



Cybersecurity: Remote Connection Scams

by Tim Sobering

I live way across town from Meadowlark (haha!). One tool I use to help Mom is called *Anydesk*. Windows has a program built in called *Remote Assistance*. There are many similar remote-client products, such as *Teamviewer*, *Chrome Remote Desktop*, *GoToMyPC*, *RemotePC*, *JoinMe*, and others. *AnyDesk* lets me remotely connect to Mom's computer and do maintenance, or I can have Mom watch her screen as I show her how to do something or find a file she's lost. It's handy and saves me a 20-minute round trip for something that requires a minute or two of computer time. Of course, Mom would probably prefer a face-to-face visit, but that is another issue.

You know where I'm going. While these tools can be very safe and helpful, scammers also use them to do bad things. The typical script is to call and claim they are from Microsoft, Apple, or Cox technical support and tell you that they have

detected a problem with your computer. Be aware that you cannot trust the Caller ID as the scammers fake the ID on your phone. In the first 10 months of 2021, more than 17 percent of spam complaints were about impersonators claiming to be from fraud prevention departments. Amazon and Apple were the top impersonated businesses, with 75% of the complaints.

So, it was no surprise this morning when I read about a scammer claiming to be from Amazon, saying they had detected a fraudulent purchase on the person's account and offering to teach her how to prevent this in the future. The scammer got her to download a remote-client program and talked her through installing it and letting them take over her computer. While they are doing something seemingly innocuous in the visible part of the screen, behind the window they are either stealing files (identity theft) or passwords (to raid your bank or

credit card account), or installing malicious software (ransomware, botnets, viruses, etc.). While in this example the initial contact is by phone, it can also be by text or email.

It goes without saying that you shouldn't give control of your computer to a stranger. After all, if some random person called and asked to borrow your car, would you give him or her the keys? If you get tricked into this scam, the only safe solution is to disconnect your computer from the internet and reinstall the operating system. Odds are pretty good you will lose your personal files.

If you are contacted in this way, **THINK** and be **SKEPTICAL**. For phone contacts, ask for a name and a call-back phone number, write down the description of the problem, and hang up. For a text or email, you can probably ignore it, or you can call the company using a verified phone number. Don't use the phone number that the scammer sent you. Most

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! Stories 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). Entry forms are available at the Hospitality Desk and the Human Resources office. Submissions are due tomorrow, March 25, and can be dropped off at the Hospitality Desk or via email at sarah.duggan@meadowlark.org.

Donate Carnival Goodies

As you may know, our Paving the Way Carnival and fundraising event for the *Paving the Way* campaign will be Friday, April 15. Between now and then, Meadowlark Ambassadors are working to collect fun prizes and trinkets for the games. If you would like to contribute prizes to this event, please consider donating some plastic easter eggs, brand new packaged candy, and coins (i.e. pennies, nickles, dimes, quarters). The candy and coins will be placed into the eggs as prize, for children to find during the event's Easter Egg Hunt!! Please drop off donations at the Hospitality Desk no later than Friday, April 1.

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! 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.



Polkafest

Friday, April 1

◆ **Prairie Star Restaurant & Event Center**

Dinner from 5 to 7 p.m. / Music at 7 p.m.

\$17 Buffet

- ◆ Mini Bratwurst, Chicken Schnitzel on a Stick ◆
- ◆ Pretzel Bites with Beer Cheese, Spätzle ◆
- ◆ German Pizza & Apple Strudel ◆

Live Music by Tallgrass Tunessmiths

EVENTS & OPPORTUNITIES

Optimist Spaghetti Dinner

Saturday, March 26, at 5 p.m.

Do you love spaghetti and a free meal? Well, you are in luck! Resident and Optimist member Bob Pulford has tickets to give to five lucky residents and five lucky staff members to the 12th Annual Optimist Spaghetti Dinner. This event is scheduled for 5 to 8 p.m. on Saturday, March 26, at Pottorf Hall in CiCo Park.

All proceeds benefit Optimist Park maintenance projects, such as completing the Jessica Field Pitching Lane, and the bleacher and dugout benches for Bidwell Field. If you would like to claim one of these tickets, please contact Jana Armfield, Engagement Specialist, at (785) 323-3890.

Bartending with Brayden

Tuesday, March 29, at 3 p.m.

Join Brayden Cox, Prairie Star Bartender, for another exciting bartending class at 3 p.m. Tuesday, March 29, in the Prairie Star Pub. This week Brayden will focus on vodka drinks including the always famous Mule!

NEW! Memory Matters Symposium

Tuesday, March 29, at 5 p.m.

Meadowlark Memory Program will host the 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! Tortilla Making & Fiesta Dinner

Wednesday, March 30, at 4 p.m.

Join Executive Chef Stacey Hayter as she teaches a class in tortilla making followed by a fiesta dinner at 4 p.m. Wednesday, March 30, in Verna Belle's Cafe. Dinner will include steak and chicken fajitas, Mexican rice, and beans. The cost to attend is \$16 per person. Please sign up in the Blue Book.

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. Several walking routes are planned; participants may choose the route that suits them best. Indoor walking options will be available.

Prairie Star Menu Suggestion Meetings

Friday, April 1, 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, April 1, in the Bison Room. This meeting occurs every first and third Friday.

Tallgrass Tunesmiths

Friday, April 1, at 7 p.m.

This is no joke! Come to the Event Center at 7 p.m. Friday, April 1, to enjoy entertainment by The Tallgrass Tunesmiths! The group members includes Tracy Weaver on accordion, ML Stahl on mandolin and guitar, Bob Hughes on clarinet and guitar, and Steve Brantl on bass. Get ready to be entertained to the sounds of polkas, folk songs, and more! All are invited.

EVENTS & OPPORTUNITIES continued on page 4

EVENTS & OPPORTUNITIES

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

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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.

Card Making with Michelle

Thursday, April 28, at 2:30 p.m.

The next Card Making with Michelle class will occur on Thursday, April 28, from 2:30 p.m. to 4:30 p.m. in the Flint Hills Room.

CYBERSECURITY, from page 1

importantly, talk to a friend, relative or computer-support company that you trust and get help. I have been called by Cox when there really was a problem, so I can't say a call like this will always be a scam. The bad guys know that and so sometimes the scam works. I can say that Microsoft and Apple will never call you unless you called them first. Remember our big three: be **VIGILANT**, use your new found **KNOWLEDGE**, take **CONTROL** so you can stay safe. You can do this!

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 The Good Wife

by Helen Roser

The bullet holes in the short black top coat he wore constantly were put there when he was wearing it. He was the only one I worked with who ever mentioned family.

"I could not do what I do if it was not for my wife," he told me. "She is a good Catholic. We have nine children she is raising valiantly. I could not do what I do if it was not for her."

Later he mentioned that his wife had a dream of having a little antique shop in Pasadena after he

retired.

Our work was “not of record.” I was told: “If anyone asks about you, we will say we never heard of you.” I worked with him in his last years of service. Car wrecks and bullet holes later, he retired. He had never been in the hospital, when he retired.

I was in my boring safe desk job as a paralegal when my phone rang. It was him, calling me. He said: “I am calling you from my hospital bed.” I was surprised and said: “But I thought you had retired!” “I did,” he said, “but do you remember the little antique shop my wife wanted after I retired?” I said I remembered. He said: “Well, she got it. She had bought a big antique chest and I was trying to load it on my truck to take it to her shop. It was really heavy and I got a hernia and had to have surgery. And that is why I am calling you from the hospital.” I never laughed so hard in my life. He was done-in, not by crooks, but by a loving good wife.

THE REAL LORD OF THE FLIES

by Ron Williams

Something caught my eye the other day in the Saturday Evening Post, and pressed me for a second read. It read “THE REAL LORD OF THE FLIES.”

The original “Lord of the Flies” was a book written in 1954 by William Golding. It told about six teenage boys who were shipwrecked on a desert island for more than a year. The book is based on the assumption that human beings are born with a natural tendency toward evil; that given the opportunity a society and its members will tend toward evil. The book depicts the boys stranded on the island. The boys exhibit the worst in human behavior. Rutger Bregman says it well in the Post article, “Golding had a masterful ability to portray the darkest depths of mankind. ‘Even if we start with a clean slate;’ he wrote in his first letter to his publisher, ‘our human nature compels us to make a muck of it.’ Or as he later put it, ‘Man produces evil as a bee produces honey.’ ”

In the book “Lord of the Flies,” the boys self-discipline and structure was so bad that when they were found a year later only two were living. The boys’ natural ways led them into all sorts of evil treatment of each other. It was mutually destructive. This basic belief in the evil

base of human nature, which is the main subject of the book, has been taught to school children and read widely over the world for the past 70 years. Some psychologists say that this thinking is responsible for some of the tendency toward violence in the world.

But there is another story, a real life story. Six boys bored with school work in their parochial school in Nuku’alofa on the island of Tonga stole a boat and set out to sail to Fiji or maybe even New Zealand. A storm came up while they were sleeping and damaged their boat and set them adrift. After drifting for eight days without any food or water supply, they finally push ashore on the small deserted desert island called Ata, where they were stranded for over a year. These real adventure boys, rather than the bad boys of “The Lord of the Flies” turned their tragic adventure into a success.

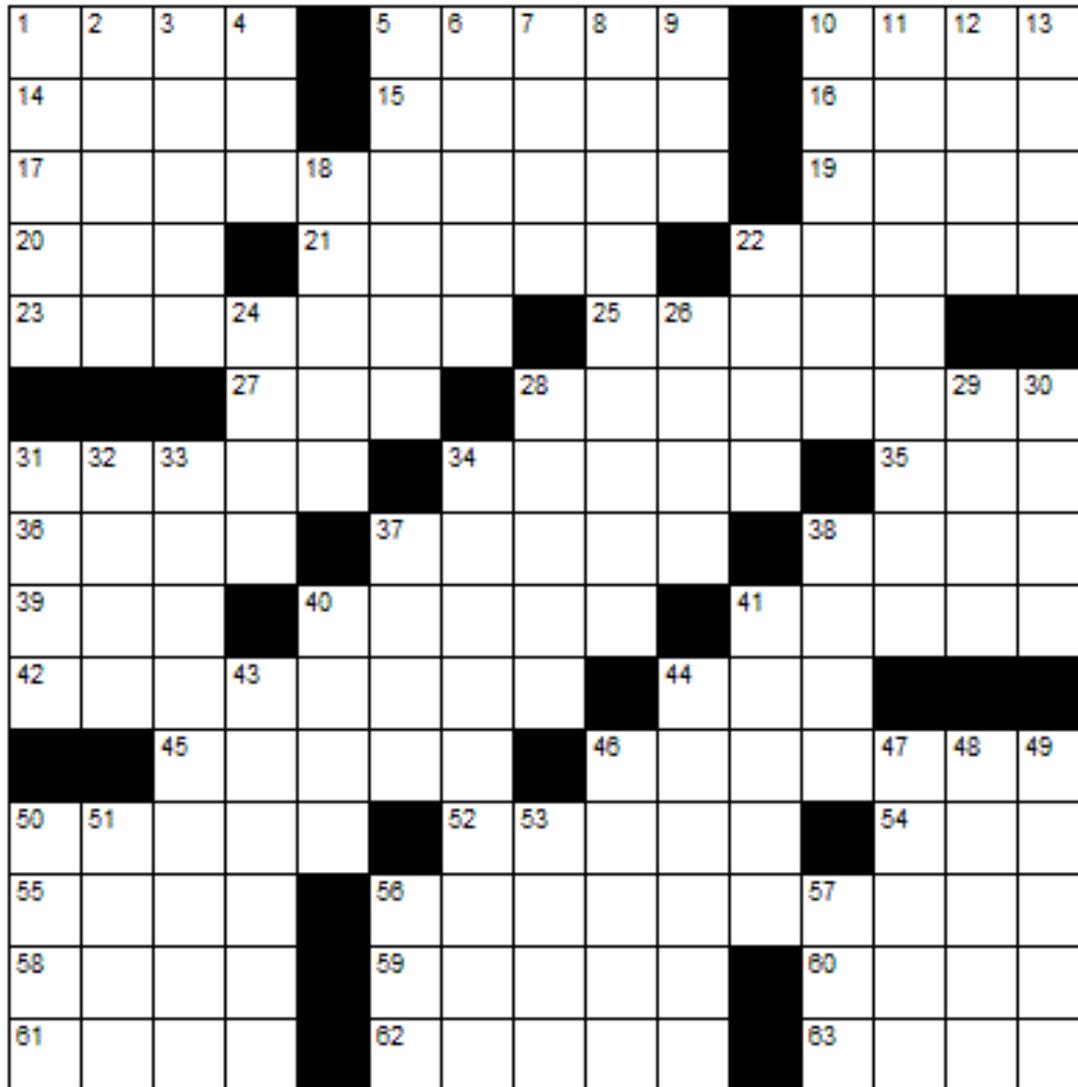
A writer named Morgan wrote about these boys, “...the boys set up a small commune with a food garden, hollowed out tree trunks to hold rain water, a gymnasium with curious weights, badminton court, chicken pens, a permanent fire, all from handiwork, an old knife blade, and much determination.” When there were fights, those involved were sent to isolated places to cool off and then make peace. Each day began and ended with a song and a prayer. One boy burned his leg on a stove on the boat, and another broke his leg while on the island. The other boys treated them back to health and did their share of the work.

They were rescued and welcomed back to Tonga with hugs and tears from the school and parents, and the anger of the boat owner.

It is Bregman’s contention that the real boys exhibited human nature much better than the fictional boys. He contends that concentration on the story of the real stranded boys rather than the fictional boys in the “Lord of the Flies” will lead to a better, more positive and peaceful world. God created men and women, and God pronounced all of God’s creation “Good!”

From the author: This story is based on an article in the November/ December issue of Saturday Evening Post, beginning on page 40.

Work That Brain!



ACROSS

1. Thick slice
5. Gunk
10. Cook
14. Prospector's find
15. Rubber wheels
16. Memorization method
17. Act of showing affection
19. Anagram of "Seen"
20. Snake-like fish
21. Raise
22. Birth-related
23. Gift
25. Diminish
27. Label
28. Scourges
31. Curved
34. Elation
35. Guff
36. Economic prosperity
37. Itinerary
38. Luau souvenirs
39. Hurried on foot
40. Stomach
41. Eagle's home
42. Engrave
44. Before, in poetry
45. Metal money
46. Green gem
50. Type of body fluid
52. Safe place
54. Sticky stuff
55. Den
56. Production of electricity
58. Spheres
59. Beside
60. As well as
61. Delight
62. A type of writing tablet
63. Ale or lager

DOWN

- | | | |
|------------------------------|-----------------------------------|--------------------|
| 1. Slumber | 18. Coming up | 40. Curtail |
| 2. Hermit | 22. Badgers | 41. Sporting venue |
| 3. Confuse | 24. Flower stalk | 43. Route or path |
| 4. Honey insect | 26. Bottom | 44. Come forth |
| 5. Powerful | 28. Water channel | 46. Occurrence |
| 6. Boundary | 29. Fifty-three in Roman numerals | 47. Nimble |
| 7. Angers | 30. Abbey area | 48. Not tight |
| 8. State of mind | 31. Dugout shelter | 49. Giver |
| 9. Estimated (abbrev.) | 32. Horse color | 50. Trudge |
| 10. Bring into being | 33. Enroll | 51. Noble |
| 11. Hotelkeeper | 34. A shocking surprise | 53. Dwarf buffalo |
| 12. Europe's highest volcano | 37. Devastation | 56. Petrol |
| 13. Sense | 38. Lascivious look | 57. Bar bill |

Art Engagement *from the Beach Museum of Art*

Curator's Choice ... It's your turn to design an exhibition!

All the art below depicts prairie fire. You need to decide which three will hang together in the gallery.

What do you focus on to make your choices? Do you group by color or composition?

Maybe you focus on the pieces *that show the same features.*



[top left]
Blackbear Bosin,
Prairie Fire, 1953,
Photomechanical
reproduction on
paper, KSU,
Marianna Kistler
Beach Museum of
Art, gift of Peggy
L. Sondergard &
Samuel H. Logan,
CM1.2021



[top right] Patricia DuBose Duncan, *Prairie Fire*, 1977,
Chromogenic print mounted on foam core, KSU, Marianna
Kistler Beach Museum of Art, gift of the artist, 1998.108

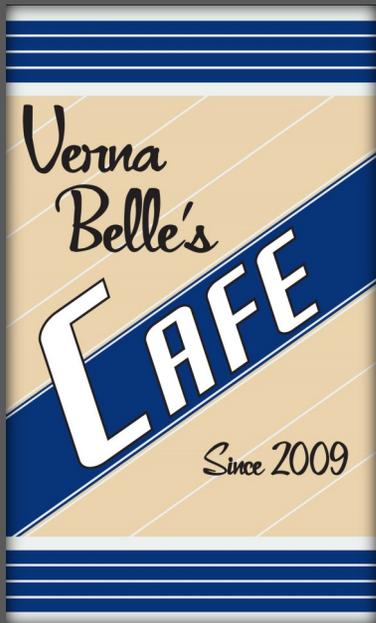
[middle left] Larry W. Schwarm, *Earth, Fire, and Water, Z-bar
Ranch*, 1994, Chromogenic print, KSU, Marianna Kistler
Beach Museum of Art, Friends of the Beach Museum of Art
annual reception purchase, 2001.73

[middle right] Shirley Smith, *Burning Field*, 1994, Oil on
canvas, KSU, Marianna Kistler Beach Museum of Art, gift
of the estate of Shirley Smith, 2014.42

[bottom left] Lisa Grossman, *Last of the Spring Fires*, 2002
Oil on canvas, KSU, Marianna Kistler Beach Museum of
Art, gift of Richard D. Olson, 2010.78

RESTAURANT **SPECIALS**

<p>Sunday, March 27</p>	<p>\$13 Lunch Ham with Cherry Sauce Scalloped Potatoes Green Beans</p>	<p>\$13 Dinner Ham with Cherry Sauce Scalloped Potatoes Green Beans</p>
<p>Monday, March 28</p>	<p>\$9 Lunch Grilled Cheese with Cheddar, Provolone, & Tomato Sausage Kale Soup</p>	<p>\$13 Dinner Pork Tenderloin Roasted Red Potatoes Brussel Sprouts</p>
<p>Tuesday, March 29</p>	<p>\$10 Lunch Beef & Bean Burrito with Cheese Sauce Mexican Rice & Black Beans</p>	<p>\$12 Spaghetti with Meat Sauce Green Beans Garlic Texas Toast</p>
<p>Wednesday, March 30</p>	<p>\$9 Lunch Margherita Pizza Side Salad with Ranch</p>	<p>\$12 Dinner Roasted Chicken Thighs Mashed Potatoes & Cream Gravy Buttered Carrots</p>
<p>Thursday, March 31</p>	<p>\$10 Lunch Chicken Chopped Salad</p>	<p>\$13 Dinner Chicken Cordon Bleu Wild Rice Broccoli</p>
<p>Friday, April 1</p>	<p>\$10 Lunch Bacon Cheeseburger with Beer Cheese Sauce, Bacon, & Crispy Onions French Fries</p>	<p>\$17 Dinner Polkafest Dinner Buffet See page 2 for full menu.</p>
<p>Saturday, April 2</p>	<p>\$10 Lunch Loaded Pulled Pork Nachos</p>	<p>\$15 Dinner Fried Catfish Dirty Rice Broccoli Hushpuppies</p>



Breakfast & Lunch Specials

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

Monday, March 28

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

Lunch: Farmers' Market Penne, \$6.50 *a variety of vegetables served over a bed of creamy penne pasta with French bread*

Tuesday, March 29

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

Lunch: Southwest Pork Flautas, \$4.50 / 6.50 *seasoned pork & onions rolled in lightly fried flour tortillas covered with zesty crema & pico de gallo*

Wednesday, March 30

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

Lunch: Smothered & Stuffed Meatloaf, \$6.50 *mini meatloaves stuffed with shredded pepperjack cheese & covered with sautéed peppers & onions served with potato wedges*

Thursday, March 31

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

Breakfast or Lunch: Italian Chicken, Sausage, & Orzo Soup, \$4.50 / \$6.50 *chicken, sausage, vegetables, & orzo pasta in a tasty broth served with Ciabatta garlic toast*

Friday, April 1

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

Lunch: Fiesta Chicken Casserole, \$6.50 *seasoned chicken, Ro-Tel, vegetables, & rice covered with cheese & baked in a casserole and served with tortilla chips*

Saturday, April 2, & Sunday, April 3

Breakfast: Ala Carte Menu Options

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

Free Hat Friday: Congrats to the March 18 winners—Bill and Jan Anders! 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 25.



Weekly Opportunities Calendar *March 27 to April 2*

Sunday • March 27

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

Monday • March 28

9:30 a.m. ~ Seated Strength, CR
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
7:00 p.m. ~ Bingo Night, CR

Tuesday • March 29 *Trash & recycling pick-up*

9:30 a.m. ~ Book Club: My Football Life, FHR
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
2:00 p.m. ~ Memory Activities Class, KSU CL
2:00 p.m. ~ 10-Point Pitch, GR
3:00 p.m. ~ Bartending with Brayden, PS Pub
4:00 p.m. ~ Meadowlark Singers Practice, CR
5:00 p.m. ~ Memory Matters Symposium, EC
5:30 p.m. ~ Social Dining, MR

Wednesday • March 30

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
3:00 p.m. ~ Sing-A-Long, EC
3:00 p.m. ~ Rock Steady Boxing, CR
4:00 p.m. ~ Tortilla Making & Fiesta Dinner, VBC

**Why did it get
so hot in the
baseball stadium
after the game?**

All of the fans left.

Thursday • March 31

9:00 a.m. ~ Messenger Team, KSU CL
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Parkinson's Exercise Class, CR
3:30 p.m. ~ March Into April, EC
5:00 p.m. ~ iCAN with Pd Class, CR

Friday • April 1

9:30 a.m. ~ Prairie Star Menu Suggestion, BR
9:30 a.m. ~ Seated Strength, CR
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
3:30 p.m. ~ Catholic Mass, CR
5:00 p.m. ~ Polkafest Dinner, PS
7:00 p.m. ~ Polka Band, EC

Saturday • April 2

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

Room Abbreviations

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

Zoom Opportunities

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

Monday, March 28

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

Tuesday, March 29

2 p.m.	Memory Activities Class
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Wednesday, March 30

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

Thursday, March 31

1 p.m.	Parkinson's Exercise Class
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CHANNEL 1960 Entertainment Guide

Sunday, March 27

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

Monday, March 28

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

Tuesday, March 29

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 30

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 31

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, April 1

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, April 2

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

EASTER BUFFET

April 17th 11:00-2:00

Meadowlark Event Center

RESERVE YOUR SPOT AT PRAIRIE STAR



Hot diggity dog! Avery brings the fun for Hot Dog Day on Tuesday, March 22, in Verna Belle's Café!





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 27

THE YOUNG MESSIAH (2016) PG-13, 1 hr. 50 min. *Faith, Spirituality, Inspiring*

Cast: Adam Greaves-Neal, Sara Lazzaro, & Vincent Walsh

Tormented by a demon and on the run from a Roman centurion, a 7-year-old Jesus and his parents, Mary and Joseph, flee Egypt for Nazareth.

MUSICAL MONDAY: March 28

DIANA: THE MUSICAL (2021) PG-13, 1 hr. 57 min. *Musical, Heartfelt, Intimate*

Cast: Jeanna de Waal, Roe Hartrampf, & Erin Davie

The dazzling and devastating life of Princess Diana takes center stage in this original musical.

TRUE TUESDAY: March 29

FAUCI (2021) PG-13, 1 hr. 45 min. *Documentary, Biographical*

Cast: Dr. Anthony Fauci, Dono, & George W. Bush

A world-renowned infectious disease specialist and the longest-serving public health leader in Washington D.C., Dr. Anthony Fauci has overseen the U.S. response to 40 years' worth of outbreaks, including HIV/AIDS and Ebola. With unprecedented access, *Fauci* is a revealing portrait of this dedicated public servant,

WESTERN WEDNESDAY: March 30

THE OUTLAW JOSEY WALES (1976) PG, 2 hr. 15 min. *Classic, Western, Drama*

Cast: Clint Eastwood, Sondra Locke, & Chief Dan George

Ex-Confederate soldier Josey Wales is on the run from both his former unit and U.S. Army regiment that killed his family when he comes to rest in a quiet community and falls for pretty settler Laura Lee.

THEATER THURSDAY: March 31

LAND (2021) PG-13, 1 hr. 29 min. *Drama*

Cast: Robin Wright, Demian Bichir, & Kim Dickens

Edee, in the aftermath of an unfathomable event, finds herself unable to stay connected to the world she once knew, and in the face of that uncertainty, retreats to the magnificent, but unforgiving, wilds of the Rockies. After a local hunter brings her back from the brink of death, she must find a way to live again.

FUNNY FRIDAY: April 1

MRS. DOUBTFIRE (1993) PG, 2 hr. 5 min. *Comedy, Drama*

Cast: Robin Williams, Sally Field, & Pierce Brosnan

The eccentric, divorced dad of three children dresses as a British nanny so he can care for his children at the home of their mother in this touching comedy.

SWEET SATURDAY: April 2

THE PARENT TRAP (1961) G, 2 hr. 9 min. *Romance, Family, Comedy*

Cast: Hayley Mills, Maureen O'Hara, & Brian Keith

Susan and Sharon are identical twins separated at birth. Neither knows the other exists until a simple twist of fate finds them at the same summer camp, where they switch places in hopes of getting their divorced parents back together.