



by Bridget Larkin, LMSW & Social Services Leader

After a two-year hiatus, the Memory Matters Symposium returned Tuesday, March 29. Attendance nearly doubled projections, with approximately 100 people coming to learn in-person or via Zoom. Participants enjoyed a delicious spread of brain-healthy Mediterranean-style food prepared by Prairie Star Restaurant. Dr. Matt Floersch and Heather Sloan, APRN, from CenterPointe Physicians provided opening and closing remarks respectively. Both spoke about the value of the Meadowlark Memory Program for individuals and families affected by dementia. Dr. Floersch acknowledged limitations in treating dementia medically, and he stressed the importance of getting involved in activities that offer socialization, support, and a sense of community.

Two keynote speakers provided virtual presentations to the audience. Dr. Russell Swerdlow of the KU Alzheimer's Disease Research Center spoke about the history of Alzheimer's disease, information about diagnosis and treatment, and an update about current research. Dr. Susan McFadden, Professor Emerita of Psychology, University of Wisconsin

Oshkosh, proposed recognizing dementia as a disability and creating communities where individuals with dementia are treated with dignity and respect. Both speakers answered questions from the audience and encouraged people to get involved in local memory programs, advocacy, and research. Meadowlark Memory Program Leadership team members and class facilitators were present to meet attendees and answer questions. Symposium expenses were covered by proceeds from the 2021 Art Mingle fundraising event.

The Meadowlark Memory Program is designed to help those dealing with memory and cognitive changes, as well as their caregivers. The program is free and open to anyone affected by memory and/or cognitive issues in the Flint Hills region. Classes and groups are currently offered in-person or via Zoom. Interested individuals are encouraged to reach out to schedule a free consultation to discuss current challenges and learn about potential interventions. To learn more, please contact Michelle Haub at (785) 323-3899 or mhaub@meadowlark.org or Bridget Larkin at (785) 323-3837 or blarkin@meadowlark.org.

EVENTS & OPPORTUNITIES

Thank you!

submitted by Kathy Shawver, Stylist in Pizazz Salon
Thank you for the thoughtful cards and get-well wishes! I appreciate all of your kindness and sweet thoughts while I was recovering. Thanks!

Donate Carnival Goodies

As you may know, our Paving the Way Carnival, a 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 prizes, 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.

Annual Book Sale

Saturday, April 30, and Sunday, May 1

The Friends of Manhattan Public Library's bargain book sale is almost here! This year, it will be held in the Wefald Pavilion at City Park. The library's book sale will be open to the public from 10 a.m. to 4 p.m. Saturday, April 30, and from 1 to 3:30 p.m. Sunday, May 1. Sunday prices will reflect special deals on the remaining materials

Cashiers will accept cash, check, credit, and debit cards. Proceeds benefit the library programs and purchases, such as new books, furniture, special events for children, and summer reading programs.

A special preview night for Manhattan Library Association members is from 5:30 to 7:30 p.m. Friday, April 29.

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 Tunersmiths

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 Tunersmiths! Group members include 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.

UFM Lunch & Learn with The Midwest

Dream Car Museum

Tuesday, April 5, at 11:30 a.m.

You're invited to a lunch and learn event with The Midwest Dream Car Museum. This class will meet twice. The first session will be a presentation in Prairie Star's Event Center to learn about the history and information about the museum. Attendees will learn about the behind the scenes of running the museum, how it got started, and prepare you for a tour at the Car Museum on April 19.

The second meeting will be at the Midwest Dream Car Collection for you tour. You will get to see the cars and learn more about the history of this amazing car collection. Doug Meloan, Director of Vehicle Operations/Curator, will talk about The Midwest Dream Car Museum. Session one will meet Tuesday, April 5, from 11:30 a.m. to 12:30 p.m. at Meadowlark. The second session will be Tuesday, April 19, from 11:30 a.m. to 12:30 p.m. at the museum.

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

Easter Egg Crafting

Wednesday, April 6, at 2 p.m.

Join Brook Marcotte for some Easter Egg Crafting at 2 p.m. Wednesday, April 6, in the Bison Room. Participants will be making festive Easter Eggs, made from colorful embroidery floss, water

EVENTS & OPPORTUNITIES

balloons, and a special glue concoction! No registration necessary.

Beach Museum Visit

Thursday, April 7, at 12:45 p.m.

You're invited to the Beach Museum of Art located on the K-State campus for a guided tour on Thursday, April 7. Participants will have the opportunity to see the exhibits, including Gordon Parks, "Homeward to the Prairie I Come," and Doug Barrett, "Find Your Voice." The bus will depart from the Village entrance at 12:45 p.m. There is a sign-up sheet in the Blue Book, and the cost for transportations is \$3 per person.

Pd Education Group

Thursday, April 7, at 2 p.m.

You're invited to attend the Pd Education Group meeting from 2 to 3:30 p.m. Thursday, April 7, in the Community Room. The program, titled "Parkinson's and Medicare: Shaking Out Your Benefits," will be presented by Karen Mayse, Certified Medicare Benefits Counselor, and Lucy Straily, Advisor.

Medicare can be difficult to understand and learning about all your benefits takes time. Join Karen as she shakes out the benefits that you, as a person with PD, could be eligible to receive. Following the presentation, Karen and Lucy Straily will be available to answer questions.

Dinner with the League

Thursday, April 7, at 6 p.m.

You're invited to join Dinner with the League of Women Voters at 6 p.m. Thursday, April 7, in Prairie Star Restaurant's Event Center. The presenter will be the Be Able Community. The speaker will talk about the community work they are doing locally, and will show a couple of video clips.

Residents are invited to attend the program and/or meal. Dinner will feature tomato bruschetta chicken with roasted red potatoes and green beans for \$15 per person. There is no cost to attend the program only. Please sign up in the Blue Book by Monday, April 4, to participate.

Bluemont Bluegrass

Friday, April 8, at 7 p.m.

Meadowlark welcomes back The Bluemont

Bluegrass at 4 p.m. Friday, April 8, in the Event Center. This bluegrass group originates from the First United Methodist Church. They provide service music at the church about four times a year, as well as an occasional all-congregation outdoor gathering. The group name is inspired by an event for which they played on top of Bluemont Hill. When they provide music for events outside the church, they mix in some secular tunes to go with the gospel bluegrass. All are welcome!

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.

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.

ML Transportation: Rate Increase

As a response to rising transportation costs including wages, gas prices, construction detours, and vehicle maintenance, Meadowlark must adapt to maintain the current level of quality services.

Effective May 1, transportation rates will increase to match those rising costs as well as offer different rates for Meadowlark residents versus non-Meadowlark residents. These rate changes will not apply to the included transportation per the occupancy agreement for those who live in Healthcare or Assisted Living Households.

Transport Type	Resident	Non-Resident
Local Errands	\$14	\$17
Local Transport (each way)	\$10.50	\$13.50
Local Transport with Wheelchair Assistance (each way)	\$16.50	\$20
Out-of-Town Transport	\$23/hour plus Federal Mileage Rate	\$26/hour plus Federal Mileage Rate

College Student Protests

written by Duane Miksch & originally published in 1955
To The Sun:

I was home a few days last week, between semesters, and I read your editorial against offering rides to hitchhikers. I was quite concerned because that mode of travel has been very important to me at times.

I agree with most of your statements, but I believe you are too extreme in recommending that no one ever pick up any hitchhiker.

This is my fourth year at Kansas State College, and my brother is here for his second term. Between the two of us, I figure we've hitchhiked home at least a dozen times. It is at least three hours faster and \$6 cheaper than any public transportation available, discounting the fact it runs but once a day, and that being usually, at a very inconvenient time.

On each of the trips that I have made, I have ridden in from two to six different cars. It has never taken more than 5 1/2 hours to travel to Parsons in this manner. Considering that it is a 4

1/2 hour drive. I have never stood in one place very long.

I do not mean to imply that people should feel sorry for anyone along the road. In practically all instances, I have been offered a ride, not because anyone felt sorry for me, but because they were traveling alone and wished company.

Never once, upon being offered a ride, have I been asked for any credentials, but I can see no harm in a motorist asking for identification the same as someone cashing a check. Most college men who wish ride offers are careful about their dress and often wear clothing that identifies them with their school.

I feel a motorist should consider each situation and each person individually. Then he should stop only if he can trust his passenger and feel at ease in his company.

On The Longest Laugh

by Helen Roser

Writing for established comedians was serious business. Responses of studio audiences were recorded and studied. Someone in the business decided to seek to learn what had brought the longest sustained laugh by a studio audience.

Jack Benny's character won. He had been developed as a well, thrifty man. Tight with a dollar. A tight-wad. Cheap.

Jack's character is accosted by a robber who pokes a gun in Jack's ribs and snarls: "Your money or your life!" Silence. Then the bad guy says: "Well?" Jack's character wails: "I'm thinking! I'm thinking!"

That line brought the longest audience laugh that was recorded.

Later, I was lucky enough to know one of Jack's writers. He told me how they came up with that winning line.

Their leader of Jack's five writers had set up Jack's being accosted by the robber who says: "Your money or your life!" to which Jack says nothing. The group had to think of a laugh-getting response. But no one could think of anything. Finally the leader glares at one writer and says: "Well?" The writer wails: "I'm thinking! I'm thinking!"

That was it! That is what the tight-wad Jack says! When it was his money or his life, he had to think about it. Now that, my friends, is cheap.

OUTDOOR ENCOUNTERS

submitted by Nathan Bolls

Saturday, 19 March, the day before the first day of spring, seemed a good time to check the progress on campus of Spring emerging from Winter—and to see how many signs of Spring were about. I was not disappointed. For starters, I enjoyed two butterflies and one small spider. No dragon flies yet.

But, with climate change and the practice of several species of overwintering here instead of going south, it is rather dicey to know who's newly back in town and who braved the cold. Most notable examples are the Canadian goose and the great blue heron. I saw turtle (mourning) doves and heard the call of the European collared dove. Had many sightings of the ubiquitous robin, but hard to tell which of them normally breed here and go south for the winter or come south to spend the winter with us before again heading back north to breed.

I've read that some bluebirds and wrens overwinter here. Bluebirds **are** early nesters. But on 19 March "all was quiet on the western front." I recall that during past summer hikes along Donner Tail, I often would be blessed by a Carolina wren at the upper end of the trail and by a house wren at the lower. Saw no sign of the American sparrows that come south to overwinter here. Same with the adorable juncos who bless our winters but are in the process of heading north. Cardinals, as always, showed their beautiful flashes of color.

Although not so much a seasonal thing, on any given night I might expect to hear either the barred of the great horned owl calling from the woods behind my cottage on Meadowlark Valley. But a few nights ago, something different: a call that suggested the presence of the slightly smaller long-eared owl. Let's hear it for variety!

Time out for Bayer Pond. Being some three feet below maximum water level before the recent rains, the exposed banks held an unusually large

number of opened freshwater mussel shells. Not commonly known is the fact that Kansas is home to just over forty species of fresh-water mussels. Countless raccoon tracks, and a few of deer, skunk, and great blue heron splattered the banks where rocks gave way to mud. Part of a bobcat track, or that of a very large domestic cat, piqued my interest.

I saw three of the five species of frogs one might expect to find along the water's edge: bullfrog, leopard, and northern cricket frogs. The two species of tree frog are less likely, except during their breeding seasons, to be found crowding the pond's edge. One member of the large population of pond slider turtles was sunning on a rock but saw none of the few snapping turtles that live there.

Back on dry land, I will give a nod to a group of common animals that neither migrate nor hibernate. Will mention three of them—and leave the prairie vole rodent and other species for another time. The coyote, the "defiant song-dog of the West," is found in almost every county of every state, the Maritime Provinces, and much of both Canada and Mexico. If I listen, I can, from my cottage, hear them many evenings each week as they sing to themselves, to other coyote groups, to the cosmos, or to whatever or whomever.

The fox squirrel brings much spirit and physicality to our woods and lawns. The bane of those who maintain bird feeders in their back yards, *Sciurus niger* must, at least, be admired for its ability to rapidly haul its body weight straight up a tree trunk. Variety and physicality!

Few appreciate the number of raccoons around and how closely they can live in relation to us. Ricky Raccoon is alive and well. All three species mentioned have a wide and varied diet. Variety, physicality, and flexibility!

As time goes by, I intend to spend a significant number of column inches extolling the reasons why we should marvel at all living creatures—and give them a much larger billing in the business of keeping this planet safe for all of us.

Artist information from page 11.

William Frederick Foster (United States, 1883-1953), Title Unknown(Illustration of a woman and ailing man), ca. 1930, Oil on canvas, KSU, Marianna Kistler Beach Museum of Art, gift of Martha and Sam Logan, 2021.57



Comedy Contest:

Humorous Tales at Meadowlark

by Harriette Janke

First Place, Resident Category

This is not fiction. It is all true, except the names have been changed to protect the guilty ones.

The setting is the present time in the Meadowlark Dining Room. Six women are seated at a round table for lunch. Jessica presents a philosophical problem to solve. A beloved cat needs dental surgery costing \$800, and it is a very beloved, old cat. What should be done?

Our waitress, Angelica, approaches so we order our meal. We call out, "What is the special?"

"Fish and chips," she replies. Beatrice wants to know, "What kind of fish are they?"

Wiladene is quick to say, "Dead ones, I hope!"

Beatrice then says, "Of course they are dead. Meadowlark wouldn't serve us fish that were still alive! How could Stacey keep them in the frying pan?!"

Angelica has everyone served. We are moaning about not remembering the names of our wonderful servers in the dining room. Hortense asks Angelica if she could write down the names of

the people working here today. And soon she is back with the list. Holding the list of our servers' names in the middle of the table, Hortense promises to copy the list for anyone paying her \$5. Angelica moved behind Hortense and whispered in her ear, "I want a commission on that." (She will do well in business.)

On another occasion, it was chunks of tough beef in the soup, which we had all ordered. We tried, but cutting it into smaller pieces was still tough for our 70-to-80-year-old teeth. When we gave up, after packing all spaces between these old teeth with beef, Hortense could stand it no longer. She dug into her purse for a toothpick, but found only one. It was a new one still in its wrapper—one toothpick for six people! So—ask for bids! The pristinely clean toothpick was held up for bids. The highest bidder got to use the toothpick first. Josaphine pipes up, "And the second highest bidder gets to use the other end!"

But back to Jessica and her cat. She revealed that her precious cat is doing well with his sparkling clean teeth and the vet made his monthly payment on his new BMW.

Laughter is like rabbits. The more you laugh, the easier it is to laugh again.

The Jailhouse by Bill Anders, Second Place, Resident Category

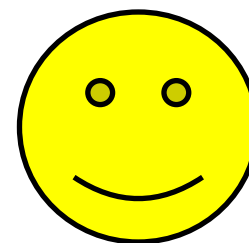
Sometime during my first year working for the Naval Civil Engineering Laboratory in Prot Hueneme, Calif., a fellow worker invited me to a Toastmasters Club luncheon. At the start of the meeting, the chairman introduced me as the honored guest and asked me to tell the group who I was and tell where I was from and a little about myself.

So I began ... I was from Winfield, Kan., and my early years were spent in the County Jail. This created a noticeable quietness in the room. I then

said that my dad was the Cowley County Sheriff and that the jailhouse was the building across from the Courthouse and was the residence for the sheriff and his family. The front of the house and upstairs was the family living quarters, and in the back was the sheriff's office and back of that was the lock-up.

After hearing that explanation, everyone settled down and the guy who invited me to the meeting climbed out from under the table and rejoined the group.

t: Wining Entries



Laughter Creates Life

by Polly Ferrell

Third Place, Resident Category

It is laughter that creates life. Laughter comes from within you. Laughter is what makes life come alive. Laughing at life from the outside is like watching a comedy performance, but it is the laughter that explodes from within us that is real. When one learns to laugh at one's self then that laughter truly creates life.

Our family looks back and laughs aloud at where we have been. It was supper time in the house with four teenagers. Leftovers would fill the refrigerator and periodically came the dreaded Leftover Supper. In small town America, boys and girls vied for the same basketball practice court. One week the girls practiced early and the boys practiced late. The next week that was reversed. Late practice kids often ate a late supper alone. This time Mom had already started the clean up. All remaining leftovers were scraped into the same pan, later to be shared with the family dog. Enter, one starving basketball-playing teenage boy. He lifts the lid, sees goulash and fills his plate. The other family

members gasp as the plate goes into the microwave for a quick warm up. That gasp explodes into collective laughter. On no, we have hurt the feelings of the hungry one.

Look again. He, too, is laughing. We are all laughing together, not at one person but as one loving family. Laughter creates life.

Backtrack to a previous generation. Two teenage boys were repairing the windmill. With clarity of aim the hammer in one boy's hand hit the hand of his brother. Mom was brought into arbitrate. The hitter claimed he first told his brother to, "Move your hand or I'll hit it." And—true to his word, that is exactly what he did. Honesty is the best policy, but sometimes it still hurts. Those brothers of mine continued to be best friends for life. Generations late we all laughed at that incident. Laughter creates life.

Laughter is no joke. It is life giving. Laughing helps you take in oxygen, which stimulates your hearts, lungs, and muscles. It increases the endorphins released by your brain, helping to relieve pain. Your sense of humor improves. Go ahead. Laugh!

"A merry heart doth good like a medicine."
Proverbs 17:22

Mystery Mascot

by Brittany Hernandez

First Place, Staff Category

I was a Girl Scout growing up, starting as a Daisy, then Brownie, then Girl Scout Junior, and finally a Girl Scout. When I crossed the bridge to become a Brownie, selling cookies became very serious. There was camp at stake, there was troop pride at stake. We were vicious; plotting and scheming ways our troop could sell the most cookies in town, often organizing family events to sell to, arranging to sell outside of store fronts, and sometime setting up our booth at the local minor league hockey arena.

Our town was home to the Beacons, their mascot an angry and belligerent pirate. They were the town heroes, having won in the quarterfinals and preparing for the semifinals against the Elmira Jackals from New York. Their mascot was an angry and bouncing jackal. For those unfamiliar with hockey, fist fights are frequent (and often encouraged) to keep the energy high.

Set up right next to the ice, where grown men socked each other in the face, stood my Girl Scout troop full of seven-year-olds. I strutted in the Caramel Delight cookie costume because I was the shortest and the only one who could fit in it. After the intermission, it was quiet by our booth and we

See MASCOT, page 8



Comedy Contest:

MASCOT, from page 7

eagerly waited for people to walk by so we could strike them with, "Please support Troup 151! We want to go to camp! We need to get our badges!"

At some point our troop leader needed to step away to make a phone call, and in that short time she was away something happened that I still question to this very day if it was reality. A mascot, neither an angry pirate or jackal, strutted up to the booth. He was green and cylindrical, wearing oversized orange shoes and a matching orange narrow cone on the top of his head. His face was green and round, characterized by large eyes and a stitched, upward curve for a smile. To complete the look, a black cape draped along his back.

"What are you?" we giggled and shouted. He didn't respond, but instead handed each of us a plush version of himself. He gave us a cartoon wave and strutted away. We played with these toys obnoxiously until our troop leader returned. She was so confused and asked where they came from. We explained that the mysterious mascot came by and gave them to us. She took one and read the label, *Fleet*.

"Fleet?" she repeated.

"Fleet?" we echoed, confused. There was a pause, then a chuckle, and then she said, "Fleet is a brand for an enema," to which we needed further and then no further explanation. "That must have been the Enema Man."

This memory laid dormant in my mind for a long time, and when I returned to that hockey arena a decade later I questioned if that interaction really happened. It did, and I have included a picture as proof. The plush dolls have sold for \$100.



Working for Whitman's

by Arlene Lundberg

Second Place, Resident Category

I gave Helen a very small box of chocolates for Valentine's Day and later received the following thank you letter from her.

"Dear Arlene,

"Thank you for the Whitman's chocolates. They were delicious."

"To open the cute puppy box took 3 hours of struggle, rest, struggle, rest arthritic hands.

"Tools I tried to use were: letter opener, scissors, box cutter, butcher knife, hammer, screw-driver, and pliers. There was nothing to get a hold on to yank. It involved pounding a screw driver with a hammer to finally create a hole.

"It was struggle-rest-struggle. Then rest, then again. I was determined to not be out-done by the cute little box. The thought it might be empty crossed my mind, but its heft made me know something was in it. But why did Whitman make their product unreachable? Did they intend, instead of being eaten, it will be will as a treasure? ("To my favorite third cousin, Wilber, I leave my Whitman chocolates in puppy box.")

"Well, I had not lived through 99 8/12 years to be out-done by a puppy box of chocolates. I was really using muscle.

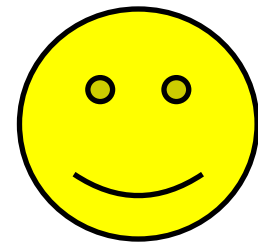
"Suddenly, there was a burst and chocolates went flying. I couldn't see where they went so I turned on all the lamps and got my yard stick to sweep under furniture if I could reach down that far, which I couldn't.

"I finally saw a piece across the room, on the floor. So I spread out my search and found in another in another direction. Those chocolates had really flown. In a totally different direction, I saw the third one lurking behind a chair leg.

"I had them on victorious display for a day. Then I ate them. They were delicious.

"I made up my mind: From now on, when it is "packaging or me," I am going to triumphantly choose: ME!

t: Wining Entries



*"Thanks for being so nice.
"Helen
"(Thank goodness I am
not too old to learn!)"*

Despite the fact that I am considerably younger than Helen, I, too, am "not too old to learn," so I got her a bag of M&M's and told her that a "simple pair of scissors" would be all that was needed to open this new package of chocolates.



Skilled Nursing

4/9 Virginia Snodgrass
4/18 Stephanie Upton
4/20 Judy Jensen

Assisted Living & Riley House

4/2 Donna Sesler
4/3 Gary Jantz
4/10 Wilma Schmeller
4/12 Evelyn Lady
4/20 Kathleen Ward
4/22 Susan Scott

Independent Living

4/9 Janet Anders
4/9 Cam Beatty
4/13 Larry Parsons
4/17 Jeanne Lundin
4/17 Bob Johnson
4/17 Bob Snell
4/19 Margaret McKittrick
4/19 Warren Prawl

A Collection of Jokes by Sumaya Nabakooza Third Place, Staff Category

Dear Sleep, I'm sorry I hated you when I was a kid, but now I love you very much and cherish every moment with you.

I just blocked someone for correcting my grammar and now I feel good.

Me and my friends giving each other relationships advice: the blind leading the blind.

My Therapist: Love yourself.
Me: I'm not my type.

Without you I can't breathe, I love you so much. (Me to my nose.)

Me: Do you play any dangerous sports?
Him: Sometimes I disagree with my wife.

April Birthdays



4/20 Nancy Bowen
4/20 Donald Ely
4/22 Margaret Fager
4/23 Carolyn Pulford
4/23 Jim Reed
4/27 Dorothy Bitler
4/29 Karen Matthews

Employees

4/1 Mackenzie Taggart
4/2 Malaney Walters
4/3 Jennifer Roudybush
4/3 Steve Schreiner
4/4 Calea Miller
4/5 Patty Brown-Barnett
4/6 Jen Schoenhofer
4/8 Logan Neitzel
4/8 Jessica Zhang
4/9 Concha Campa
4/9 Madison Lagasse
4/9 Jessica Mies
4/9 Mark Morton
4/10 Greg Brown

4/11 April Ascher
4/14 Jenny Garrett
4/14 Rita Harsch
4/14 Kesiah Winter
4/15 Monte Spiller
4/17 Tiana Graves
4/17 Kayle Wamsley
4/19 Geoffrey Jones
4/20 Teresa Golden-Perkins
4/20 Chris Loehr
4/21 Shelby Boland
4/22 Kylie Hynek
4/22 Stephanie Kerr
4/22 Ashlea Reimer
4/23 Dakota Boren
4/26 Saif Alankarli
4/26 Kenzie Cramer
4/26 Maddie Cramer
4/27 Kaleigh Dooley
4/28 MyKayla Burgess
4/29 Michael Hwang
4/29 Heather Jones
4/29 Brook Marcotte
4/29 Amanda Stanzel
4/30 Helena Zavala-Chase

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

Going, going, GONE! Demolition of cottage 1217 Meadowlark Circle is finished. Removal of the cottage was necessary to make room for construction on the new independent living apartment building, The Monarch. Construction is expected to be completed summer 2023.



EASTER BUFFET *April 17th 11:00-2:00* Meadowlark Event Center

CARVED PRIME RIB
SEARED SALMON
CHICKEN DRUMSTICKS
SEAFOOD NEWBURG
LAMB SHANKS
WHITE CHEDDAR RIGATONI
ROASTED RED POTATOES
TWICE BAKED POTATO CASSEROLE
HONEY GLAZED CARROTS
ASPARAGUS
OMELET BAR
GRILLED VEGETABLES

FRESH BAKED BREADS
SALAD WATERFALL
FRESH FRUIT
POACHED SALMON
WALDORF SALAD
RASPBERRY ASPARAGUS
TABBOULEH WITH PITA
JELL-O SALAD
CHICKEN CURRY SALAD
DEVILED EGGS
SEAFOOD SALAD
PASTA SALAD

DUTCH APPLE PIE
PECAN PIE
CREAM PIES
ICE BOX PIE
BOSTON CREAM PIE
MIXED BERRY CRISP
BREAD PUDDING
CREAM PUFFS
CITRUS CHEESECAKE
CARROT CAKE
APPLE CAKE
RASPBERRY WALNUT TORTE

\$26 PER ADULT

RESERVE YOUR SPOT AT PRAIRIE STAR

\$14 KIDS 12 & UNDER

Art Engagement *from the* Beach Museum of Art

What is going on? Take a long moment to look closely at this image. Then ask yourself, what is going on in this picture? Any thoughts you have about this image are worth mentioning. Ask yourself, what do you see that gives you these ideas?

Artist information listed on page 5.



RESTAURANT **SPECIALS**

<p>Sunday, April 3</p>	<p>\$14 Lunch Fried Chicken Collard Greens Mashed Potatoes & Gravy</p>	<p>\$14 Dinner Fried Chicken Collard Greens Mashed Potatoes & Gravy</p>
<p>Monday, April 4</p>	<p>\$10 Lunch Pesto Chicken Burger Sweet Potato Fries</p>	<p>\$14 Dinner Pork Medallions Cheesy Potato Stack Fresh Green Beans</p>
<p>Tuesday, April 5</p>	<p>\$10 Lunch Fry Bread Beef Tacos Refried Beans Mexican Rice</p>	<p>\$12 Chicken Manicotti Broccoli Garlic Toast</p>
<p>Wednesday, April 6</p>	<p>\$10 Lunch Shrimp Louis Salad <i>romaine lettuce, avocado, cherry tomatoes, hardboiled eggs, & Louie dressing</i></p>	<p>\$12 Dinner Salisbury Steak Mashed Potatoes <i>with Mushroom Gravy</i> Peas & Pearl Onions</p>
<p>Thursday, April 7</p>	<p>\$10 Lunch Meatloaf Sandwich Pub Chips</p>	<p>\$13 Dinner Pecan-Crusted Chicken Rice Pilaf Roasted Root Vegetables</p>
<p>Friday, April 8</p>	<p>\$10 Lunch Ham Loaf Roasted Red Potatoes Buttered Carrots</p>	<p>\$17 Dinner Mahi Mahi <i>with Lemon Butter Garlic Sauce</i> Couscous Brussel Sprouts</p>
<p>Saturday, April 9</p>	<p>\$9 Lunch Italian Panini Pasta Salad</p>	<p>\$19 Dinner London Broil Twice-Baked Potato Asparagus</p>



Breakfast & Lunch Specials

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

Monday, April 4

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

Lunch: Sweet Potato & Pepper Quesadilla, \$4.50 / \$6.50
sweet potatoes, onions, peppers, & cheese stuffed in a flour tortilla & grilled, served with salsa & chipotle sour cream and your choice of side item

Tuesday, April 5

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

Lunch: Sweet'n'Tangy Cherry Meatballs, \$4.50 / 6.50 *with meatballs cooked in a sweet & tangy cherry jam sauce served with roasted zucchini and potato wedges*

Wednesday, April 6

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

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

Thursday, April 7

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

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

Friday, April 8

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

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

Saturday, April 9, &

Sunday, April 10

Breakfast: Ala Carte Menu
Egg (cooked to order), omelet, bacon, sausage, toast, & fruit



Free Hat Friday: Congrats to the March 25 winners—Steve Hall, IL resident, and Will Gold, Information Services Leader!

Weekly Opportunities Calendar April 3 to April 9

Sunday • April 3

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

Monday • April 4

8:30 a.m. ~ IL Resident Council, BR
9:30 a.m. ~ Town Meeting, EC
9:30 a.m. ~ Seated Strength, CR
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ God Talk, KSU CL
1:45 a.m. ~ Parkinson's Voice Class, CR
2:00 p.m. ~ Change & Loss Support Group, FHR
5:30 p.m. ~ Tuttle Creek Supper, BR
7:00 p.m. ~ Bingo Night, CR

Tuesday • April 5 *Trash & recycling pick-up*

10:00 a.m. ~ Memory Activities Class, KSU CL
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
11:30 a.m. ~ UFM Lunch & Learn: Midwest Dream Car Museum
12:00 p.m. ~ Kimball Luncheon, KSU CL
2:00 p.m. ~ 10-Point Pitch, GR
2:00 p.m. ~ Prairie Star Writers Group, PR
3:00 p.m. ~ Panoramic Easter Egg Making, VBC
3:30 p.m. ~ Ambassador Meeting, PR
4:00 p.m. ~ Meadowlark Singers Practice, CR
5:30 p.m. ~ Social Dining, MR

Wednesday • April 6

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
2:00 p.m. ~ Easter Egg Crafting, BR
3:00 p.m. ~ Sing-A-Long, EC
3:00 p.m. ~ Rock Steady Boxing, CR

Thursday • April 7

9:00 a.m. ~ Messenger Team, KSU CL
9:00 a.m. ~ New Resident/Passport Breakfast, EC
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:45 p.m. ~ Bus Departs for Beach Museum, VE

Thursday • April 7

1:00 p.m. ~ Parkinson's Exercise Class, CR
2:00 p.m. ~ Parkinson's Education Group, CR
5:30 p.m. ~ Meadowlark Circle Dinner, BR
6:00 p.m. ~ League of Women Voters Dinner, EC

Friday • April 8

9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Art Committee Meeting, FHR
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
1:00 p.m. ~ Rock Steady Boxing, BF
7:00 p.m. ~ Bluemont Bluegrass Music Group, EC

Saturday • April 9

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, April 4

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

Tuesday, April 5

10 a.m.	Memory Activities Class
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Wednesday, April 6

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

Thursday, April 7

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



CHANNEL 1960 Entertainment Guide

Sunday, April 3

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

Monday, April 4

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, April 5

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, April 6

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, April 7

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 8

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 9

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

Polkafest

Friday, April 1

◆ Prairie Star Restaurant & Event Center

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

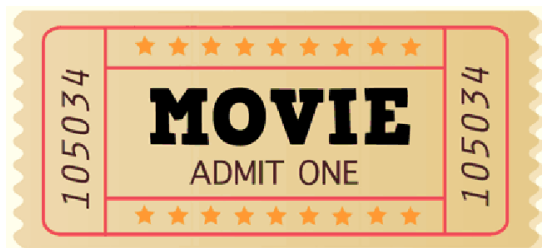
\$17 Buffet

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

Live Music by Tallgrass Tunsmiths ◆

Solution from 3/24.

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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: April 3

BRUCE ALMIGHTY (2003) PG-13, 1 hr. 42 min. *Comedy, Goofy, Blockbuster*

Cast: Jim Carrey, Morgan Freeman, & Jennifer Aniston

At the end of the worst day of his life, television reporter Bruce Nolan angrily ridicules God—and the Almighty responds by endowing Bruce with all of his divine powers. The question is, can Bruce improve on perfection?

MUSICAL MONDAY: April 4

TICK, TICK ... BOOM! (2021) PG-13, 1 hr. 55 min. *Musical, Drama, Emotional*

Cast: Andrew Garfield, Alexandra Shipp, & Vanessa Hudgens

This music-fueled love letter to creativity and 1990s New York charts a talented artist's race to create something great before time runs out.

TRUE TUESDAY: April 5

RESIDENT REQUEST

SIX MINUTES TO MIDNIGHT (2021) PG-13, 1 hr. 39 min. *Drama Based on Real Life*

Cast: Eddie Izzard, Carla Juri, & Judi Dench

In the summer of 1939, influential families in Nazi Germany have sent their daughters to a finishing school in an English seaside town to learn the language and be ambassadors for a future looking National Socialist. A teacher there sees what is coming and is trying to raise the alarm. But the authorities believe he is the problem.

WESTERN WEDNESDAY: April 6

WIND RIVER (2017) R for strong violence & language, 1 hr. 46 min. *Mystery, Drama*

Cast: Jeremy Renner, Elizabeth Olsen, & Jon Bernthal

A tracker with the U.S. Fish and Wildlife Service assists a rookie FBI agent who's investigating a teen girl's murder on a remote Wyoming reservation.

THEATER THURSDAY: April 7

RESIDENT REQUEST

OUT OF AFRICA (1985) PG, 2 hr. 41 min. *Drama, Emotional, Romantic*

Cast: Meryl Streep, Robert Redford, & Klaus Maria Brandauer

Hoping to forget a better life, Denmark native Karen Blixen enters into a marriage of convenience with a womanizing baron. But when the couple moved to Nairobi, Karen falls in love with a free-spirited hunter.

FUNNY FRIDAY: April 8

SMOKEY AND THE BANDIT (1977) PG, 1 hr. 36 min. *Comedy, Action, Adventure*

Cast: Burt Reynolds, Sally Field, & Jerry Reed

Bandit, a race car driver, makes a bet that he can transport an illegal shipment of beer from Texas to Atlanta in less than 28 hours. Along the way, he picks up a reluctant bride-to-be whose future father-in-law is Sheriff "Smokey" Justice.

SWEET SATURDAY: April 9

THE PRINCESS BRIDE (1987) PG, 1 hr. 38 min. *Adventure, Family, Fantasy*

Cast: Cary Elwes, Mandy Patinkin, & Robin Wright

While home sick in bed, a young boy's grandfather reads him the story of a farmboy-turned-pirate who encounters numerous obstacles, enemies, and allies in his quest to be reunited with his true love.