

Grow Green Match Day

Support nursing scholarships during annual 24 hours of giving

by Becky Fitzgerald, Development Director

The 10th annual Grow Green Match Day on Thursday, April 22, is a tremendous opportunity for the Manhattan community and Meadowlark Foundation. On that day, donations made through the Greater Manhattan Community Foundation to participating nonprofit agencies will receive a 50% match!

Meadowlark Foundation is joining 77 other local organizations in urging our donors to participate. Gifts to Meadowlark Foundation, which appears as Meadowlark Hills on the Grow Green giving form and on GMCF's website, will support scholarships for current Meadowlark employees who would like to further their education to become licensed practical nurses or registered nurses.

Now in its fourth year, Meadowlark's scholarship program rewards the initiative of talented current employees, while, in the future, providing Meadowlark's licensed care households with highly trained staff in what appears to be a perpetual nurses shortage. Employees who receive a scholarship agree to work at Meadowlark for at least two years following graduation.

Because of the generosity of our Foundation's donors on Match Day in 2021, three current Meadowlark employees recently received scholarships. Amounts given by Meadowlark varied, depending on the amount awarded by the Kansas



10th ANNUAL
**GROW GREEN
MATCH DAY**
FRIDAY, APRIL 22

Sponsored by:



Board of Regents; however, these financial awards will fully fund, or nearly fully fund, each recipient's nursing education program.

Donations made on April 22 will be made available to organizations for immediate needs, while the 50% match will go into endowed funds. Prior to 2020, the reverse was true. Your donations

went into our endowed fund managed by GMCF, enabling Meadowlark Foundation to continue to develop our services and meet the future needs of our campus and community.

Combined donations up to a total of \$20,000 will be matched at 50%, giving a maximum of \$10,000 in matching funds to any one organization.

Here's how you may help us attract and retain nurses:

1. Give in person from 7 a.m. to 6 p.m. at the donation station in the atrium at Colony Square, 555 Poyntz Ave. Donations by cash, check, or credit card will be accepted.

Each hour, one donor name from the live event will be drawn to win \$100 for the participating fund of his or her choice.

2. Visit <https://www.growgreenmanhattan.com/> to give online from 12 a.m. through 11:59 p.m. on Friday, April 22.

3. Write a check to Greater Manhattan Community Foundation.

See GREEN page 3

EVENTS & OPPORTUNITIES

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.

Flower Power BINGO!

Monday, April 11, at 7 p.m.

Let's celebrate the beginning of Spring with some flower power on Monday, April 11! There will be exciting decorations and prizes to fit the theme so be sure to attend! Player buy-in will be \$1 for the use of two playing cards. BINGO occurs each Monday, from 7 p.m. until 8 p.m., in the

Community Room, and theme BINGO nights occur on the second Monday of the month. No advanced registration is necessary.

Living Local: G. Thomas Jewelers

Tuesday, April 12, at 11 a.m.

This month we will be starting a new speaker series as we invite local business owners and representatives to talk about their company and other organizations they support. Our first guest will be Bobbi French from G. Thomas Jewelers at 11 a.m. Tuesday, April 12, in the Event Center. Since 1963, G. Thomas Jewelers has made lasting memories with their devoted customers. All are invited to come out and get to know Bobbi and more about G. Thomas.

Chocolate & Wine Pairing

Thursday, April 14, at 3 p.m.

Starting Thursday, April 14, Brayden Cox, Prairie Star Lead Server and Bartender, will host a weekly Chocolate and Wine Pairing event. The class will be offered for four weeks on Thursdays at 3 p.m. in Prairie Star's pub. Attendees will sample Brix chocolates with various wines. Thank you to Pat Vogt, who generously donated the Brix chocolates and created the inspiration for the pairing event.

Easter Bunnies

Saturday, April 16, at 1 p.m.

Meadowlark Home Health Aide Charlotte Hays will be in the Game Room from 1 to 3 p.m. Saturday, April 16, with her prize-winning bunnies and rabbits. Residents are welcome to hold, pet, and/or have their photo taken with these adorable animals. Charlotte and her family raise rabbits for 4-H and show them nationally. She will have different types of rabbits for everyone to come and see. Please bring your own camera or smart phone for a photo opportunity.

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, 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 | \$16.50 each way | \$20 each way |
| Out-of-Town Transport | \$23/hour plus Federal Mileage Rate | \$26/hour plus Federal Mileage Rate |

On Our Expensive Tree

by Helen Roser

When we had a car, we drove out to the woods and chose a pretty tree and cut it down for our Christmas tree.

But there had been changes. I was seven years old. The Great Depression had begun, Daddy had died, and Mama worked at the store in town. She put my big sister in charge of buying us a Christmas tree.

Our corner grocery store had trees for sale lined up in front of the store. They were all tall and skinny and cost twenty-five cents each.

But my sister liked things to be pretty. She made me promise not to tell Mama how much she paid for our tree.

A truck stopped in front of our house. That was excitement right there! A man got out and brought a bushy tree to our front door. It was pretty and even smelled nice. My sister paid him.

It was too short to set on the floor. So it was set on a table where it really was pretty.

I kept my promise and didn't tell Mama how much my sister paid for our tree. Mama said my sister did a nice job buying our Christmas tree. She didn't know my sister paid fifty cents for our tree!

Fifty cents! (That is half of a dollar!)

GREEN, from page 1

~ If Meadowlark Foundation is the only beneficiary of your gift, you may write "Grow Green-Meadowlark" on the memo line.

~ Complete the giving form included with today's Messenger, indicating the beneficiary/beneficiaries of your gift. (Meadowlark Hills is listed in the Basic Human Needs & Healthcare category.) Even if giving to more than one organization, write only one check for the total amount. The form you submit will indicate to GMCF how you'd like your gift divided.

~ No matter the day a check is written, date it 4/22/2022 and mail it and the giving form on or before 4/22/2022. **Checks must be dated 4/22/2022 and postmarked on or before April 22 to be included in the 2022 Match Day total.**

~ Mail to: GMCF, P.O. Box 1127, Manhattan, KS, 66505-1127

~ Meadowlark residents may submit donations and donation forms to be delivered by Meadowlark Foundation in a bundle to GMCF on April 22. If you have a check and form to submit, please deliver to the Hospitality Desk by noon on Thursday, April 21.

4. Donate by Donor-advised Fund or by Stock. For details, visit grownngreenmanhattan.com or contact Becky Fitzgerald. Gifts of stock must be initiated by April 15.

Although gifts of any amount are welcome, individual contributions ranging from \$25 to \$1,000 per organization will receive a local match at \$.50 per \$1, so a \$1,000 gift can receive a \$500 local match! Gifts are tax-deductible; donors receive a receipt from GMCF. New this year: Couples may give only one gift, jointly, to organizations.

If participation in last April's event is any indication, the Nursing Scholarship Program is sure to make cents. During that 24-hour period, Meadowlark Foundation was one of 19 organizations receiving \$20,000 or more, and so earned the maximum match amount of \$10,000.

Thank you for considering this opportunity! If you have questions, please contact Becky Fitzgerald, Development Director, at 323-3843. See next week's Messenger for information about this spring's nursing scholarship recipients.

Cybersecurity: What makes a good password?

by Tim Sobering

When I was young (1980s), passwords were simple ... four to eight characters, kind of random, repeated on different machines and services, and they rarely changed. Ah, the good old days! As the World Wide Web grew, along with the threats it presented, companies slowly caught up and established various password policies. Minimum lengths, random characters, must contain upper and lower case characters, a number, and a symbol, and passwords had to be changed every 30 to 90 days. Ugh! It's terrible. How can any normal human be expected to remember this stuff?

These policies were rooted in fear, limitations on the operating systems, and a lack of understanding of human nature. The result was that people would just write their passwords on Post-it® notes and store them near their computer. Outside the work environment where passwords might be audited, "123456" became the most common password. (And as of 2021 it still is!)

The problem is that while a human has trouble cracking a password, a computer can do it

in very little time. Take a look at this chart on page 5, used with permission from Hive Systems. "Puppy#1" takes only 31 seconds for a computer to figure out!

On the "slightly good news" side of the house, programmers and security experts have been getting smarter (about time!). They have finally realized that changing passwords frequently actually reduces security because people start using Puppy#1, Puppy#2, Puppy#3, Puppy#4, and that's pretty easy to figure out. Unfortunately a lot of websites aren't paying attention to the guidelines and still make you update your password too frequently. You can't fix stupid, but the best change is that "passwords" have become "passphrases." So you can use something longer like a favorite quote. "To be or not to be" probably isn't a good idea, but something like "My wife's cooking is worse than McDonald's" might come close. A lot of websites still want numbers along with special characters so maybe you can get away with "My wife's c0oking 1s worse than McDonald's" even though the zero and the one are pretty common substitutions. The sentence is obscure enough

that it probably won't be guessed by anyone who doesn't know your wife.

So maybe we now have one good password. That doesn't help us a lot as we need lots of different passwords. "Password reuse" is something to be avoided. Here's the problem. A lot of websites use your email as a login ID, or store your email along with your user ID. And a newspaper isn't going to the same network security requirements as, for example, a bank. So if you "reuse" your bank password with an online news site and the news site is hacked (a data breach), the Bad Guys will start using those credentials to try and find something more interesting. Since they often get your email address in a data breach, the first thing they will try is to access your email account. If you used that same password for your email, they'll take over that account and now they can intercept logon verification codes or password change messages. They are now well on their way to assuming your identity, and that's a mess you want to avoid.

Add to this that a lot of companies that don't notify their users of a data breach until

months or even years later. This gives the Bad Guys lots of time to work against you. And keep in mind that the Bad Guys are not furiously typing your information into random websites. They instead use computers to do it for them, making the process quite automated. That's why they can crack a weak password so quickly. "Botnets," a network of robot computers makes this easy.

Typically the Bad Guys don't even own the computers they are using ... they hack into computers around the world and make those computers do the work. They make your hacked computer phone home to a master "command and control" computer to get instructions. This makes it very cheap and very easy for the Bad Guys to do what they do.

Given my background, I tried to get Mom and Dad to develop good password habits. We used complex passwords for financial and billing websites, and I tried to clean up the numerous passwords for email, Facebook, Instagram, Wall Street Journal, etc. It was a mess. Every site had different password requirements, and they had reused passwords

for important sites (financial) with unimportant sites (newspapers). My memory is bad enough. Dad really struggled to remember everything after the clean-up.

So to help them I tried setting up a "password wallet" to securely store the password babble. Password wallets work by encrypting the information you put in them using a single

snores in stereo!" could be your master password. Once the database is open, the software lets you copy and paste your credentials into the website login pages. Some even "auto-type" your logon credentials.

I use a password wallet for everything. Login credentials, my bike lock code, driver's license info, credit card numbers, billing account numbers, my wife's

birthday... pretty much everything. I even have it set up so my executor or my attorney-in-fact will get access to the database if I am disabled or die. I have seen too many cases where a person's survivors can't access an account because they don't know the login information (or don't know the account exists).

There are a lot of password wallets out there. I use KeePass, but Keeper, Zoho,

Dashlane, LastPass, Bitwarden, 1Password and many others are available. Use Google to search and select one that is highly rated by lots of websites and works with your platforms (PC vs Mac, Android vs iOS) and preferably works on multiple platforms so you can use it on your phone and your desktop. The downside is

TIME IT TAKES A HACKER TO BRUTE FORCE YOUR PASSWORD IN 2022

| Number of Characters | Numbers Only | Lowercase Letters | Upper and Lowercase Letters | Numbers, Upper and Lowercase Letters | Numbers, Upper and Lowercase Letters, Symbols |
|----------------------|--------------|-------------------|-----------------------------|--------------------------------------|---|
| 4 | Instantly | Instantly | Instantly | Instantly | Instantly |
| 5 | Instantly | Instantly | Instantly | Instantly | Instantly |
| 6 | Instantly | Instantly | Instantly | Instantly | Instantly |
| 7 | Instantly | Instantly | 2 secs | 7 secs | 31 secs |
| 8 | Instantly | Instantly | 2 mins | 7 mins | 39 mins |
| 9 | Instantly | 10 secs | 1 hour | 7 hours | 2 days |
| 10 | Instantly | 4 mins | 3 days | 3 weeks | 5 months |
| 11 | Instantly | 2 hours | 5 months | 3 years | 34 years |
| 12 | 2 secs | 2 days | 24 years | 200 years | 3k years |
| 13 | 19 secs | 2 months | 1k years | 12k years | 202k years |
| 14 | 3 mins | 4 years | 64k years | 750k years | 16m years |
| 15 | 32 mins | 100 years | 3m years | 46m years | 1bn years |
| 16 | 5 hours | 3k years | 173m years | 3bn years | 92bn years |
| 17 | 2 days | 69k years | 9bn years | 179bn years | 7tn years |
| 18 | 3 weeks | 2m years | 467bn years | 11tn years | 438tn years |


[Learn about our methodology at hivesystems.io/password](https://hivesystems.io/password)

See PASSWORD page 9

Paving the Way

CARNIVAL



Come & Go from 4 to 8 p.m. Friday, April 15
Prairie Star Restaurant & Event Center

Fun for All Ages!

Food ★ Games ★ Prizes

Game and food/beverage tickets are \$1 each.

12 Games

Play as many you wish, as much as you wish!
Tickets required for each game varies.

Fortune Tellers

Carnival-Style Foods & Drink
Carnival CockTRAIL*

*Tickets may not be used for alcoholic beverages



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CREDIT UNIONSM

Proceeds benefit
Meadowlark
Foundation's
Paving the Way
campaign, to enhance
a portion of Meadowlark's trail.

Art Engagement *from the Beach Museum of Art*

Color ... Many artists blend their paints on the palette, to acquire a desired color before applying it to the canvas. Sven Birger Sandzén found this type of “pigmented blending” not intense enough.

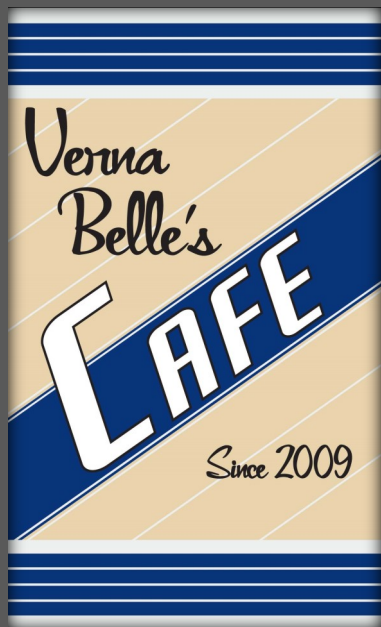
He preferred to use pure colors that deflect off each other but, at a distance allow for “optical blending” and create deep vibrant results. Below is the color palette that Sandzén used. As you observe colors in the sky, on the side of mountain, and the needles on the tree, what colors from this palette do you imagine he used to create the color your eye sees?



Sven Birger Sandzén (United States, born Sweden, 1871 - 1954), *The Red Castle, Manitou, Colorado*, 1919, Oil on canvas, KSU, Marianna Kistler Beach Museum of Art, 1985.33

RESTAURANT **SPECIALS**

| | | |
|---------------------------------------|---|--|
| <p>Sunday, April 10</p> | <p>\$14 Lunch Stuffed Pork Tenderloin <i>with Apple Sage Dressing</i> Mashed Potatoes & Gravy Green Beans Cranberry Sauce</p> | <p>\$14 Dinner Stuffed Pork Tenderloin <i>with Apple Sage Dressing</i> Mashed Potatoes & Gravy Green Beans Cranberry Sauce</p> |
| <p>Monday, April 11</p> | <p>\$8 Lunch Prosciutto Apple Grilled Cheese French Onion Soup</p> | <p>\$13 Dinner Pork Shumai Meatballs Jasmine Rice Sugar Snap Peas</p> |
| <p>Tuesday, April 12</p> | <p>Taco Tuesday All Day! \$3 ~ Beef Tacos \$3 ~ Rice & Beans \$3 ~ Red Wine Sangria</p> | <p>Taco Tuesday All Day! \$3 ~ Beef Tacos \$3 ~ Rice & Beans \$3 ~ Red Wine Sangria</p> |
| <p>Wednesday, April 13</p> | <p>\$11 Lunch Italian Sausage Rigatoni Mixed Green Salad Garlic Knots</p> | <p>\$13 Dinner Lemon Thyme Chicken Orzo, Kale, & Roasted Grape Tomatoes</p> |
| <p>Thursday, April 14</p> | <p>\$10 Lunch Southern-Fried Honey Chicken Biscuit Sandwich Potato Salad Pickles</p> | <p>\$16 Dinner Roasted Garlic Salmon Roasted Red Potatoes Lemon Pepper Asparagus</p> |
| <p>Friday, April 15</p> | <p>\$9 Lunch Breakfast Bar</p> | <p>\$17 Dinner Pave the Way Carnival <i>(See page 6 for more details)</i></p> |
| <p>Saturday, April 16</p> | <p>\$11 Lunch Chicken Carbonara Honey-Glazed Carrots</p> | <p>\$19 Dinner Brown-Butter Shrimp Cheesy Grits Sautéed Zucchini</p> |



Breakfast & Lunch Specials

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

Monday, April 11

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

Lunch: Reuben Bratwurst, \$6.50 *grilled bratwurst topped with sauerkraut, Swiss cheese, & Thousand Island dressing served on a hot dog bun and with your choice of side item*

Tuesday, April 12

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

Lunch: Beef Enchiladas, \$4.50 / \$6.50 *ground beef, cheese, & onions in a flour tortilla covered in red enchilada sauce and served with your choice of side*

Wednesday, April 13

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

Lunch: Pulled Pork Cornbread Slider, \$4.50 / \$6.50 *shredded pork, BBQ sauce, & cheddar cheese on a cornbread muffin and served with your choice of side*

Thursday, April 14

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

Breakfast or Lunch: Bierock, \$6.50 *ground beef, shredded cabbage, carrots, & onions wrapped in a biscuit and served with your choice of side*

Friday, April 15

Breakfast: Apple French Toast Casserole & Fruit, \$6.50

Lunch: Nacho Burger, \$6.50 *grilled hamburger topped with queso, pico de gallo, & lettuce on a butter-toasted bun and served with your choice of side*

Saturday, April 16, & Sunday, April 17

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

PASSWORD, from page 5

that it is going to take a little learning. If you have a 17-year-old grandchild and you can slow them down a little, get them to help you learn. Alas, Dad was never able to master the password wallet and at 29 and counting, Mom isn't able to handle the complexity anymore, but that's what she has me for. We moved all of her important accounts (bank,

Social Security, retirement, IRS, Medicare) to my control, and she has a sheet of paper for her email, MyChart, and social media passwords. It's a little better than a Post-it® note as the important stuff is protected in my KeePass. Fortunately, Mom trusts me to manage her financial account. If you see my new Bentley in her driveway sometime, stop in and say "Hello!"

Weekly Opportunities Calendar April 10 to April 16

Sunday • April 10

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

Monday • April 11

9:30 a.m. ~ Seated Strength, CR
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
11:30 a.m. ~ Meadowlark Valley Luncheon, BR
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
3:00 p.m. ~ UFM Class: Jazz History, EC
5:30 p.m. ~ Tuttle Creek Supper, BR
7:00 p.m. ~ Bingo Night, CR

Tuesday • April 12 *Trash & recycling pick-up*

9:30 a.m. ~ Book Club: My Football Life, FHR
10:00 a.m. ~ Memory Activities Class, KSU CL
10:30 a.m. ~ Steady Yourself, CR
11:00 a.m. ~ Living Local: G Thomas Jewelers, EC
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ 4th Floor Luncheon, KSU CL
2:00 p.m. ~ 10-Point Pitch, GR
3:00 p.m. ~ Coffee Corner, EC
4:00 p.m. ~ Meadowlark Singers Practice, CR
5:30 p.m. ~ Social Dining, MR

Wednesday • April 13

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

Thursday • April 14

9:00 a.m. ~ Messenger Team, KSU CL
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Pd Care Partner Support Group, FHR
12:00 p.m. ~ Caring Conversations for People with Pd, CR

Thursday • April 14

1:00 p.m. ~ Parkinson's Exercise Class, CR
2:00 p.m. ~ Fiber Arts Club, BR
2:30 p.m. ~ Blood Pressure Clinic, PR
3:00 p.m. ~ Chocolate & Wine Pairing, PS Pub
5:30 p.m. ~ Meadowlark Circle Dinner, BR

Friday • April 15

9:00 a.m. ~ Prairie Star Menu Suggestions, BR
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
3:00 p.m. ~ Catholic Rosary, CR
4:00 p.m. ~ Paving the Way Carnival, EC

Saturday • April 16

1:00 p.m. ~ Easter Bunnies, GR

Zoom Opportunities

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

Monday, April 11

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

Tuesday, April 12

| | |
|---------|-------------------------|
| 10 a.m. | Memory Activities Class |
|---------|-------------------------|

Wednesday, April 13

| | |
|---------|---------------------------------|
| 10 a.m. | Memory Care Partner Support Grp |
| 10 a.m. | Memory Café |
| 1 p.m. | ARTful Memories |

Thursday, April 14

| | |
|---------|---|
| 12 p.m. | Caring Conversations for People with Pd |
| 1 p.m. | Parkinson's Exercise Class |



CHANNEL 1960 Entertainment Guide

Sunday, April 10

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

Monday, April 11

| | |
|------------|-----------------------------|
| 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 12

| | |
|------------|--------------------------------|
| 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 13

| | |
|------------|-----------------------------|
| 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 14

| | |
|------------|--------------------------------|
| 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 15

| | |
|------------|--------------------------------|
| 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 |

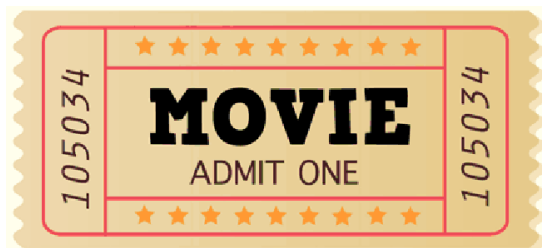
Saturday, April 16

| | |
|-----------|--------------------------|
| 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

| | | | | | | | | |
|---|---|---|---|---|---|---|---|---|
| 6 | | | 3 | 9 | | 4 | | |
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| | 5 | | 7 | | 2 | | | 9 |
| | 4 | 2 | 5 | | 6 | | | |
| 5 | 2 | | | | 7 | | | |
| | | | 4 | | | | | 2 |
| | | | | 5 | | 9 | 7 | |



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 10

CHOCOLAT (2000) PG-13, 2 hr. 1 min. *Feel-Good, Emotional, Romantic*

Cast: Juliette Binoche, Lena Olin, & Johnny Depp

A single mother and her young daughter move into a peaceful French village and open a chocolate shop during the height of Lent. At first, the shop's rich, sensuous desserts scandalize the town, but the villagers soon learn to savor the sweetness.

MUSICAL MONDAY: April 11

PATSY & LORETTA (2019) TV-14, 1 hr. 27 min. *Musical, Drama, Emotional*

Cast: Megan Hilty, Jessie Mueller, & Kyle Schmid

An original movie about the friendship between country-music stars Patsy Cline and Loretta Lynn.

TRUE TUESDAY: April 12

LEAD ME HOME (2021) PG-13, 40 min. *Social & Cultural Documentary*

Poignant stories of homelessness on the West Coast of the US frame this cinematic portrait of a surging humanitarian crisis.

WESTERN WEDNESDAY: April 13

SHENANDOAH (1965) NR, 1 hr. 46 min. *Classic Western, Emotional, Sentimental*

Cast: James Stewart, Doug McClure, & Glenn Corbett

A pacifist Virginia farmer tries to keep his family out of harm's way during the Civil War. But when the farmer's youngest son is mistakenly imprisoned by Union soldiers, he must make some hard choices about where he stands in the bloody conflict.

THEATER THURSDAY: April 14

RESIDENT REQUEST

MURDER ON THE ORIENT EXPRESS (2017) PG-13, 1 hr. 54 min. *Exciting, Suspenseful*

Cast: Kenneth Branagh, Penelope Cruz, & Judi Dench

In this retelling of Agatha Christie's classic mystery, a train ride through Europe on the famed Orient Express becomes the setting for murder when an American passenger is slain—and almost everyone on board is a suspect.

FUNNY FRIDAY: April 15

SISTER ACT (1992) PG, 1 hr. 40 min. *Comedy, Music, Crime*

Cast: Whoopi Goldberg, Maggie Smith, & Harvey Keitel

A sassy lounge singer is forced to hide from the mob in the last place anyone would ever look for her—a convent. When her revamped choir group earns rave reviews, her sudden celebrity jeopardizes her hidden identity.

SWEET SATURDAY: April 16

RESURRECTION OF GAVIN STONE (2017) PG, 1 hr. 31 min. *Family, Comedy, Feel-Good*

Cast: Brett Dalton, Anjelah Johnson-Reyes, & D.B. Sweeney

After one too many run-ins with the law, a Hollywood bad boy finds redemption while fulfilling his court-ordered community service at a megachurch.