

Outreach to Engagement

Pig Out for Parkinson's Makes Connections



by Michelle Haub, Special Programs Leader

Pig Out for Parkinson's will celebrate its 12th anniversary on Thursday, April 28. Since year one, the goal of this event is to educate the Manhattan and surrounding communities about Parkinson's disease (Pd) and the free services the Meadowlark Parkinson's Program offers. Over the years, we have been able to increase the outreach opportunities we provide because of events such as Pig Out for Parkinson's. We have learned that engagement is a big factor in quality of life, functional abilities, and living well with Parkinson's. For example, the Young Onset Parkinson's group was created almost eight years ago after several individuals in their 40s came to Pig Out looking to learn more about their Parkinson's diagnosis and services in the area. We learned that their needs were much different than our programming at that time. So, we created the opportunity to benefit people working, raising a family, and trying to manage a progressive degenerative neurological disease. It is important to our Leadership Team that we provide education, exercise, and engagement opportunities for all in the Flint Hills region affected by Parkinson's.

This year we have a new presenting sponsor: CenterPointe Physicians! Dr. Matthew Floersch of CenterPointe became the Medical Director of the Parkinson's Program when the program began 16

years ago and has been a steadfast supporter and leader for our team, his patients with Pd, and the community. We are grateful for the dedication and knowledge he brings to the Parkinson's Program and are excited to partner with his group. Other generous sponsors include: BHS Construction, Blueville Nursery, Inc., Briggs Auto Group, Budweiser, Burnett Automotive, Jack Goldstein Charitable Trust, Manhattan Broadcasting Company, Meritrust Credit Union, and of course, Rockin K's, the event venue.

We hope you will help us spread the word about Pig Out for Parkinson's and the Meadowlark Parkinson's Program. Join us to celebrate National Parkinson's Awareness Month at Pig Out for Parkinson's between 11 a.m. and 10 p.m. Thursday, April 28, at Rockin K's, located at 1880 Kimball Ave (in the K-State Foundation Building). The restaurant will donate 10% of the sales from this day to the Program, and all sales qualify (dine-in, carry-out, buffet). The legendary Bill Snyder will be present at lunch. You can order off the menu or go through the buffet featuring pork and chicken sliders. The lunch buffet will be served from 11 a.m. to 2 p.m. Be sure to come back for dinner and meet K-State Football Coach Chris Klieman around 6 p.m. The evening will also include a pig roast buffet with Bud Cox's famous bread pudding from 5 to 8 p.m. and live music from

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EVENTS & OPPORTUNITIES

Prairie Star Restaurant closed, 4/15

The restaurant will be closed at 2 p.m. Friday, April 15, to prepare for the Paving the Way Carnival. The restaurant menu will not be served for dinner, and residents are encouraged to attend the carnival, where food and beverages will be available for purchase.

Café Leader Transition

submitted by Jayme Minton, Support Services Director

Many have rumored, but few have asked! An email was recently received asking what the plan would be for replacing the Co-Dining Services Leader as our wonderful Brittany Hernandez trades in Meadowlark for the great state of Michigan. Wild speculation seems to have grown in the short time since we heard of Brittany's departure, including a rumor that we are closing Verna Belle's Café. Rest assured, Verna Belle's Café will remain open.

We are currently interviewing candidates for two full-time positions; a fulltime Co-Dining Services Leader and a fulltime Café Leader.

The Café Leader will work in Verna Belle's and be responsible for the overall outcomes, food quality, and team management. The Co-Dining Services Leader will work opposite days of Brook Marcotte and is responsible for kitchen employee management and service expectations. Until the time that a new Co-Dining Services Leader is hired and trained, Brayden Cox has been promoted to Lead Server and will work opposite days of Colton John, Lead Server. Jayme Minton, Support Services Director, will handle the administrative tasks during this time.

No Artist Profile in April

There will not be an Artist Profile in April. Kim Richards from Beach Museum of Art plans to be back on Wednesday, May 18, for a presentation on the Swiss artist Alberto Giacometti (1901-1966). Watch the Messenger next month for details.

Good Friday Worship Service

Friday, April 15, at 1 p.m.

Chaplain Patty Brown-Barnett will lead a Good Friday Worship Service at 1 p.m. Friday, April 15, in the Community Room. All are invited and welcome to attend.

Paving the Way Carnival

Friday, April 15, at 4 p.m.

You're invited to the Paving the Way Carnival from 4 to 8 p.m. Friday, April 15, in Prairie Star Restaurant and Event Center. There will be fun for all ages, including food, games, and prizes. Proceeds benefit Meadowlark Foundation's Paving the Way campaign to enhance a portion of Meadowlark's trail system. The event is proudly sponsored by Meritrust Credit Union.

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.

Market Tour & Mr. K's

Tuesday, April 19, at 10:15 a.m.

Curious about the new Meadowlark Market location? An opportunity to tour the Market and eat lunch at a westside restaurant is set for Tuesday, April 19. Plan to board Meadowlark transportation at 10:15 a.m. for travel to the Market's new home on Scenic Drive. Becky Fitzgerald, Development Director, and resident Karen Matthews, a Market volunteer, will serve as guides and answer your questions about the process or the items on display.

Please note that Market inventory may not be purchased during this outing, as the process of staging and pricing continues in preparation for the April sale. Hours and dates are 10 a.m. to 3 p.m. Friday, April 29, and Saturday, April 30.

Following the tour, the group will travel to Mr. K's Cafe & Bar and select lunch off the menu. Options include salads, soups, sandwiches, and pizza.

Cost for transportation is \$3 per person with lunch on your own. Expected return to Meadowlark is about 12:30 p.m. Please register in the Blue Book.

EVENTS & OPPORTUNITIES

FUMC Communion

Wednesday, April 20, at 9:30 a.m.

Join Pastor Melanie Nord and Pastor Barry Dundas from First United Methodist Church at 9:30 a.m. Wednesday, April 20, in the Bison Room to receive communion. The opportunity is open to anyone wanting to invite Christ into his or her heart.

Chocolate & Wine Pairing

Thursday, April 21, at 3 p.m.

Join Brayden Cox, Prairie Star Lead Server and Bartender, for the weekly Chocolate and Wine Pairing event at 3 p.m. Thursday, April 21, 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.

DIY Terrariums

Friday, April 22, at 3 p.m.

In celebration of Earth Day, Brook Marcotte will be creating terrariums by upcycling any unused glass bottles, bowls, and vases. Participants are encouraged to bring their own container in which to create their mini ecosystem. All other supplies and a variety of plants will be provided. The cost is \$10 per person, a container can be provided for an additional \$5. Those who would like to attend should sign up in the Blue Book by Wednesday, April 20.

Biggs & Gustin Live!

Friday, April 22, at 7 p.m.

Meadowlark welcomes back Biggs & Gustin Live! Join the duo at 7 p.m. Friday, April 22, in the Event Center. Chris Biggs and Ken Gustin bring together decades of combined musical experience and performing acoustic music. With the combination of traditional and original music, they feature folk, bluegrass, country blues, swing and country influences, with strong vocal work and sensitive

harmonies in heartfelt and energetic song arrangements.

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.

Dennis Graham Memorial Service

Friday, April 29, at 10 a.m.

Please join the Graham family for a memorial service to celebrate the life of Dennis Graham. The service will begin at 10 a.m. Friday, April 29, at St. Luke's Lutheran Church located at 4801 Anderson Ave. Graveside honors and lunch will follow.

A celebratory poster for a graduation event. The background is white with scattered black and gold graduation caps and confetti. At the bottom, there are clusters of black and gold balloons. The text is centered and reads: "Graduation Celebration!" in a large, black, cursive font. Below that, in a smaller, black, serif font, is "Saturday, April 30th". Underneath is "Prairie Star Restaurant & Courtyard" in a black, serif font. Further down, in a smaller, black, serif font, is "Celebrate Prairie Star's Graduating Seniors from December 2021 & May 2022". Below that, in a smaller, black, serif font, are three lines: "5 p.m. - \$12 Dinner Buffet & Social", "6 p.m. - Graduate Program", and "6:30 p.m. - Reception". At the very bottom, in a small, black, italicized font, is the note: "*In lieu of gifts, the graduates ask for words of wisdom*".

Graduation Celebration!

Saturday, April 30th

Prairie Star Restaurant & Courtyard

Celebrate Prairie Star's Graduating Seniors
from December 2021 & May 2022

5 p.m. - \$12 Dinner Buffet & Social
6 p.m. - Graduate Program
6:30 p.m. - Reception

In lieu of gifts, the graduates ask for words of wisdom

Meadowlark staff benefit from Grow Green giving

by Sarah Duggan and Becky Fitzgerald

Grow Green Match Day on Friday, April 22, is an incredible opportunity to make a positive impact in our community in general, and among our Meadowlark family, specifically. Just ask Julie Fowler, Jessica Pagan, and Auja Saunders. These three Meadowlark employees were recently awarded nursing scholarships thanks to the generosity of Meadowlark's Grow Green donors in 2021. This annual day of giving to benefit local not-for-profit organizations is sponsored by Greater Manhattan Community Foundation.

For the second year, contributions to Meadowlark on Match Day will support our Nursing Scholarship Program, enabling Meadowlark to reward the initiative of talented current employees, while, in the future, providing Meadowlark's licensed care households with highly trained staff in a perpetual nurse shortage. Employees who receive a scholarship agree to work at Meadowlark for at least two years following graduation.

"Meadowlark is dedicated to investing in the careers of healthcare professionals in Manhattan, Kansas," said Lonnie Baker, CEO. "Growing our own talented and motivated team members is important to the success of our organization and the community as a whole."

Each spring, Meadowlark awards up to four internal (current employee) scholarships toward coursework to become a licensed practical nurse (LPN) or registered nurse (RN). Amounts given by Meadowlark vary, depending on the amount awarded by the Kansas Board of Regents; however, these financial awards will fully fund, or nearly fully fund, each recipient's nursing education program. Interested employees must complete an application, and a committee reviews the applications to determine which employees to interview.

Julie Fowler has worked at Meadowlark since 2015, first as a CNA (Certified Nursing Aide), then a CMA (Certified Medication Aide), and most recently an LPN. She is excited about her bright future. "I look forward to bringing my new



skills, knowledge, and abilities that I learn back to Meadowlark" Fowler said.

Jessica Pagan has worked as a Supportive Care Aide with Meadowlark Home Health since August 2021. After graduating, she hopes to work at Meadowlark's Bramlage House. "I feel that it's important for me to work in the post-acute care environment to provide a solid foundation for my nursing career," Pagan said.

Some of Pagan's earliest childhood memories including telling everyone she wanted to be a nurse someday. "I have always felt a calling to help people."

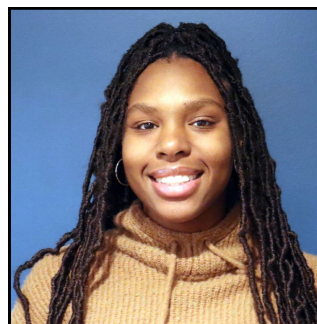
Auja Saunders has served as a Home Health Aide, also with Meadowlark Home Health, since December 2021. "By becoming a nurse, I will go the extra mile to be there for my patients, especially those who do not have family members to support them, or those whose families cannot be there,"

Saunders shared in her application. "I hope to be the face that they will remember as caring, loving, and respectful."

Donations made on April 22 will be made available to organizations for immediate needs, while the 50% match will go into endowed funds. 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. Would you like a FREE ride to Colony Square? Becky Fitzgerald, Development Director,



will deliver contributions to Match Day headquarters on Friday morning, and again in the afternoon. If you wish to ride with her at either 10 a.m. or 2 p.m., please register in the Blue Book.

2. Visit 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.

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

~ Complete a giving form, 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. Forms are available at the Hospitality Desk.

~ 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 by check or cash and donation forms to be delivered by Meadowlark Foundation in a bundle to GMCF. If you have a donation 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 growgreenmanhattan.com. 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.

On behalf of Julie, Jessica, and Auja, thank you for considering this opportunity! If you have questions, please contact Fitzgerald at (785) 323-3843.

March Gifts to Meadowlark Foundation

Gifts benefiting Bramlage House, the Good Samaritan Fund, Lyle House, Meadowlark Memory Program, Meadowlark Parkinson's Program, and the "Paving the Way" campaign were received by the Meadowlark Foundation during the month of March.

Memory of

Brenda Condray
Paul Fleener
Pat Hartman
Dean Jackson
Phil Pfeifley
Theda Loehr

John Roberts
Steve Stallwitz
Mike Strobe
Ruth Wells
Ernie Welti

Honor of

Riley House staff

Contact Becky Fitzgerald at (785) 323-3843 to learn more about Meadowlark Foundation.

LEADER OF THE PACK

Congratulations to Meadowlark's April Leader of the Pack—Monica Betzen, CMA in Miller House! Monica is an amazing staff member who is passionate about supporting the



Meadowlark mission. She is incredibly reliable and always willing to help out and go the extra mile by filling in for co-workers if they need a shift covered. The residents love when she is here. Monica finishes her work in a timely manner, making it look easy! She always goes above and beyond, and we are thrilled to have her a part of Miller House and the Meadowlark team!

The Kansas City Chiefs

submitted by Ron Williams

With the controversy of using Native American names as the names for mascots of teams in cities and towns in America. Having this in mind I thought it important to note the history of the naming of the Kansas City "Chiefs" and their namesake Mr. H. Roe Bartle.

H. Roe Bartle was more than an American businessman, philanthropist, musician, lawyer, executive, dynamic professional public speaker, two term Mayor of Kansas City, and deeply spiritual man.

From 1928 until 1955, Bartle was the Scout Executive at the Kansas City Area Council of the Boy Scouts of America. While a scouting executive, Bartle also engaged in profitable business enterprises and served on the board of directors of numerous corporations and banks, including largest independent liquor dealer in Mo., When his friend, President Harry Truman, asked him to become the regional director of the Economic Stabilization Agency, Bartle had to resign from 57 boards of directors to avoid possible conflicts of interest.

In 1925 Bartle created the Tribe of Mic-O-Say, an honor camper program, in Agency, Missouri at Camp Brinton and later moved to Camp Geiger in 1935. In 1929, he brought the Tribe of Mic-O-Say program to a Boy Scout Camp in Osceola, Mo., at the time known as Camp Osceola but later named the H. Roe Bartle Scout Reservation in his honor.

The Tribe of Mic-O-Say is an honor society used by two local councils of the Boy Scouts of America, Heart of America Council and Pony Express Council; it is not a program of the National Council of the BSA. Mic-O-Say's ceremonies, customs, and traditions are based on the folklore of the American Indian.

Bartle became interested in the heritage and culture of the many Indian reservations in Wyoming. He spent many hours listening to stories about the Indian tribes and soon began to incorporate Indian values and ideals into his Scouting program. Bartle was inducted into a local tribe of Arapaho based on a reservation served by the Scout council, and according to traditional Mic-O-Say legend, was given the name Lone Bear by the Chief. Bartle soon was referred to as "Chief" by fellow Scouts, friends, and colleagues.

During his two terms, Mayor Bartle oversaw the desegregation of the city hospitals and removed them from political influence. He also overhauled the city tax structure, organized the mayors and city managers of 67 nearby towns into a planning council, supported the advancement of African-American police officers, and oversaw initial construction of the Kansas City airport and a nearby freeway.

Bartle was a friend to many, an advocate for equal rights, and "never knew a stranger". On Christmas, he would regularly spend the day visiting orphanages, the Boy's Home, the city jail, and other places that might be overlooked on such a holiday. His heart was as big as he was.

Bartle loved KC and before his final term as Mayor was up, he helped lure the Dallas Texans American Football League team to Kansas City in 1962. So, when deciding on a new team name, owner Lamar Hunt renamed the franchise the "Kansas City Chiefs" after Bartle's nickname, The Chief.

So, before you jump on the bandwagon of NFL team names being offensive, I felt it was a good time to remember the rich history of our KC Chiefs name and the deep respect and honor all of its founders (and namesake) had for the beautiful Indian heritage.

On the Door Mystery

by Helen Roser

My neighbor across the street was excited about his new device that opened his attached garage door by pressing the button on a gadget held in his hand.

I had a good view of his garage and watched it open and close on its own, or stand open or closed for some time.

He couldn't see what was going on with his garage door so was surprised and shaken when he came home and his garage door was standing open before he had pushed his button.

He suspected a thief, but found nothing missing. The truth about our location did not enhance its resale value, so it was not mentioned, if known.

Our truth was that we lived directly under the flight path of in-coming airplanes about to land at Los Angeles airport, miles away. If landing planes had compatible electronics on board, our electronic devices were affected. (That probably

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Art Engagement *from the* Beach Museum of Art



Victorian Era Art ...

Currier & Ives was a New York City-based printmaking firm that operated from 1835 to 1907. They published affordable hand-colored lithography prints advertised as “colored engravings for the people.” They printed images with a broad subject matter including historical, sentimental, children’s stories, country scenes, and the very popular winter scenes. The print shown here titled *Easter Flowers* is the smallest size they offered and would have sold for around 20 cents in 1869. The artwork is attributed to *Fanny Palmer*, who worked for the printmakers for almost 20 years. She was an artist, lithographer, and chief colorist. She would create the color model used by the group of women that were hired to add paint to the black and white print. Currier & Ives prints are still enjoyed by many today and have become collector’s items.

Frances (Fanny) Flora Bond Palmer (England, 1812 - 1876), Currier and Ives (United States, 1834 - 1895)
Easter Flowers, 1869, Lithograph with watercolor (hand coloring) on paper, KSU, Marianna Kistler Beach
Museum of Art, acquisition made possible with funds provided by Barbara Wilson and Joann & Jack
Goldstein, 1997.37

RESTAURANT **SPECIALS**

<p>Sunday, April 17</p>	<p>\$26 Lunch Easter Brunch Buffet <i>Reservations required. Regular restaurant menu not available.</i></p>	<p>\$10 Dinner (To-go only) Club Sandwich, Pub Chips, Apple, & a Slice of Pie <i>The restaurant will be closed for dinner. Please sign up at the host stand for a boxed dinner to be delivered at 4 p.m.</i></p>
<p>Monday, April 18</p>	<p>\$10 Lunch Grilled Shrimp Salad <i>mixed greens, candied nuts, tomatoes, bacon, feta, red onion, & creamy balsamic dressing</i></p>	<p>\$13 Dinner Hawaiian Chicken Kabobs Fried Rice Stir Fry Vegetables</p>
<p>Tuesday, April 19</p>	<p>\$10 Lunch Beef Chimichanga <i>with Cheese Sauce</i> Cilantro Lime Rice Black Beans</p>	<p>\$13 Dinner Apricot Chicken Roasted Tomatoes Broccoli & Asparagus</p>
<p>Wednesday, April 20</p>	<p>\$9 Lunch Muffuletta Pub Chips</p>	<p>\$14 Dinner Lemon Dijon Shrimp Quinoa Asparagus</p>
<p>Thursday, April 21</p>	<p>\$10 Lunch Steak Fajita Quesadilla Mexican Street Corn Salad</p>	<p>\$12 Dinner Whole Wheat Spaghetti <i>with Meat Sauce</i> Green Beans Garlic Toast</p>
<p>Friday, April 22</p>	<p>\$9 Earth Day Lunch Lentil Soup Roasted Cauliflower Salad</p>	<p>\$13 Earth Day Dinner Vegan Tikka Masala Basmati Rice Naan Bread</p>
<p>Saturday, April 23</p>	<p>\$11 Lunch BBQ Chicken Legs Loaded Baked Potato Salad Baked Beans</p>	<p>\$17 Dinner 6-oz. Strip Steak Baked Potato Brussel Sprouts</p>



Breakfast & Lunch Specials

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

The Café will be closed Easter Sunday, April 17.

Monday, April 18

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

Lunch: Jordan's Chicken Pot Pie, \$6.50 *chicken & vegetables in a stew served over a flaky pot pie crust*

Tuesday, April 19

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

Lunch: Ultimate Grilled Cheese Sandwich, \$4.50 / \$6.50
American, Swiss, cheddar, & provolone cheese grilled on sourdough bread and served with your choice of side

Wednesday, April 20

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

Lunch: Triple Meat Pizza, \$4.50 / \$6.50 *bacon, pepperoni, & sausage on a flatbread pizza with mozzarella cheese & marinara sauce*

Thursday, April 21

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

Breakfast or Lunch: Chicken & Dumplings, \$6.50 *chicken & dumplings in a creamy stew with onions, celery, & carrots served with your choice of side*

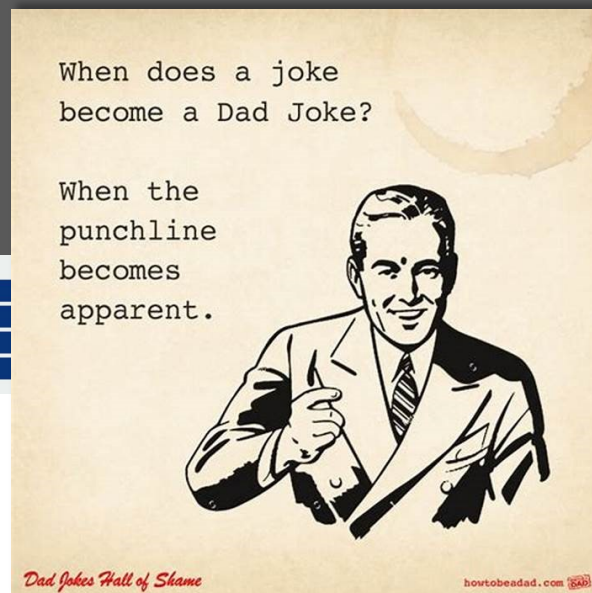
Friday, April 22

Breakfast: Waffle Bar with Bacon or Sausage & Fruit, \$4.50 / \$6.50

Lunch: SOUPer Friday, \$6.50 *choice of broccoli cheese soup, tomato basil soup, or creamy potato soup served in a bread bowl*

Saturday, April 23, & Sunday, April 24

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



Weekly Opportunities Calendar April 17 to April 22

Sunday • April 17

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

Monday • April 18

9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Tuttle Creek Men's Group, MR
 10:30 a.m. ~ Weights 101, CR
 11:30 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
 3:00 p.m. ~ UFM Class: Jazz History, EC
 5:30 p.m. ~ 5th Floor Supper, BR
 7:00 p.m. ~ Bingo Night, CR

Tuesday • April 19 *Trash & recycling pick-up*

10:00 a.m. ~ Blood Drive, KSU CL
 10:00 a.m. ~ Memory Activities Class, KSU CL
 10:15 a.m. ~ Depart for Market Tour, VE
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 2:00 p.m. ~ 10-Point Pitch, GR
 2:00 p.m. ~ Prairie Star Writers Group, PR
 4:00 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ 2nd Floor Supper, BR
 5:30 p.m. ~ Social Dining, MR

Wednesday • April 20

9:30 a.m. ~ FUMC Communion, BR
 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. ~ Artist Discussion, KSU CL

Thursday • April 21

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. ~ Kiwanis Club, MR
 12:00 p.m. ~ Caring Conversations for People with Pd, CR

Thursday • April 21

1:00 p.m. ~ Parkinson's Exercise Class, CR
 3:00 p.m. ~ Chocolate & Wine Pairing, PS Pub
 5:30 p.m. ~ Meadowlark Circle Dinner, BR

Friday • April 22 *Grow Green Match Day!*

9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Rock Steady Boxing, BF
 3:00 p.m. ~ Earth Day Terrariums, BR
 4:00 p.m. ~ Biggs & Gustin, EC

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 18

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

Tuesday, April 19

10 a.m.	Memory Activities Class
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Wednesday, April 20

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

Thursday, April 21

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



CHANNEL 1960 Entertainment Guide

Sunday, April 17

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

Monday, April 18

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 19

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 20

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 21

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 22

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 23

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

PIG OUT, from page 1

PettyCash will begin at 6 p.m.

If you would like more information about Parkinson's disease or Meadowlark Parkinson's Program, please contact Michelle at (785) 323-3899 or email mhaub@meadowlark.org.

DOOR, from page 6

has changed, but in those days, mysterious things went on.)

I did not tell my neighbor about what I knew about our location. But I did tell him I had seen his garage door opening or closing on its own or standing open or closed for a few hours.

My garage was detached. I was advised to "skip the fancy stuff and buy a good padlock."

I missed watching the garage door across the street. It was "fixed."

Solution from 4/7.

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



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 17

RISEN (2016) PG-13, 1 hr. 48 min. *Drama, Faith, Spirituality*

Cast: Joseph Fiennes, Tom Felton, & Peter Firth

In this biblical drama, Roman tribune Clavius is ordered to find the missing body of Jesus in the weeks after the Nazarene's crucifixion in order to refute rumors of his Resurrection and prevent unrest in Jerusalem.

MUSICAL MONDAY: April 18

BEDKNOBS AND BROOMSTICKS (1971) G, 1 hr. 57 min. *Musical, Family, Comedy*

Cast: Angela Lansbury, David Tomlinson, & Roddy McDowall

In 1940 an eccentric young English spinster becomes an apprentice witch. With the help of three children and her unwitting mentor, she finds a magic spell on the legendary Isle of Naboombu, then uses it to rout a band of German commandos intent on invading England.

TRUE TUESDAY: April 19

MOLLY'S GAME (2017) R *for language & drug content*, 2 hr. 20 min. *Scandalous, Drama*

Cast: Jessica Chastain, Idris Elba, & Kevin Costner

A former Olympic skier begins running a high-stakes, ultra-exclusive underground poker game that catches the attention of the FBI. Based on a true story.

WESTERN WEDNESDAY: April 20

THE ADVENTURES OF BULLWHIP GRIFFIN (1967) TV-PG, 1 hr. 50 min. *Western, Comedy*

Cast: Roddy McDowall, Suzanne Pleshette, & Karl Malden

To restore his family's lost wealth, a young Boston lad named Jack stows away on a ship bound for the California gold rush. Fearful that the boy may not fare well way out West, the family's very proper butler gives chase. Once the two reunite in San Francisco, the duo is destined for nonstop adventure.

THEATER THURSDAY: April 21

WARRIOR (2011) PG-13, 2 hr. 19 min. *Heartfelt, Gritty, Drama*

Cast: Joel Edgerton, Tom Hardy, & Nick Nolte

An ex-Marine trains under his father for an MMA tournament as his estranged brother fights his way into the event. Their biggest opponent: each other.

FUNNY FRIDAY: April 22

THE UGLY DACHSHUND (1966) TV-G, 1 hr. 33 min. *Comedy, Family*

Cast: Dean Jones, Suzanne Pleshette, & Charlie Ruggles

Fran and Mark Garrison are the proud parents of three dachshund pups, their mom, and a Great Dane named Brutus who thinks of himself as a dainty dachsie. His identity crisis results in a series of mishaps that reduce the Garrisons' house to shambles.

SWEET SATURDAY: April 23

RESIDENT REQUEST

MESSAGE IN A BOTTLE (1999) PG-13, 2 hr. 11 min. *Emotional, Romantic, Sentimental*

Cast: Kevin Costner, Robin Wright, & Paul Newman

Newspaper researcher Theresa finds a letter in a bottle penned by grieving shipbuilder Garret, who writes to ease the pain of his wife's death. But when Theresa tracks Garret down, their growing attraction is endangered by their pasts.