

Spreading Our Wings



Exterior rendering for The Monarch.
[inset] Nelson and Marilyn Galle attend the ground-breaking event on Wednesday, March 16.

by Sarah Duggan, Community Relations Director

Meadowlark broke ground on The Monarch, a new 24-unit independent living apartment building, yesterday, March 16.

Attendees at the ground-breaking included future Monarch residents, project representatives, Meadowlark team members, and board members. Nearly 80 percent of the Monarch's apartments have been reserved with down payments. The sales process for the new building began in 2019, and the project was put on hold after the pandemic began in 2020.

The new building will be located on the southeast corner of Meadowlark Road and Meadowlark Circle, which is the previous location of the Community

Garden. The garden will be moved in the next few weeks to its new location at the east end of Meadowlark Valley. Removal of plants, flowers, and equipment occurred the last week of February.

Work at the project site has started, and will continue to ramp up in the coming weeks. The work area will be fenced off; however, the roads will not be obstructed. Although parking for workers will be within the project area, there will be increased traffic flow throughout the project.

In a recent Community Needs Assessment, it was determined that Manhattan needed and could support more age- and income-appropriate housing. People

See MONARCH, page 6

EVENTS & OPPORTUNITIES

Healthy for Life Program

You're invited to participate in a free opportunity! Healthy for Life Program for Grandparents will teach skills such as preparing healthy and affordable meals that will help you have longer, stronger lives with your grandchildren. This is an online and self-paced class consisting of four sessions. Classes can be completed between March 21 and April 17. The program is offered through K-State's Center on Aging. For more information, please contact Jessie Piper at jesslee@ksu.edu.

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 intention 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.

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.

March Madness Bracketology

Monday, March 21, 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 21, at 11 a.m. as they will discuss the "Big Dance." For those residents who completed a bracket, our wonderful bartenders will update them daily as we track each game. Prizes will be awarded to the winning brackets!

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.

NEW! Tik Tok Dances

Friday, March 18, at 4 p.m.

Rachel Edie and Kendal Proctor, Prairie Star servers and competitive dancers, 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 also 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 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!

EVENTS & OPPORTUNITIES

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.

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.

EVENTS & OPPORTUNITIES continued on page 4

EASTER BUFFET

April 17th 11:00-2:00

Meadowlark Event Center

RESERVE YOUR SPOT AT PRAIRIE STAR



EVENTS & OPPORTUNITIES

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.

Coffee Corner

Tuesday, March 22, at 3 p.m.

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

Bartending with Brayden

Tuesday, March 22, at 3 p.m.

Brayden Cox, Prairie Star Bartender, is back for another bartending class. This session will focus on the wonders of bourbon. Join Brayden at 3 p.m. Tuesday, March 24, in Prairie Star Pub to enjoy samples of some delicious bourbon drinks!

**Tortilla Making
& Fiesta Dinner**

Wednesday, March 29th
Verna Belle's Cafe
4 p.m. - 6 p.m

Join Executive Chef, Stacey Hayter, as she teaches a class in tortilla making followed by a fiesta dinner. Dinner will include Steak and Chicken Fajitas, Mexican rice and beans.

Sign up in the Blue Book.

\$16

Page 4

Diabetes Wellness Group

Wednesday, March 23, at 1:30 p.m.

The Diabetes Wellness Group will meet at 1:30 p.m. Wednesday, March 23, in the Flint Hills Room. No registration required.

ARTful Making

Wednesday, March 23, at 2:30 p.m.

It is going to start looking green outside, let's help get it started with painting our own green clover designs. Join Kim Richards from the Beach Museum of Art at 2:30 p.m. Wednesday, March 23, in the KSU Classroom for *Layered Clover Painting*. We will be using paint and layering many shades of green in hopes that Spring will soon arrive! All materials will be supplied.

Fiber Arts Club

Thursday, March 24, at 2 p.m.

The Fiber Arts Club is open to anyone who would like work on creative projects with like-minded residents! 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 group is for you! The club meets each month on the second and fourth Thursdays from 2 to 3 p.m. in the Bison Room.

NEW! Poker Night & Other Games

Thursday, March 24, at 5 p.m.

You're invited to Poker Night (& Other Games!) from 5 to 7 p.m. Thursday, March 24, in Prairie Star's Event Center. The \$25/ticket per person includes the appetizer buffet, two drink tickets, poker chips, blackjack, and roulette. Reservations are required to attend. To sign up, please visit the restaurant's host stand or call (785) 323-3820.

NEW! KSU Voice Recital

Friday, March 25, at 7 p.m.

Cheryl Richt Instructor of Voice at Kansas State University and her students present "Songs of Poetry" at 7 p.m. Friday, March 25, in Prairie Star's Event Center. The group will be singing songs to the poetry written by Langston Hughes. All are welcome.

NEW! Memory Matters Symposium

Tuesday, March 29, at 5 p.m.

Meadowlark Memory Program will host the

EVENTS & OPPORTUNITIES

Memory Matters Symposium from 5 to 8 p.m. Tuesday, March 29, 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.

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 to schedule a free consultation.

NEW! March into April & Be Active *Thursday, March 31, at 3:30 p.m.*

Join us at 3:30 p.m. Thursday March 31, in the Event Center for some movement, games and treats. This event will celebrate the arrival of warmer spring weather and encourage everyone to get out and do more physical activity. We will start off by enjoying a group walk before returning to the Event Center for delicious treats and challenging games. Registration is not required and all are welcome to join us. We will have several walking routes planned; participants can choose the route that suits them best. Indoor walking options will be available.

Jazz History: Revisiting the Big Bands *Monday, April 11, at 3 p.m.*

UFM Lifetime Learning and Meadowlark present Jazz History: Revisiting the Big Bands with Dr. Paul Hunt, Professor of Music at Kansas State University. This three-session course will begin Monday, April 11, from 3 to 4:30 p.m. The second and third sessions will meet Monday, April 18, and Monday, April 25.

The Big Band Era of American music is most often remembered as "THE" pop music of the 1930s and 40s. Band leaders such as Bennie Goodman, Duke Ellington, Glenn Miller, and Tommy Dorsey were the pop music stars of the day. However, that era is linked to the history and development of jazz. This three-session class will examine the predecessors of the genre, present some of the highlighted ensembles, and explore what happened to the genre of big band music after the 1940s.

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

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

NEW! Paving the Way Carnival *Friday, April 15, at 4 p.m.*

Mark Friday, April 15, on your calendars for an evening of fun, games, prizes, food, and more fun for all ages at Meadowlark Foundation's *Paving the Way* Carnival!

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.

Funds raised for the *Paving the Way* project 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.

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.

MONARCH, from page 1

who are considering a move to Meadowlark have indicated they enjoy the lifestyle that living on campus has to offer and would like to see a modern living option with high ceilings, lots of natural light, underbuilding parking, and is pet friendly. This knowledge prompted the plan to build The Monarch, which will be centrally located on the campus. The building will be divided into two towers connected by a common space at the main level.

“What people are looking for in retirement has and will continue to change,” said Lonnie Baker, CEO. “Even through the COVID-19 pandemic, our teams continued conversations about Meadowlark’s evolution to ensure the organization upholds its mission to meet the community needs and be a resource for the region.”

For nearly a decade, Meadowlark has been on a campus expansion journey focused on wellness, in addition to enhancing lifestyle options and amenities. On Meadowlark’s campus there is a nature area at Bayer Pond and a trail system spanning the organization’s 55 acres. Within the outdoor nature area, residents and families can enjoy a fishing pond, two pond-side gazebos, a birding glen, wildflowers, and a variety of terrains throughout the trail system, which also features three beautiful bridges. Currently, Meadowlark Foundation is engaged in a fundraising campaign to pave another section of the trail. If you are interested in supporting this effort, please contact Becky Fitzgerald at (785) 323-3843 or plan to attend the

Paving the Way Carnival on Friday, April 15, in Prairie Star’s Event Center.

In July 2019, the courtyard, which is centrally located in the main building, was renovated and is now home to a fire pit, putting green, walking path, covered seating, outdoor dining options, a bar and grill, and a bocce court.

In August 2020, Meadowlark’s restaurant and pub expansion and kitchen renovation was completed. This

project began before the COVID-19 pandemic broke and because of its completion date falling in the middle of heightened precautions, the restaurant opened for in-person dining for the first time on Feb. 8, 2021. Prairie Star Restaurant has expanded pub and dining space and added event space that can accommodate up to 250 people. The restaurant space is open to the public to come dine, drink, and gather.

A new medical office building was completed in December 2021 on Meadowlark’s land located off Tuttle Creek Boulevard next to the Blue Hills Shopping Center. CenterPointe

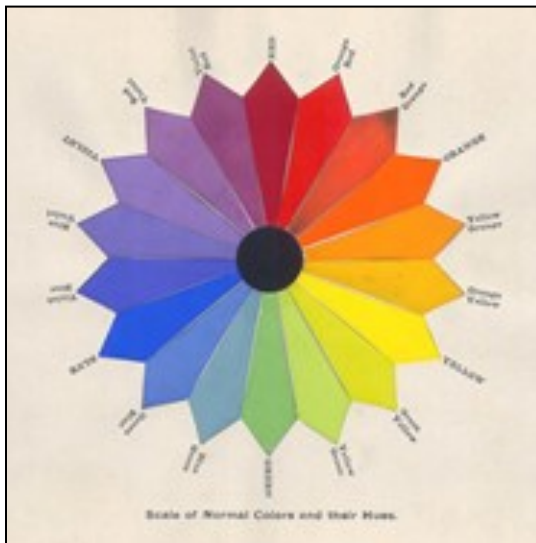


New resident and master gardener Mary McInteer pulls a wagon of plants as a part of the Community Garden relocation process. Mary plans to tend them near her westside garden apartment patio until the new garden is ready to be planted.

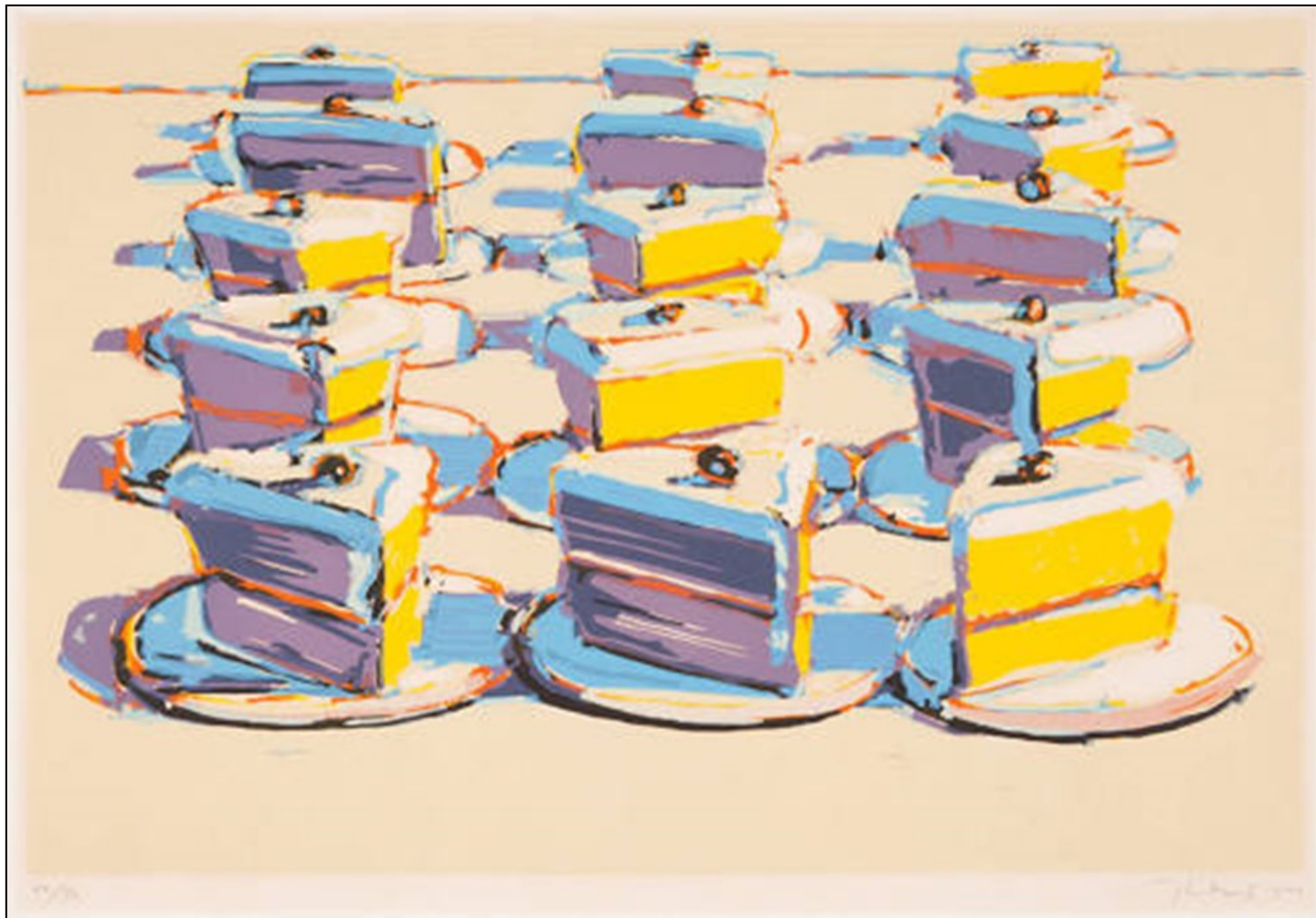
Physicians, PA leases the 7,000 square foot clinic, continuing their community focus of primary care for all ages.

Meadowlark is a not-for-profit retirement community founded in 1980 by a group of local citizens and six Manhattan churches who wanted better living option for older adults in the area. Today, Meadowlark continues to meet the needs of the community through living accommodations, post-acute care, home health care, outreach programs focused on memory support and Parkinson’s disease, and providing a supportive work environment for team members.

Art Engagement *from the* Beach Museum of Art



Color ... Choosing to use analogous colors in a design means the artist has used colors that are next to each other on the color wheel, for example: blue, green and purple. These colors in an artwork will soften each other and add harmony to the picture. The use of complementary colors is when an artist uses colors opposite each other on the color wheel. Complementary colors will appear more vivid when used together and create intensity. As you look at this print, what color choices did the artist make analogous or complementary? You may use the color wheel to help with your discovery. Look slowly, there may be more than one answer.



Wayne Thiebaud (United States, 1920-2021)
Boston Cremes, 1970
Lithograph on paper
KSU, Marianna Kistler Beach Museum of Art, 1985.67

RESTAURANT **SPECIALS**

<p>Sunday, March 20</p>	<p>\$13 Lunch Pot Roast Red Potatoes, Carrots, Onions, & Celery</p>	<p>\$13 Dinner Pot Roast Red Potatoes, Carrots, Onions, & Celery</p>
<p>Monday, March 21</p>	<p>\$9 Lunch Meatball Sub Pub Chips</p>	<p>\$13 Dinner Crispy Prosciutto White Cheddar Rigatoni Broccoli Garlic Bread</p>
<p>Tuesday, March 22</p>	<p>\$9 Lunch Chicken Taco Salad</p>	<p>\$12 Mongolian Beef & Noodles Snow Peas</p>
<p>Wednesday, March 23</p>	<p>\$9 Lunch Chicken, Spinach, & Feta Quesadilla Tomato Cucumber Salad</p>	<p>\$12 Dinner Crispy Pork Chop <i>with Poblano Cream Sauce</i> Corn & Potato Hash</p>
<p>Thursday, March 24</p>	<p>\$10 Lunch Tex-Mex Steak Sandwich Coleslaw</p>	<p>\$13 Dinner Meatloaf Mashed Potatoes & Gravy Corn</p>
<p>Friday, March 25</p>	<p>\$9 Lunch Quiche Lorraine Maple Lime Fruit Salad</p>	<p>\$16 Dinner Grilled Salmon <i>with Mango Salsa</i> Wild Rice Carrots & Broccoli</p>
<p>Saturday, March 26</p>	<p>\$8 Lunch Chili Dog French Fries</p>	<p>\$12 Dinner Beef Stroganoff Egg Noodles Sautéed Buttered Carrots</p>



Breakfast & Lunch Specials

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

Monday, March 21

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

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

Tuesday, March 22

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

Lunch: Cowboy Hot Dog, \$6.50 *grilled hot dog topped with bacon, onions, shredded cheddar cheese, & BBQ sauce*

Wednesday, March 23

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

Lunch: Pineapple Bacon Pizza, \$4.50 / \$6.50 *flatbread pizza topped with diced bacon, pineapples, marinara, & shredded mozzarella cheese with a choice of side*

Thursday, March 24

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

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

Friday, March 25

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

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

Saturday, March 26, & Sunday, March 27

Breakfast: Ala Carte Menu Options

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

Free Hat Friday: Congrats to the March 11 winners—Rochelle Norris and Liz Thomas! 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 18.



Weekly Opportunities Calendar *March 20 to March 27*

Sunday • March 20

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

Monday • March 21

9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Tuttle Creek Men's Group, MR
 10:30 a.m. ~ Weights 101, CR
 11:00 a.m. ~ March Madness Bracketology, EC
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Parkinson's Voice Class, CR
 1:30 p.m. ~ God Talk, KSU CL
 1:45 a.m. ~ Parkinson's Voice Class, CR
 2:00 p.m. ~ Change & Loss Support Group, FHR
 3:00 p.m. ~ Woodworking Demo, Wood Shop
 5:30 p.m. ~ 5th Floor Supper, BR
 7:00 p.m. ~ CFA Watch Party, GR
 7:00 p.m. ~ Bingo Night, CR

Tuesday • March 22 *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
 11:30 a.m. ~ UFM Lunch & Learn, EC
 2:00 p.m. ~ Memory Activities Class, KSU CL
 2:00 p.m. ~ 10-Point Pitch, GR
 3:00 p.m. ~ Coffee Corner, EC
 3:00 p.m. ~ Bartending with Brayden, PS Pub
 4:00 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ 3rd Floor Supper, BR
 5:30 p.m. ~ Social Dining, MR

Wednesday • March 23

9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ Memory Care Partner Group, FHR
 10:00 a.m. ~ Memory Café, KSU CL
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ ARTful Memories, KSU CL
 1:30 p.m. ~ Diabetes Wellness Group, FHR
 2:30 p.m. ~ ARTful Making, KSU CL
 3:00 p.m. ~ Sing-A-Long, EC
 3:00 p.m. ~ Rock Steady Boxing, CR
 5:30 p.m. ~ 1st Floor Supper, BR

Thursday • March 24

9:00 a.m. ~ Messenger Team, KSU CL

Thursday • March 24

10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 12:00 p.m. ~ Pd Care Partner Support Grp, FHR
 12:00 p.m. ~ Caring Conversations for People with Parkinson's, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 2:00 p.m. ~ Fiber Arts Club, BR
 2:00 p.m. ~ Stepping on Booster Class, KSU CL
 5:00 p.m. ~ Poker Night, EC
 5:00 p.m. ~ iCAN with Pd Class, CR

Friday • March 25

9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Rock Steady Boxing, BF
 7:00 p.m. ~ KSU Recital, EC

Saturday • March 26

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

Zoom Opportunities

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

Monday, March 21

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

Tuesday, March 22

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

Wednesday, March 23

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

Thursday, March 24

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



CHANNEL 1960 Entertainment Guide

Sunday, March 20

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

Monday, March 21

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:15 a.m.	Sit & Be Fit Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Tuesday, March 22

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

Wednesday, March 23

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

Thursday, March 24

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

Friday, March 25

9:30 a.m.	Seated Strength Exercise Class
10:30 a.m.	Weights 101 Exercise Class
11:15 a.m.	Sit & Be Fit Exercise Class
1:00 p.m.	Parkinson's Exercise Class
2:00 p.m.	Weights 101 Exercise Class

Saturday, March 26

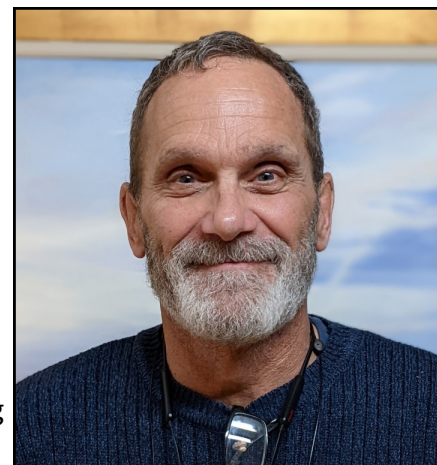
9:30 a.m.	Band Bust Exercise Class
2:00 p.m.	Band Bust Exercise Class

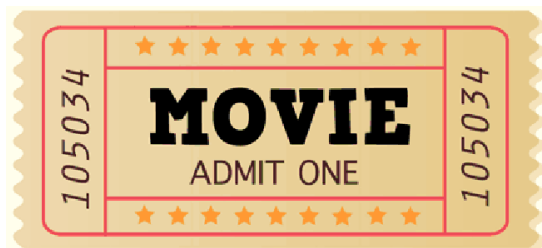
Room Abbreviations

BF, Body First
BR, Bison Room
CR, Community Room
CY, Courtyard
EC, Event Center
FHR, Flint Hills Room
GC, Grosh Cinema
GR, Game Room
KSU CL, KSU Classroom
MR, Manhattan Room
PR, Patriot Room
PS, Prairie Star Restaurant
VBC, Verna Belle's Cafe
VE, Village Entrance

LEADER OF THE PACK

Congratulations to Meadowlark's March Leader of the Pack - Amon "Max" Maxwell, one of our wonderful drivers from Transportation! Max always goes the EXTRA MILE to help others. He has been driving with the Meadowlark Transportation team for over three years. During that time, he has developed friendships with many residents through sharing his caring and compassionate spirit. Thank you, Max, for all you do at Meadowlark! We love having you as a part of the team!





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 20

RISE OF THE GUARDIANS (2012) PG, 1 hr. 39 min. *Heartfelt, Feel-Good, Exciting*

Cast: Chris Pine, Alec Baldwin, & Jude Law

When the evil spirit Pitch launches an assault on Earth, the Immortal Guardians team up to protect the innocence of children all around the world.

MUSICAL MONDAY: March 21

WEST SIDE STORY (2021) PG-13, 2 hr. 38 min. *Musical, Romance, Drama*

Cast: Rachel Zegler, Ansel Elgort, & Ariana DeBose

An adaptation of the 1957 musical, *West Side Story* explores forbidden love and the rivalry between the Jets and the Sharks, two teenage street gangs of different ethnic backgrounds.

TRUE TUESDAY: March 22

BETTY WHITE GOES WILD (2013) TV-G, 44 min. *Documentary, Animals, Nature*

Cast: Betty White

Take a rare look into one of Betty White's true passions—big cats! Head with her to the Los Angeles and San Diego zoos to get up close to big cats.

WESTERN WEDNESDAY: March 23

THE POWER OF THE DOG (2021) R for brief sexual content, 2 hr. 44 min. *Western, Drama*

Cast: Benedict Cumberbatch, Kirsten Dunst, & Jesse Plemons

A domineering but charismatic rancher wages a war of intimidation on his brother's new wife and her teen son—until long-hidden secrets come to light.

THEATER THURSDAY: March 24

COLLATERAL BEAUTY (2016) PG-13, 1 hr. 36 min. *Sentimental, Emotional*

Cast: Will Smith, Edward Norton, & Kate Winslet

An advertising executive wrestling with grief finds meaning by writing letters to unconventional recipients as caring colleagues plot a ruse.

FUNNY FRIDAY: March 25

TWINS (1988) PG, 1 hr. 47 min. *Comedy, Feel-Good*

Cast: Arnold Schwarzenegger, Danny DeVito, & Kelly Preston

When he discovers that he has a twin he never knew existed, the studious Julius Benedict sets out to find his long-lost sibling and is shocked to discover that his brother is a diminutive petty crook.

SWEET SATURDAY: March 26

RUNAWAY BRIDE (1999) PG, 1 hr. 56 min. *Charming, Feel-Good, Romantic*

Cast: Julia Roberts, Richard Gere, & Joan Cusak

Sparks fly when a newspaper columnist writes a one-sided, sexist story about a commitment-phobic bride who abandoned three men at the altar.