

# A Whirlwind Trip



**[far left]** Leo Lake at the Korean Memorial. The memorial is currently under construction to be expanded.

**[left]** Quilt of Valor Leo received upon his return to Wamego High School. To be considered a Quilt of Valor, it must meet specific criteria.

**by Leo Lake**

An offer of a lifetime came to me to participate in an Honor Flight for veterans. Last fall, the Wamego School district presented a program here at Meadowlark about their Honor Flights. At that time I expressed an interest, and in early April I received confirmation that I was welcome as a part of the spring flight.

At an orientation two weeks prior to the event, we met our “guardians.” The guardians are all members of the High School honor society but were required to write an essay explaining a bit about their philosophy and why they were choosing to take the task of a “guardian.” The guardian’s role was to make our journey as enjoyable as possible. A job which they all did with such compassion.

Late the evening of Tuesday, April 26, the journey began. Two veterans from Korea and 23 Vietnam veterans arrived at Wamego High School. Prior to boarding the bus, we were given a homemade breakfast. At 12:30 a.m. the bus headed east where we would be on a Southwest flight to Baltimore. After a very quick security check, the gang was met by retired veterans who led our way through the airport to our adventures by bus. The crowd of waiting

people was surprising as everyone stopped, clapped, cheered, and wished us well.

The entire trip revolved around seeing the various memorials. (In case you see pictures of me on some media in a wheelchair, I will explain that I am fine, but being the second oldest veteran, the director suggested I take advantage of the chair.) The first stop was at the World War II Memorial. My guardian and I traversed every part of that large memorial and a series of pictures were taken by individuals, as well as a group picture. From there that day we traveled to the Korean Memorial, Lincoln Memorial, and Vietnam Memorial. The Korean Memorial is being enlarged, but we were able to see the plans and partial construction. A quick trip to a nice restaurant for our evening meal and an interesting evening of surprises, which I will not discuss to avoid spoiling the surprise for anyone going this fall.

A few hours rest was welcome at the Hyatt in Arlington, Va. Following breakfast on the second morning, we were on our way to see the Navy and Marines Iwo Jima Memorial. The next stop was at the tomb of the Unknown Soldier to spend time watching the very impressive changing of the guard.

**See TRIP, page 4**

## EVENTS & OPPORTUNITIES

### 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.

### Horticulture Services Visit, rescheduled

Due to anticipated high temperatures on the originally scheduled date, May 12, the trip has been moved to Thursday, May 19. The group will depart from the village entrance at 1 p.m. Please sign up in the Blue Book at the Hospitality Desk.

### 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 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.*

Thank you to all who signed up for the cart ride scheduled for Saturday, May 14. All available spaces have been filled. For those who signed up, please be at the village entrance at your reserved time.

### Meadowlark Travelers, let's go!

*Tuesday, May 17, at 1:30 p.m.*

After a two-year hiatus because of COVID-19, the Meadowlark Travelers group is anxious to hit the road again. Where would you like to go? What is your travel budget? An opportunity to review past trips and offer suggestions for the upcoming months is planned for 1:30 p.m. Tuesday, May 17, in the Bison Room.

Staff members Abby Cavender, Becky Fitzgerald, Jayme Minton, and Monte Spiller are eager to hear ideas for day trips, weekend getaways, and week-long excursions. Anyone ready for an adventure with our fun group is welcome to attend. Questions? Contact Monte Spiller, Resident Services Leader.

### FUMC Communion

*Wednesday, May 18, at 9:30 a.m.*

Join Pastor Melanie Nord and Pastor Barry Dundas from First United Methodist Church at 9:30 a.m. Wednesday, May 18, in the Bison Room to receive communion. The opportunity is open to anyone wanting to invite Christ into his or her heart.

### Artist Discussion with the Beach

*Wednesday, May 18, at 4 p.m.*

Join Kim Richards from Beach Museum of Art for "Alberto Giacometti: An Artist Eluded by Detail" at 4 p.m. Wednesday, May 18, in the Bison Room.

Giacometti made his first sculpture at the age of 13 years. Throughout his career he explored the presentation of detail, perspective, and space. His solution resulted in some of the most recognizable sculptures of humans. Join the session to experience his artistic journey.

## EVENTS & OPPORTUNITIES

### **S'mores Night**

*Wednesday, May 18, at 6 p.m.*

You're invited to enjoy s'mores in the Courtyard from 6 to 7 p.m. Wednesday, May 18. This is a free event and all are welcome to attend! No registration necessary.

### **Card Making with Michelle**

*Thursday, May 19, at 3 p.m.*

The next Card Making with Michelle class will occur on Thursday, May 19, at 3 p.m. in the Bison Room.

### **Tandem Moons**

*Friday, May 20, at 7 p.m.*

Meadowlark is excited to welcome the Tandem Moons to the Event Center at 7 p.m. Friday, May 20! The smooth sounds of Samantha Williams and Colton Jones are delightful as they present a Jazz/folk sounds that won't disappoint. All are welcome to attend!

### **Shopping at Hobby Lobby & Dollar Tree**

*Saturday, May 21, at 10:30 a.m.*

The next scheduled trip is Saturday, May 21, with transportation going to Hobby Lobby and Dollar Tree East. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

Next month's trip will travel to Target and Dollar Tree West on Saturday, June 18. Please sign up in the Blue Book to participate in these opportunities.

### **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 11 complimentary tickets still 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. Register 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.

## LEADER OF THE PACK



Congratulations to Meadowlark's May Leader of the Pack—Tracey Seales, Home Health Aide with Meadowlark Home Health! Tracey was nominated by a home health client for her caring attitude and expert help. She has a tremendous ability to create conversations, while assisting in giving care. Tracey is a valued member of the Meadowlark team. Congrats, Tracey, we're glad to have you!

What's a  
computer's  
favorite thing  
to snack on  
at night?

Computer  
chips.



### On More on Mr. Baruch

by Helen Roser

Thirty years after I talked with Bernard Baruch on a park bench in Washington, D.C., I lived in Los Angeles. I mentioned to a lady I met that I had chatted with him in Washington. She smiled and said: "That sounds just like him!"

She was a retired journalist. She told me: "He was to speak to the United Nations in New York. The place was filled. People were flying in to hear him. Everyone was there except him. The TV reporters were saying: 'Mr. Baruch will be speaking any minute now.' Finally, twenty minutes later, he came in, with his usual smile. We were thankful he hadn't been killed in an accident, or kidnapped. The director of the event said: 'What happened? where have you been?'"

"Mr. Baruch said happily: 'I've been to the park, talking to the people!' He believe that if you work on problems that affect people, you should be in touch with people, not just the one who represent them."

She just loved him, having reported on him many times. For me, he was my favorite person I had ever met. And here we were, on the other end of our country from where we had known him, excitedly speaking of our great appreciation of this very special human.

### TRIP, from page 1

Next came a tour of the National Archives to see firsthand the Charters of Freedom—the Declaration of Independence, U.S. Constitution, and U.S. Bill of Rights. Also included was a room explaining how technology is affecting the work of the archives. We were given total freedom to wander through this area viewing those items of interest to us.

From there we made a stop at the Eisenhower Memorial. Because we were running slightly behind schedule, they asked the students to depart the bus and go to the memorial and take pictures. Having been a resident of Abilene for 21 years, I requested permission to get off the bus and get a better view of the memorial.

At noon of Day Two, we had lunch in Washington D.C. and headed for Reagan National where we would fly back to Kansas City. After a warm welcome at the airport, we found ourselves back on a bus for the last leg of the trip. At Topeka, we were greeted by a highway patrolman from Wamego, who led us toward our final destination. As we exited I-70 to Highway 99, we were escorted by several motorcycles with flashing lights taking us down Wamego's main street, which was lined with people. Back to the high school and we were seated thinking we were to be introduced by our "guardian." The surprise for us then was the presentation of a Quilt of Valor for each veteran. The quilts were all handmade by ladies from two quilting groups in Wamego.

In closing, I would like to thank my wonderful guardian, Caroline, and the great leaders from Wamego High School, the doctors who traveled with us, the photographer who will provide us with many photos, and finally the entire Wamego community who raises the funds to provide this opportunity two times a year. The funds covered the expenses of 56 persons on the trip. The community topped it off with a warm greeting by hundreds of friends on the streets and in the high school upon our return. I was blessed to also have my son and daughter, their spouses, and a granddaughter to meet me. Any veteran who has not had this opportunity, apply immediately for the next trip. Wamego is one of three high schools in the nation allowed to be a sponsor and provide guardians, and they do it right!



**MEADOWLARK**

Foundation

## Fundraising Updates

### **Support for Meadowlark trail**

A few Meadowlark residents have approached Becky Fitzgerald, Development Director, in recent weeks, asking if the Foundation still is accepting donations toward Meadowlark's trail project. Their follow-up question has been: If I donate, will my gift be matched? The answer to both questions is YES!

Taking notice of Meadowlark Foundation's successful Paving the Way Campaign, board members of the Goldstein Foundation fund have approved a \$50,000 challenge grant to prompt additional support for Meadowlark's trail project. Donations toward enhancing the safety and accessibility of Meadowlark's loop trail will be matched dollar-for-dollar, so meeting the Goldstein Fund challenge will result in an additional \$100,000. These funds will be used to continue "paving the way," adding handrails where necessary and possible, and perhaps adding new sections of trail, such as near the CenterPointe Physicians building and the new Community Garden location.

The Foundation's Paving the Way Campaign concluded in mid-April with nearly \$94,000 in pledges and donations, surpassing the campaign goal of \$92,000. This effort was prompted earlier this year by a \$40,000 pledge of matching dollars from Jan Fink Call and Jeff Call of Huntingdon Valley, Pa., and Dan Fink of Highlands Ranch, Colo. Their gifts are in memory of the Rev. H. Wayne Fink and inspired by current resident Jo Call and her late husband, Ed.

Funds received after the Paving the Way Carnival will be put toward the Goldstein Challenge. The current total is \$6,160.

Because these campaigns are running consecutively, it's expected that some savings may be realized in material costs and labor efficiencies. BHS Construction has been given the green light to proceed with paving the east section (Stillman Cemetery to Meadowlark Valley) as soon as the work can be scheduled.

If you have questions or would like to participate in the Goldstein Challenge, please contact Becky Fitzgerald, (785) 323-3843.

### **Match Day total grows again**

Meadowlark's Grow Green Match Day total received a boost earlier this week when Greater Manhattan Community Foundation recognized a gift planned for Meadowlark had been assigned on April 22's Match Day to a different organization. The new number of donors is 80, and the contribution total on Match Day is \$66,645.

In addition, the event prompted \$2200 in gifts that came directly to Meadowlark Foundation, so support for nursing scholarships now totals \$68,845! A match of \$10,000 remains unchanged and will be added to Meadowlark's endowed fund at GMCF.

Grow Green donors should receive a gift receipt from GMCF, and a thank you letter from Meadowlark Foundation is on its way. Four of Meadowlark's donors requested to remain anonymous; please know that your contribution is greatly appreciated.

### **April Gifts to Meadowlark Foundation**

*Gifts benefiting the Chaplain Fund, Good Samaritan Fund, Helping Hands Fund, Meadowlark Memory Program, Meadowlark Parkinson's Program, Nursing Scholarship Program, and the "Paving the Way" campaign were received by the Meadowlark Foundation during the month of April.*

#### **Memory of**

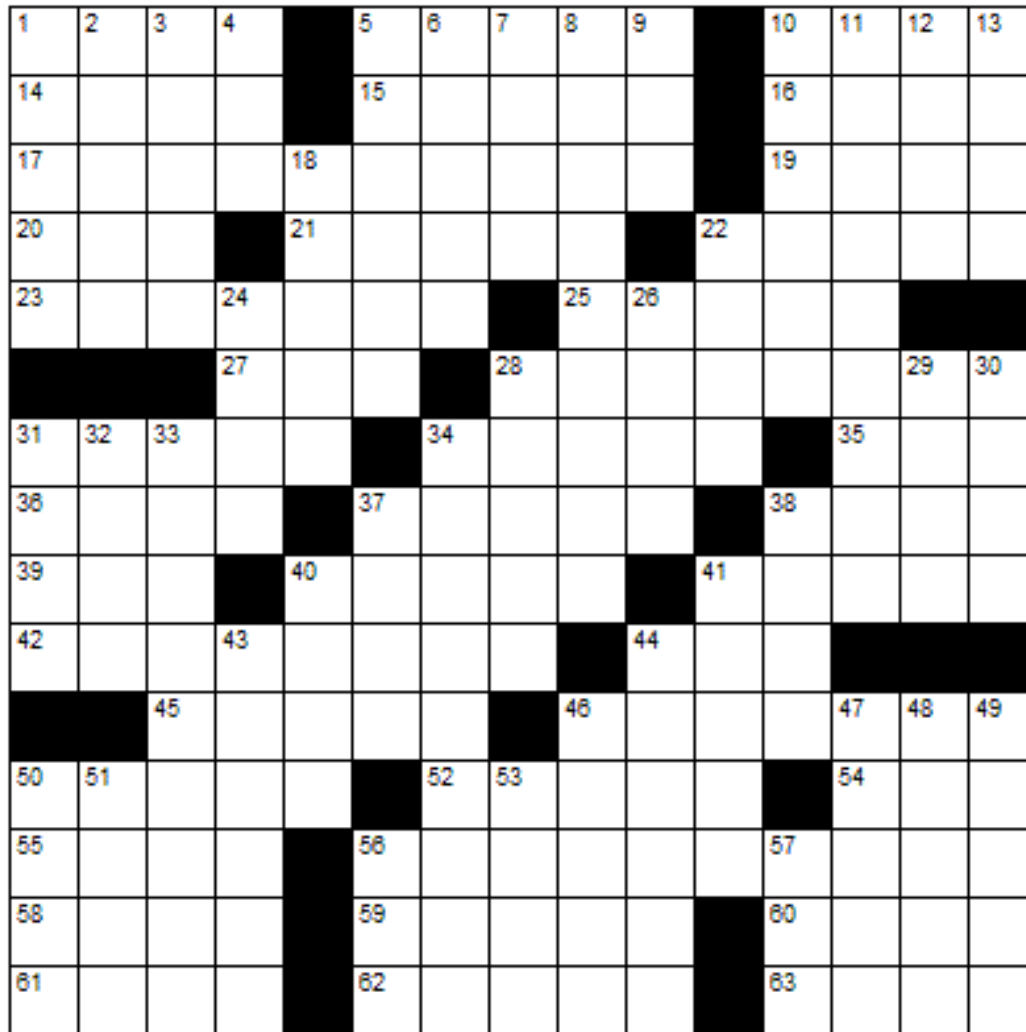
Darrell Brensing	Marvin Steinbrecker
Newton Cox	Richard "Dick" Stirtz
John Roberts	Mike Strobe
Merle Schmidt	Ramona Woodhouse

#### **Honor of**

Patty Brown-Barnett  
Don Rickley  
Nikki Strobe & family

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

# Work That Brain!



## ACROSS

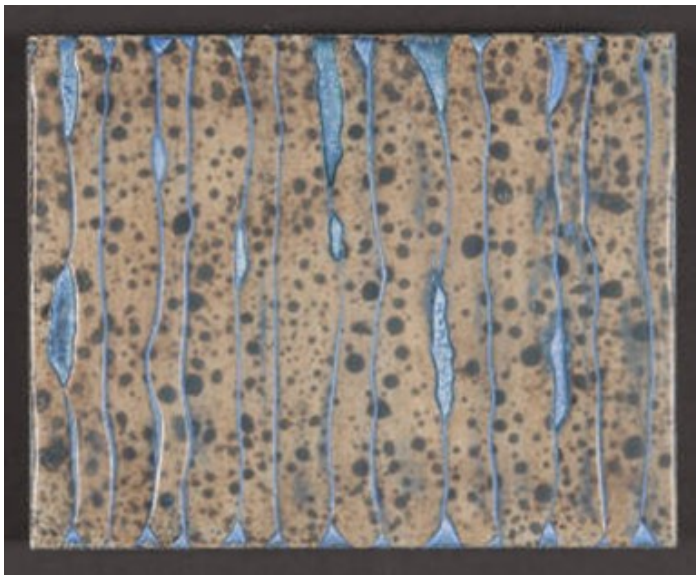
1. Scoundrels
5. Bunch
10. Skin disease
14. Melange
15. Earth tone
16. Aggravate
17. Twist
19. Fold
20. Half of a pair
21. Ice a cake
22. They connect points
23. Faucet attachment
25. Pungent edible leaves
27. Without precedent
28. Chastises
31. Costa Rican monetary unit
34. Clothe
35. Grassland
36. Similar
37. Not north
38. Seating sections
39. Butt
40. Forests
41. Value
42. Visor
44. Steal
45. Gyrate
46. Unbeatable foe
50. Allegation
52. Delete
54. American Sign Language
55. Memorization method
56. Loathsome
58. Cain's brother
59. Dominates
60. Hemorrhaged
61. Linguistic unit
62. Cast out
63. Adjusts

## DOWN

- |                             |                                |                                |
|-----------------------------|--------------------------------|--------------------------------|
| 1. Chocolate                | 18. Frequently                 | 40. Fancy                      |
| 2. Companionless            | 22. Not more                   | 41. Adult females              |
| 3. Eatery                   | 24. Any minute                 | 43. A protective covering      |
| 4. Boozer                   | 26. Impetuous                  | 44. Put up a struggle          |
| 5. Get temporarily          | 28. Unrefined                  | 46. What we are called         |
| 6. Thespian                 | 29. Colorful salamander        | 47. Expensive fur              |
| 7. Not that                 | 30. Cumberbund                 | 48. A small island             |
| 8. Small hooked instruments | 31. Worry                      | 49. Sleighs                    |
| 9. Female chicken           | 32. Alright                    | 50. Sticking point             |
| 10. Creative person         | 33. Calcium hydroxide solution | 51. Timber wolf                |
| 11. Advisor                 | 34. Flying bomb                | 53. Part portrayed             |
| 12. Pleasant                | 37. Fly high                   | 56. Form of "to be"            |
| 13. Large northern deer     | 38. After-bath wear            | 57. Stomach muscles, for short |

## Art Engagement *from the* Beach Museum of Art

**Pick Three ...** If you were going to hang three of these artworks together, which three would you choose? You may want to consider the elements of art (line, shape, color, value, form, texture, or space) to help you make your decision. After you choose the first three, pick another set of three.



Roger Weik, *Myth*, 2006, Emulsion, asphaltum, and pigments on canvas, KSU, Marianna Kistler Beach Museum of Art, gift of the artist, 2007.44



Oscar Vance Larmer, *Title unknown (drip painting)*, 1973, Acrylic on untreated canvas, KSU, Marianna Kistler Beach Museum of Art, gift of the artist, 2019.257



Glen Earl Alps, *Mirage*, 1952  
Collagraph on paper, KSU,  
Marianna Kistler Beach Museum  
of Art, gift of John Kohn, 1984.10



Betty Sieler, *Woodland*, 1962  
Linocut on paper  
KSU, Marianna Kistler Beach  
Museum of Art, gift of Jerry  
Exline, 1994.46



William Christenberry, *K Form  
(bamboo/version 2)*, 1997  
Color monotype on paper  
KSU, Marianna Kistler Beach Museum  
of Art, Friends of the Beach Museum  
of Art purchase, 2004.22

# RESTAURANT **SPECIALS**

<p><b>Sunday, May 15</b></p>	<p><b>\$14</b> Lunch Fried Chicken Mashed Potatoes &amp; Cream Gravy Green Beans Biscuit with Honey Butter</p>	<p><b>\$14</b> Dinner Fried Chicken Mashed Potatoes &amp; Cream Gravy Green Beans Biscuit with Honey Butter</p>
<p><b>Monday, May 16</b></p>	<p><b>\$9</b> Lunch Bacon-Cheddar Egg Salad Sandwich <i>on a Croissant</i> Waldorf Salad</p>	<p><b>\$13</b> Dinner Chicken Piccata <i>with Lemon Butter Sauce</i> Whole Wheat Linguine Broiled Tomatoes</p>
<p><b>Tuesday, May 17</b></p>	<p><b>\$10</b> Lunch BBQ Chicken Salad <i>mixed greens, crispy chicken, tomatoes, corn, black beans, red onions, cheddar cheese,</i></p>	<p><b>\$14</b> Dinner Hoisin-Honey Shrimp Fried Rice Stir Fry Vegetables</p>
<p><b>Wednesday, May 18</b></p>	<p><b>\$10</b> Lunch Philly Cheesesteak Sandwich Pasta Salad</p>	<p><b>\$13</b> Dinner Creamy Spinach Artichoke Chicken Penne Green Beans</p>
<p><b>Thursday, May 19</b></p>	<p><b>\$9</b> Lunch Grilled Bratwurst &amp; Sauerkraut Broccoli Salad Pub Chips</p>	<p><b>\$14</b> Dinner Apple-Bourbon Pork Roulade Mashed Sweet Potatoes Brussel Sprouts</p>
<p><b>Friday, May 20</b></p>	<p><b>\$10</b> Lunch Taco Bar</p>	<p><b>\$17</b> Dinner Steak Frites Parmesan Garlic Fries Peppercorn Sauce</p>
<p><b>Saturday, May 21</b></p>	<p><b>\$9</b> Lunch Southwest Chicken Wrap Green Bean Fries</p>	<p><b>\$16</b> Dinner Country-Style Ribs Loaded Mashed Potatoes Corn on the Cobb</p>



# Verna Belle's Cafe

## MONDAY

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

**Lunch:** Maple Bacon Chicken Sandwich, \$5.00 / \$7.00

(Breaded chicken topped with maple syrup, bacon, and Swiss cheese on a buttery croissant with choice of side)

## TUESDAY

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

**Lunch:** Ham & Cheese Slider, \$5.00 / \$7.00

(Ham and provolone cheese on Hawaiian rolls topped with buttery Dijon sauce served with choice of side)

## WEDNESDAY

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

**Lunch:** Bierocks, \$7.00

(Ground beef, onions and cabbage stuffed inside a flakey biscuit served with your choice of side)

## THURSDAY

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

**Lunch:** Avocado BLT, \$5.00 / \$7.00

(Avocado spread, bacon, lettuce, and tomato on butter-toasted wheat bread served with choice of side)

## FRIDAY

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

**Lunch:** Steak Fajita Quesadilla, \$5.00 / \$7.00

(Marinated steak strips with cheddar cheese, sauteed peppers and onions in a crispy flour tortilla served with choice of side)

## 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 15 to May 21*

## Sunday • May 15

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

## Monday • May 16

9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Tuttle Creek Men's Group, MR  
10:00 a.m. ~ Tuttle Creek Women's Group, BR  
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  
2:00 p.m. ~ Change & Loss Support Group, FHR  
5:30 p.m. ~ 5th Floor Supper, BR  
7:00 p.m. ~ Bingo Night, CR

## Tuesday • May 17 *Trash & recycling pick-up*

7:00 a.m. ~ Rock Steady Boxing, **BF**  
10:00 a.m. ~ Memory Activities Class, KSU CL  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
1:30 p.m. ~ Meadowlark Travelers Meeting, BR  
2:00 p.m. ~ Prairie Star Writers Group, PR  
2:00 p.m. ~ 10-Point Pitch, GR  
4:00 p.m. ~ Meadowlark Singers Practice, CR  
5:30 p.m. ~ 2nd Floor Supper, BR  
5:30 p.m. ~ Social Dining, MR

## Wednesday • May 18

9:30 a.m. ~ Seated Strength, CR  
9:30 a.m. ~ Courtyard Communion, CY  
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 with the Beach, BR  
6:00 p.m. ~ S'mores Night, CY

## Thursday • May 19

9:00 a.m. ~ Messenger Team, KSU CL  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
1:00 p.m. ~ Depart for Horticulture Services, VE  
3:00 p.m. ~ Card Making with Michelle, BR

## Thursday • May 19

5:30 p.m. ~ Meadowlark Circle Dinner, BR

## Friday • May 20

9:00 a.m. ~ Prairie Star Menu Meeting, BR  
9:30 a.m. ~ Seated Strength, CR  
10 a.m. to 3 p.m. ~ Meadowlark Market, 120 N. Scenic Drive  
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, BR  
7:00 p.m. ~ Tandem Moons, EC

## Saturday • May 21

10:30 a.m. ~ Saturday Shopping Trip, VE  
10 a.m. to 3 p.m. ~ Meadowlark Market, 120 N. Scenic Drive

### Room Abbreviations

<b>BF</b> , 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](mailto:michelle.haub@meadowlark.org) for log-in information unless otherwise noted below.*

### Monday, May 16

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

### Tuesday, May 17

10 a.m.	Memory Activities Class
11:15 a.m.	Chair Yoga

### Wednesday, May 18

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

### Thursday, May 19

11:15 a.m.	Chair Yoga
1 p.m.	Parkinson's Exercise Class



# CHANNEL 1960

## Entertainment Guide

### Sunday, May 15

3:30 p.m.	Chair Yoga
-----------	------------

### Monday, May 16

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 17

10:30 a.m.	Steady Yourself Exercise Class
11:15 a.m.	Chair Yoga Exercise Class

### Wednesday, May 18

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 19

10:30 a.m.	Steady Yourself Exercise Class
11:15 a.m.	Chair Yoga Exercise Class

### Friday, May 20

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 21

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



## Happy National Nurses Week!

Meadowlark has so many fantastic nurses on our team! We've spent the week celebrating these wonderful caregivers with giveaways, treats, and more. You still have time—thank a nurse today!



## 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 15

**42** (2013) PG-13, 2 hr. 8 min. *Inspiring, Emotional, Drama*

Cast: Chadwick Boseman, Harrison Ford, & Nicole Beharie

Baseball icon Jackie Robinson contends with racism on and off the field when he becomes the first Black Major League Baseball player of the modern era.

### MUSICAL MONDAY: May 16

**QUINCY** (2018) TV-MA, 2 hr. 4 min. *Musical, Documentary, Feel-Good*

Cast: Quincy Jones

This documentary profiles music and culture icon Quincy Jones, offering unprecedented access to his private life and stories from his unparalleled career.

### TRUE TUESDAY: May 17

**THE MYSTERY OF MARILYN MONROE: THE UNHEARD TAPES** (2022) TV-14, 1 hr. 41 min.

This documentary explores the mystery surrounding the death of movie icon Marilyn Monroe through previously unheard interviews with her inner circle.

### WESTERN WEDNESDAY: May 18

**CRY MACHO** (2021) PG-13, 1 hr. 44 min. *Western, Drama*

Cast: Clint Eastwood, Eduardo Minett, & Natalia Traven

In 1978, a one-time rodeo star and washed up horse breeder takes a job from an ex-boss to bring the man's young son home and away from his alcoholic mom. Crossing rural Mexico on their way back to Texas, the unlikely pair faces an unexpectedly challenging journey, during which the world-weary horseman may find his own sense of redemption through teaching the boy what it means to be a good man.

### THEATER THURSDAY: May 19

**MONUMENTS MEN** (2014) PG-13, 1 hr. 58 min. *Drama, Military*

Cast: George Clooney, Matt Damon, & Bill Murray

In a race against time, a crew of art historians and museum curators unite to recover renowned works of art stolen by Nazis before Hitler destroys them.

RESIDENT REQUEST

### FUNNY FRIDAY: May 20

**BIG BUSINESS** (1988) PG, 1 hr. 38 min. *Comedy, Goofy*

Cast: Bette Midler, Lily Tomlin, & Fred Ward

Separated at birth, two sets of twins—one posh, the other blue collar—cross paths some 40 years later on the streets of Manhattan, setting up a hilarious story of mistaken identities, split personalities, and trouble times two.

### SWEET SATURDAY: May 21

**TURNING RED** (2022) PG, 1 hr. 47 min. *Family, Comedy, Fantasy*

Cast: Rosalie Chiang, Sandra Oh, & Ava Morse

Mei Lee, a confident, dorky 13-year-old is torn between staying her mother's dutiful daughter and the chaos of adolescence. Her protective and overbearing mother is never far from her daughter. As if changes to her interests, relationships, and body weren't enough, whenever she gets too excited, she "poofs" into a giant red panda!