

Cybersecurity: The Fun Side of the Internet

by Tim Sobering

Unless there is a lot of demand and some suggestions for new topics, I am going to wrap up this series. I have really enjoyed writing these articles and hope they have been helpful. Mom had a suggestion for me: Instead of writing about all of the bad things that can happen on the Internet, why not write about the good side? I wish I had received my brains from Mom instead of Dad.

Her suggestion was inspired by my son and daughter-in-law taking off for a two-week excursion to Iceland. Yes, I'm very jealous. I need to explain a little. These two are great trip planners. When I travel, my wife and I like to curl up and read our Kindles and relax. Not these two. They sent me a spreadsheet that maps out every day. Flights, where they are staying, what sights they are seeing, the restaurants they have picked—everything! So, they are flying to NYC for a day and then on to Reykjavik, where they are

renting a car and driving all the way around the island. Can you imagine? When I was 28, I was lucky to get to Lake of the Ozarks.

Yesterday I sat down at the computer with Mom and went through every location and sight on their itinerary. We used Google Maps to trace their route, Google Image Search to look at pictures, the hotel and Airbnb websites to check out their lodging, and when we found something really interesting, we used Google Street View to explore the area.

Maybe I'm telling you things you already know, but I am a big fan of Street View. Here's something for you to do: When you are in Google Maps, in the bottom right corner is a small yellow person. Click and hold on that "person" and drag and drop onto a street on the map. As you are dragging it, streets will turn blue to show you which ones have been image mapped. Once you drop it on a street, you can use your mouse to drag the image around and look at a full panorama

of that location. Plus, if you look for the faint arrows on the streets, you can move down the road just like you were walking along.

I love looking at the Street View of my house. Not just because I am too lazy to walk out front and see the weeds close up. There's one thing about Street View you have to remember—Google doesn't get back to a street very frequently. So, often the image is a few years out of date. In my case, it's about 8-years-old and shows Mom, Dad, and Rusty (mom's faithful lab) working on building the rock wall. Okay, Rusty isn't working much, but it's a fun memory. I'll be sad when Google gets around to updating the views.

Street View tries to automatically blur out people's faces, although why their algorithm chose to blur Mom's breasts I'll never know.

Anyway, back to the fun side of the Internet. I have always loved maps, so exploring with Goggle Maps is a lot of fun to me. On the bottom left of the screen you can

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turn on different layers for terrain (very interesting to look at mountains or oceans), traffic (I've used this to guide my wife home where there are accidents or bad weather) and other layers to explore. You can also click a location and then right click to get directions or to start measuring distance (just keep clicking and you can map out a walking route). There is a program that you can download called Google Earth that is Google Maps on steroids. It's essentially a globe with so many layers I cannot possibly talk about them all. You can also visit space with it! The interesting thing about Google Earth is that you can "go back in time" and select views from past years and see how something changed. Amazing!

So, what can you do other than vicariously traveling? Take a look at Udemy (www.udemy.com). They offer 185,000 video courses, including drawing, computer programming, photography, and finance. I should probably sign up

for the memory skills courses. My wife thinks I don't remember anything she tells me. Udemy courses range from free teasers to multi-month classes that cost about \$15 to \$100 or more. There are other similar sites, too. Kahn Academy, Skillshare, Masterclass, Coursera. You can keep learning at your pace and from home.

YouTube (www.youtube.com) also can be fun. There's an unfortunate amount of garbage on YouTube, but there are some really interesting documentaries, science videos, and tutorials. A little practice and you can find your way around and get some new and interesting information.

Have you heard of archive.org? It's also called the WayBackMachine. It is a nonprofit library of "free books, movies, TV programs, software, music, websites, and more." Nearly anything that has dropped into the public domain can be found there. If you go to the featured films section (archive.org/details/feature_films) you can find old silent

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movies, Film Noir, classics by Sergei Eisenstein, Charlie Chaplin, and The Three Stooges. I wish it were organized better, but it's fun.

Speaking of libraries, the Sunflower ELibrary (sunflowerlibrary.overdrive.com) gives you access to thousands of books including Kindle eBooks and audiobooks. All you need is a library card from a member library, such as the Manhattan Public Library.

Are you a fan of old radio programs? There's lots of sites you can find by putting "Old Time Radio" into your search engine (for example, Google) and you will find CBS Radio Mystery Theater

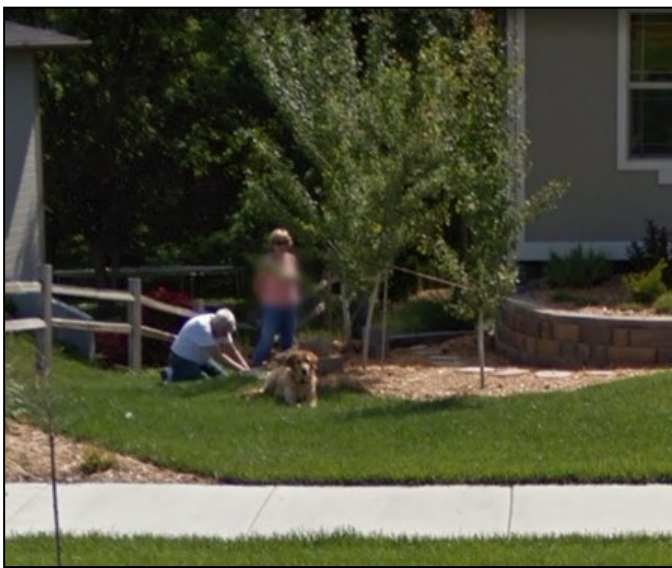
(www.cbsrmt.com), which is my favorite, or Old Radio World (www.olderadioworld.com).

What about art? You can visit the Louvre in Paris (www.louvre.fr/en), Boston's Museum of Fine Arts (www.mfa.org), Metropolitan Museum of Art in New York (www.metmuseum.org), and Rijksmuseum in Amsterdam (www.rijksmuseum.nl/nl). You can also browse the Library of Congress where they have digital

collections of much of the history of the U.S. and the world (www.loc.gov/collections).

And for beautiful pictures, well, NASA is a great source (www.nasa.gov). Astronomy Picture of the Day (apod.nasa.gov/apod) or the Earth at night (apod.nasa.gov/apod/image/0011/earthlights_dmsp_big.jpg)

I can keep going all day ... exercise programs, mental health counseling, Wikipedia, the Metropolitan Opera streaming live. Do you have burning questions? Do you want to know why airplane windows are round? How Stuff Works (www.howstuffworks.com) might be the site for you. It's all out there if you have the tenacity to find it. And Google Search is your friend. Just type in "best senior learning websites" or run off to thirdage.com and find resources for health, aging, fitness, caregiving, or pain management. Just be really careful with internet dating sites. It's really easy to get scammed. No one would lie on the Internet,



Google Earth image of Tim's house featuring his mom (Esther), dad, and their dog, Rusty.

right?

Use what you have learned about the Bad Side of the Internet and explore and enjoy the good that it brings. Move beyond texting and email and explore. It's a wonderful world that can challenge your mind and your body. I wish all of you well exploring it.

From the Editor: Tim Sobering is the son of resident Esther Sobering and an Electrical Engineer at K-State's Electronic Design Laboratory. If you have a Cybersecurity concern, please reach out to a Meadowlark team member. Contact Sarah Duggan if you have Cybersecurity article topic suggestions for Tim to write about in the fall.

OUTDOOR ENCOUNTERS

submitted by Nathan Bolls

Among college students who elect to major in some aspect of the biological world, those who choose one of the fields within plant biology constitute a much smaller bunch than those who elect to study some topic within the field of animal biology. There are several reasons for this imbalance.

We, being animals, are much more at home with other animals. After all, certain animals can give us love and affection, generate that cuddly feeling, and also evoke in us strong feelings of fear or of awe. We ponder how deep they think and feel, the depth and complexity of their memories, and of their abilities to plan. In contrast, how much do you really know about an oak tree, a clump of big bluestem prairie grass, or a stand of moss at the base of a forest tree?

Another is the silent frustration at not being able to clearly visualize the various parts of plants. For example, they have areas where growth occurs, but these areas are difficult to study without serious disrupting—or killing—the plant. Plants tend to stay in one place and seemingly, don't do much. It is easy to get the idea that plants are not very complicated, and thus, boring, but are we too sure of our own revolution?

My goal here is to drain away part of that boggy swamp of anti-botanical bias. I want to go beyond the many widely known ways that plants make life better and easier for us, beyond the fact that the products of the photosynthetic chemical stepway of plants are essential for human existence.

For starters, plants do have specific tissues that do things, with much effort being given to growth of roots, trunks, limbs, and flowers. And they have a sophisticated endocrine system, with, again, most endocrine functions being directed at simulating growth of roots, trunks, limbs, and blossoms. Growth implies cell divisions, and specific layers

are quite active with this necessary process during the growing season. They have a circulatory system of sorts that transports water, minerals, and synthesized organic molecules up and/or down within the plant as needs and season dictate. The typical plant's chemical synthesis ability is so powerful that they can synthesize every chemical they need, from a list of 12 or so "essential nutrients," that plants must get from their environment. Our list of essential nutrients is between 45-50.

Plants neither migrate nor hibernate. They stand firm and take on whatever Father Sky throws at them. And sometimes—as do trees and shrubs in our area—they have to endure very harsh conditions. Recent data suggest that, to survive really cold temperatures, the living cells in trunks and limbs move certain electrolytes around to greatly lessen the chance that cytoplasm will crystallize, the trigger that sets off freezing and cell organelle damage within living cells.

Although we have come to expect this each spring without much sense of miracle or awe, plants respond to both external and internal signals and awaken their biochemical and physiological machinery. Bud formation occurs, as does both twig and flower formation. Then comes seed, fruit, and nut formation. And, in the process, but most likely unconsciously, plants gamble: they thrust their tender shoots, leaves, and flowers upward, not knowing what sort of air from our testy months of March, April, and May will caress them.

And, responding to both internal and external stimuli, the approach of cold weather stimulates plants to begin the many processes that result in a plant calmed down and buttoned up again the cold. Fall leaf colors give us a profound show of plant beauty, a gala of color that rivals the blossoms of before.

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EVENTS & OPPORTUNITIES

Updated Café Hours

Starting in May, Verna Belle's Café will no longer be open on Sundays. Residents are encouraged to visit the Café between 7 a.m. and 2 p.m. Monday through Friday and Saturdays from 7 to 11 a.m. During the weekdays, Verna Belle's features daily breakfast and lunch specials, specialty lattes, and a fresh salad bar. See page 9 for the specials.

Important Dates for Upcoming Election

This information is for the upcoming Primary election. The dates of registration may change, but here's what we know now.

- ~ June 1 at 12 p.m. (noon): Primary declaration changes for Democrat and Republicans. Unaffiliated may affiliate at any time.
- ~ July 12: Voter registration deadline. If there is an address change, you must update your voter registration. Forms are available at the Hospitality Desk.
- ~ July 13: Advance voting begins. You may advance vote in the Riley County Clerk's office or you can complete an advance application and have the ballot mailed to your residence. If you already have completed an advance application, it will be mailed starting July 13. Advance voting applications are available at the Hospitality Desk.
- ~ July 26: Last day to request a mail-in ballot for the Primary Election.
- ~ Aug. 1: Advance voting at the County building closes at 12 p.m. (noon)
- ~ Aug. 2: Primary Election polls open from 7 a.m. to 7 p.m.

Prairie Star Menu Suggestion Meetings

Friday, May 6, 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, May 6, in the Bison Room. This meeting occurs every first and third Friday.

Church Ladies

Friday, May 6, at 7 p.m.

Meadowlark is excited to welcome back the Church Ladies at 7 p.m. Friday, May 6, in the Event Center. The Church Ladies are a harmony-based acoustic trio from the Manhattan area. They have

been performing together for four years and have entertained the Meadowlark community several times over the past few years. The group's members are Mary Louise Stahl on upright bass and mandolin, Joan Nelson on 12-string guitar, and Cindy Carlyon on melodica, upright bass, and kazoo! Their musical selections include secular and non-secular music, bluegrass, gospel, country, and folk.

Mexican Fiesta BINGO

Monday, May 9, at 7 p.m.

For May's themed BINGO, we will be having a Mexican Fiesta! There will be exciting decorations and delicious prizes to fit the theme, so be sure to attend on at 7 p.m. Monday, May 9, in the Community Room. Come ready to party!

Please note, due to rising costs, player buy-in will now be \$2 for the use of two playing cards. Themed BINGO nights occur on the second Monday of the month. Registration is not required.

Manhattan High Debate & Forensics

Wednesday, May 11, at 4 p.m.

The Manhattan High School Debate and Forensics team will present poetry, speaking, oratory, and interpretation pieces at 4 p.m. Wednesday, May, 11, in the Event Center. This is a very talented group, and they are excited to share their work!

Visit to Horticulture Services

Thursday, May 12 at 1 p.m.

Come along for a trip to Horticultural Garden Center located on Highway US-24 on Thursday, May 12. There will be a short tour given by the owner, Barbara Meyer, and then residents will have time to shop. Please sign up in the Blue Book at the Hospitality Desk. The bus will depart from the village entrance at 1 p.m. and cost for transportation is \$3 per person.

Susan B Anthony Band

Friday, May 13, at 11:10 a.m.

You're invited to enjoy a performance by the Susan B. Anthony Middle School Band and Orchestra at 11:10 a.m. Friday, May 13, in the Event Center. The group is led by Scott Freeby. There are 54 total students in the band and

EVENTS & OPPORTUNITIES

orchestra and they are excited to perform for Meadowlark. The performance will last about 30 minutes.

Meadowlark Singers Concert

Friday, May 13, at 7 p.m.

You're invited to enjoy a concert by our Meadowlark Singers at 7 p.m. Friday, May 13, in the Community Room. The Singers, led by Bethany Bassler, will entertain you with an evening of great singing as they present their Spring Concert.

Cart Ride Around Campus

submitted by Sue Hunt

Saturday, May 14, at 9 a.m.

Are you ready for a cart ride on a beautiful May morning? We have planned a 30-minute tour of our beautiful campus to see the pathways and our new garden. This will be between 9 and 11 a.m. Saturday, May 14. Please sign up in the Blue Book for the 30-minute time slot you would like to join. Only three riders per time slot, please!

Little Apple Chorus Concert

Saturday, May 21, at 3 p.m.

You're invited to attend Little Apple Chorus' Spring Show, "I Feel A Song Comin' On!" The program is scheduled for Saturday, May 21, at 3 p.m. in Forum Hall in the KSU Student Union. The doors will open at 2:30 p.m.

Meadowlark has 28 complimentary tickets available! These will be distributed on a first-come-first-served basis. Please visit the Hospitality Desk to claim a concert ticket.

Let's Go Royals!

Wednesday, June 8, depart at 9:30 a.m.

Residents, staff, and family members are invited to Kansas City's Kaufman Stadium to watch the 2022 Royals. This year's trip is scheduled for Wednesday, June 8. The game will start at 1:10 p.m. against the Toronto Blue Jays. The cost of the trip is \$75, which includes a ticket to the game, transportation on a chartered 56-passenger bus, a variety of brunch snacks for on the way to the game, and a boxed meal including a sandwich, chips, fruit, cookie and bottled water for the return trip. Travelers are responsible for their own food and beverages during the game.

The bus will depart from the visitor parking area in front of the Event Center at 9:30 a.m. Please arrive by 9 a.m. Registration for this event is open, and a sign-up sheet is in the Blue Book located at the Hospitality Desk. The cost can be paid by card, cash, payroll deducted for employees, or applied to your statement for residents. Go Royals!

OUTDOOR, from page 3

Also, consider the data reported by long-time German forester, Peter Wohlleben, author of *The Hidden Life of Trees*. He gives examples of how trees have certain sensory capabilities. And he speaks of several sharing mechanisms. I'll mention just a couple of them. Using fungal filaments that permeate healthy soils, roots of trees connect with one another via these filamentous strands, making it possible for trees to share food and minerals if necessary. Other researchers, some in the USA, have gathered similar data. Another example comes from the reaction of African acacia trees to leaf browsing by giraffes. It seems that a tree being browsed releases chemicals into the air. And trees downwind are signaled to release toxic and distasteful chemicals into their leaves. The data suggest that these toxic chemicals cause a decrease in browsing on the downwind trees.

Wohlleben's examples add up to the fact that trees (at least), in basic and essential ways, know how to give back to the soil and to each other. It seems that we should look to trees for a lesson we humans must learn: reciprocity—if we are to keep this beautiful Earth habitable for the human species. His data also suggest that, in at least some species, it takes a grove to raise truly healthy trees. Yet another old idea that we have been too busy to really pick up on.

It also follows that we have got to be very careful, especially in a judgmental context, when using such terms as "higher" or "lower" and "modern" versus "primitive" in describing living organisms. It seems that trees know how to do certain societally beneficial things we do not, or that we can't be bothered to do. Maybe we really should hug more trees!



Mother's Day Lunch

Sunday, May 8 / 11 a.m. to 2 p.m.

Starter

Tomato & Couscous Salad,
Mixed Greens Salad, or
Cucumber Soup

Entree

Grilled Chicken Marsala / \$19
Potato-Crusted Halibut / \$21
Roast Prime Rib / \$23

Starch

Roasted Fingerling Potatoes or
Wild Rice

Vegetable

Matchstick Vegetables or Broccolini

Dessert

Chocolate Cake with Strawberry
Frosting or Fresh Fruit Tart

Reserve your seat at the Host
Stand or call (785) 323-3820

On the Paper Boy

submitted by Helen Roser

This is a true story. The doctor it is about still lives in town. The doctor's teen-aged son had decided to give up his route of delivering the Manhattan Mercury.

His route was of nice homes. Big houses up on long, high terraces. From his bike in the street, the boy threw the paper to each front door.

The doctor thought carrying the paper route would give him some nice time outdoors, after he had seen all his patients. The experience would be nice and he was up to it.

Getting the Mercury up those high terraces to the front door required a hefty throw. His vigorous sling got the paper up, in fact "too up," landing it on the roof.

Mercury circulation received vigorous complaints from subscribers who were not pleased with their new "paper boy." They didn't know who their paper boy was.

The doctor bought a put-put to ride around on to carry his route. He developed a more controlled sling, but gave up the route for other interests.

He was well-liked in town. He was elected Mayor of Manhattan, and on to higher office. He still lives in town, but I wonder how many of the "younger generation" know that he was once a paper boy who upset some folks by throwing the paper on their roof?

This special man visits Meadowlark, in case you'd like to congratulate him on his strong right arm.

Solution from 4/28.

K	N	C	D	B	A	L	H	C	F	S	O	A	E
E	S	G	E	F	U	L	P	I	I	C	A	L	F
O	N	O	S	E	L	F	S	D	D	N	E	H	H
G	L	A	T	F	B	H	F	L	R	O	A	C	D
O	E	T	G	I	S	E	S	A	A	D	A	H	U
O	I	A	M	A	L	L	E	S	L	M	R	I	C
S	O	A	D	E	E	R	K	S	G	O	B	C	K
E	P	T	R	S	N	M	B	D	H	A	S	K	B
E	I	T	U	B	E	E	I	N	B	N	N	E	K
R	I	I	L	R	E	S	R	O	H	I	K	N	O
E	C	E	G	H	K	A	D	C	A	M	S	I	M
C	D	O	G	O	R	E	S	R	A	A	K	O	H
G	S	G	E	E	S	E	Y	S	A	L	E	F	N
H	S	O	S	S	H	E	E	P	L	S	E	G	A

Art Engagement *from the* Beach Museum of Art

Repetition ... When an artist reuses the same or similar element of art throughout a work, they have applied the design principle of repetition. The elements an artist might repeat are color, form, line, shape, and texture. Using repetition in a design creates interest while providing consistency and unity throughout the image. As you enjoy this print, how many places do you notice the artist applying repetition? What elements of art does the artist repeat?



Francisco Dosamantes
(Mexico, 1911 - 1986)
Associated American Artists
(United States, 1934 - 2000)
Women of Oaxaca,
published 1946
Lithograph on paper
KSU, Marianna Kistler
Beach Museum of Art, be-
quest of Raymond & Melba
Budge, 1992.139

RESTAURANT **SPECIALS**

<p>Sunday, May 8</p>	<p>Mother's Day Lunch <i>Reservations only. Menu listed on page 6. Regular Prairie Star menu not available during lunch.</i></p>	<p>\$12 Dinner Lasagna Garlic Toast Broccoli</p>
<p>Monday, May 9</p>	<p>\$10 Lunch Fish & Chips Coleslaw</p>	<p>\$12 Dinner Chicken Tostada Mexican Rice Mexican Street Corn Salad</p>
<p>Tuesday, May 10</p>	<p>\$10 Lunch Cowboy Burger & French Fries <i>burger topped with BBQ sauce, cheddar cheese, & onion ring</i></p>	<p>\$14 Dinner Pork Roulade <i>with sundried tomatoes, fresh mozzarella, & basil pesto</i> Roasted Red Potatoes Zucchini & Mushrooms</p>
<p>Wednesday, May 11</p>	<p>\$10 Lunch Greek Chicken Gyros Tzatziki Sweet Potato Fries</p>	<p>\$15 Dinner Salmon <i>with Miso Cream</i> Rice Pilaf Asparagus</p>
<p>Thursday, May 12</p>	<p>\$11 Lunch Balsamic Steak & Gorgonzola Salad</p>	<p>\$13 Dinner Pork Schnitzel Scallion Mashed Potatoes Broccoli</p>
<p>Friday, May 13</p>	<p>\$9 Lunch Baked Potato Bar</p>	<p>\$13 Dinner Traditional Meatloaf Potatoes & Onions Brussel Sprouts</p>
<p>Saturday, May 14</p>	<p>\$8 Lunch Ham & Cheese Panini Tomato Soup</p>	<p>\$21 Dinner 4 oz. Honey Bourbon Filet Loaded Mashed Potatoes Fresh Green Beans</p>

Verna Belle's Cafe

MONDAY

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

Lunch: Bacon, Egg & Cheese Flatbread, \$5.00 / \$7.00

(Bacon, scrambled egg and cheese flatbread served with fresh fruit)

TUESDAY

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

Lunch: Mexican Chicken Casserole, \$5.00 / \$7.00

(Chicken, beans, rice, cheese and so much more! Served with choice of side.)

WEDNESDAY

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

Lunch: Melty Italian Sandwich, \$7.00

(Warm sandwich loaded with ham, capicola, salami, diced olives, provolone cheese with marinara dipping sauce and served with cucumber-tomato salad)

THURSDAY

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

Lunch: White Chicken Lasagna, \$5.00 / \$7.00

(Layered chicken, noodles, spinach and cheese served with choice of side)

FRIDAY

Breakfast: Waffle or Pancake with Bacon or Sausage, \$4.50 / \$6.50

Lunch: Beef Stir Fry, \$5.00 / \$7.00

(Shaved beef with stir-fry veggies and soy sauce over a bed of rice)

SATURDAY

Breakfast: Ala Carte Menu Eggs, omelet, bacon, sausage, toast, & fruit

MON.-FRI., 7 AM. - 2 PM / SAT., 7 AM. - 11 AM.

Daily Specials

Weekly Opportunities Calendar *May 1 to May 6*

Sunday • May 8

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

Monday • May 9

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
2:00 p.m. ~ Change & Loss Support Group, FHR
6:00 p.m. ~ AAUW, BR
7:00 p.m. ~ Bingo Night: Mexican Fiesta, CR

Tuesday • May 10

Trash & recycling pick-up

7:00 a.m. ~ Rock Steady Boxing, **BF**
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
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ 4th Floor Luncheon, BR
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 • May 11

9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
10:00 a.m. ~ Memory Care Partner Group, FHR
10:00 a.m. ~ Memory Café, KSU CL
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
1:00 p.m. ~ ARTful Memories, KSU CL
1:00 p.m. ~ Associated Audiologist, FHR
3:00 p.m. ~ Sing-A-Long, EC
3:00 p.m. ~ Rock Steady Boxing, CR
4:00 p.m. ~ Manhattan High Debate Team, EC
5:30 p.m. ~ Eastside Supper, BR

Thursday • May 12

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. ~ Caring Conversations for People with Pd, CR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:00 p.m. ~ Parkinson's Exercise Class, CR

Thursday • May 12

1:00 p.m. ~ Parkinson's Care Partner Support Group, FHR
2:00 p.m. ~ Fiber Arts Club, BR
2:30 p.m. ~ Blood Pressure Clinic, PR
3:00 p.m. ~ Ice Cream Social, EC/CY

Friday • May 13

9:30 a.m. ~ Seated Strength, CR
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
11:10 a.m. ~ Anthony Middle School Orchestra, EC
1:00 p.m. ~ Rock Steady Boxing, **BF**
7:00 p.m. ~ Meadowlark Singers Concert, CR

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, May 9

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

Tuesday, May 10

10 a.m.	Memory Activities Class
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Wednesday, May 11

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

Thursday, May 12

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



CHANNEL 1960 Entertainment Guide

Sunday, May 8

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

Monday, May 9

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

Tuesday, May 10

10:30 a.m.	Steady Yourself Exercise Class
11:15 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class

Wednesday, May 11

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
11:30 p.m.	Sit & Be Fit Exercise Class

Thursday, May 12

10:30 a.m.	Steady Yourself Exercise Class
11:15 a.m.	Chair Yoga Exercise Class
1:00 p.m.	Sweat It Out Exercise Class

Friday, May 13

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

Saturday, May 14

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

Solution from 4/28.

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

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



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: May 8

LITTLE WOMEN (1994) PG, 1 hr. 58 min. *Sentimental, Heartfelt, Emotional*

Cast: Susan Sarandon, Winona Ryder, & Gabriel Byrne

Raised by a strong-willed mother, sisters Jo, Meg, Beth, and Amy share growing pains, family tragedies, and personal aspirations in 19th-century America.

MUSICAL MONDAY: May 9

MY FAIR LADY (1964) G, 2 hr. 53 min. *Musical, Classic, Witty*

Cast: Audrey Hepburn, Rex Harrison, & Stanley Holloway

When a Cockney flower girl takes elocution lessons from an aloof professor, he decides to introduce her to high society, transforming both of their lives.

RESIDENT REQUEST

TRUE TUESDAY: May 10

LEE DANIELS' THE BUTLER (2013) TV-13, 2 hr. 12 min. *Inspiring, Emotional, Drama*

Cast: Forest Whitaker, Oprah Winfrey, & John Cusak

The life of a White House butler who worked for eight presidents unfolds against a backdrop of unparalleled change in American history.

WESTERN WEDNESDAY: May 11

HACKSAW (1971) TV-PG, 1 hr. 28 min. *Western, Classic, Family*

Cast: Tab Hunter, Victor Millan, & Ray Teal

A wilderness guide in the Canadian Rockies sets out to catch and tame a legendary wild horse. When a beautiful, although accident-prone, tourist arrives, he's all the more inspired, but trouble arises when a hard-nosed rancher claims to be Hacksaw's true owner.

THEATER THURSDAY: May 12

POINT BREAK (1991) R *for violence, language, & brief nudity*, 1 hr. 57 min. *Action, Exciting, Crime*

Cast: Patrick Swayze, Keanu Reeves, & Gary Busey

To nab the culprits behind a string of bank heists, brash young G-man Johnny Utah poses as a wave rider to infiltrate a group of surfers who may have pulled off the robberies. But after gaining the trust of the gang's charismatic leader, Utah gets swept up in their heady lifestyle.

RESIDENT REQUEST

FUNNY FRIDAY: May 13

BEVERLY HILLS NINJA (1997) PG-13, 1 hr. 29 min. *Comedy, Action, Goofy*

Cast: Chris Farley, Nicollette Sheridan, & Robin Shou

After washing up on Japan's coast, klutzy orphan Haru is taken in by a clan of ninjas who tutor the lad in combat. One day, a pretty American shows up looking for someone to tail her shady boyfriend—and she hires the ham-fisted Haru for the job.

SWEET SATURDAY: May 14

MONSTER-IN-LAW (2005) PG-13, 1 hr. 41 min. *Comedy, Romantic, Sentimental*

Cast: Jennifer Lopez, Jane Fonda, & Michael Vartan

Charlie finds her dream man in Kevin and agrees to marry him, but she has second thoughts when his overbearing mother schemes to ruin their relationship.