. I think it is because everyone was laughing so hard over my great exit line, instead of fixing my knee.

I sense the voice is still with me, but has not had anything to say. Maybe later.



## 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 13

*THE QUIET MAN (1952)* NR, 2 hr. 9 min. *Romantic, Classic, Drama*

Cast: John Wayne, Maureen O'Hara, & Ward Bond

Back in his native Ireland, the Duke's thoughts turn to domestic tranquility after courting the lovely Mary Kate. But her brother may need to have some common sense knocked into him—literally—before the deal is done.

### MUSICAL MONDAY: March 14

*IF I LEAVE HERE TOMORROW: LYNARD SKYNARD (2018)* TV-MA, 1 hr. 37 min. *Musical*

Cast: Ronnie Van Zandt, Gary Rossington, & Allen Collins

Using interviews and archival footage, this documentary charts the story of the legendary Southern rockers with a focus on front man Ronnie Van Zant.

### TRUE TUESDAY: March 15

*MIRACLE (2004)* PG, 2 hr. 17 min. *Sports, Drama, Historical*

Cast: Kurt Russell, Patricia Clarkson, & Noah Emmerich

Miracle tells the story of Herb Brooks, the player-turned-coach, who started with a handpicked group of 26 undisciplined kids and coached them to play like they never played before, turning 20 of them into a team that believed they could achieve the unachievable.

### WESTERN WEDNESDAY: March 16

*PAINT YOUR WAGON (1969)* PG-13, 2 hr. 44 min. *Classic, Western, Drama*

Cast: Lee Marvin, Clint Eastwood, & Jean Seberg

California prospectors Ben Rumson and Sylvester "Pardner" Newell try to tame their gold fever by kidnapping a stagecoach full of working girls on their way to a new town. To help the rest of the male-dominated town keep their hands off his property, Ben sets up a brothel. As business booms, so does the competition for gold.

### THEATER THURSDAY: March 17

*THE SECRET OF ROAN INISH (1993)* PG, 1 hr. 42 min. *Feel-Good, Family Adventure*

Cast: Jeni Courtney, Richard Sheridan, & Pat Slowey

In this Celtic fairytale, 10-year-old Fiona learns how her ancestors came to leave the island of the seals, Roan Inish, and she discovers there may be magic afoot in her family tree.

### FUNNY FRIDAY: March 18

*WILD WILD WEST (1999)* PG-13, 1 hr. 45 min. *Irreverent, Exciting, Action*

Cast: Will Smith, Kevin Kline, & Kenneth Branagh

Armed with high-tech gadgetry, two government agents must stop a diabolical inventor's treasonous plot.

### SWEET SATURDAY: March 19

*POLLYANNA (1960)* G, 2 hr. 14 min. *Family, Drama, Coming of Age*

Cast: Jane Syman, Richard Egan, & Karl Malden

Pollyanna is an orphan who brings sunshine into the lives of everyone she meets, but her Aunt Polly doesn't appreciate her effervescent niece. It isn't until she almost loses her "Glad Girl" that Aunt Polly realizes the true power of love and lightheartedness.