



Veterans & Parkinson's

Living with Parkinson's: What You Need to Know

For many veterans living with Parkinson's disease, one of the most common needs and challenges is maintaining their independence.

Join Meadowlark Parkinson's Program's Watch Party for "Veterans and PD: Mobility and Driving Safety" from 11 a.m. to 1 p.m. Tuesday, June 21, in Prairie Star Restaurant's Event Center at Meadowlark. We will hear from Parkinson's disease experts discussing common PD-related mobility challenges and the importance of recognizing and managing fall risk and driving safety. We also will explore mobility aids and home modifications, including eligibility and how to access these services through the VA Healthcare System no matter where you live.

Lunch will be provided and the program is free for veterans. Call (785) 323-3899 with questions and for reservations.

This opportunity is brought to you by Parkinson's Foundation and Meadowlark Parkinson's Program. Parkinson's disease is a chronic degenerative neurological disease that affects more than one million Americans. Meadowlark Parkinson's Program supports people affected by the disease. To learn more about the Program and what it can offer you and your family, please contact Michelle Haub, Special Programs Leader, at (785) 323-3899. Our team of professionals can help you with creating a plan to live better with Pd.

On Hazardous Friend

by Helen Roser

It was a hot summer Sunday afternoon. The Hollywood Bowl was filled as far as the eye could see.

It was the first time my friend Lynn had performed in the Bowl. As she often did, she had asked me to come be her moral support as she sang. So I was standing in the wing of the huge stage where Lynn could see me.

The crowd loved her and gave her an ovation after her first song.

It was hot and I was perspiring profusely. So I began to swing the program I held to cool off. Lynn's performance was a huge success. She was exhausted as she came off stage.

Lynn had been a professional performer since she was a teenager. The Bowl was a first for her. She spoke to me quietly: "Darling, thank you for coming to be my moral support. However, after this, if you need to cool yourself off, I will appreciate you swinging your program to the beat."

I had been flapping away with my fan, forgetting that Lynn would be looking my way out of the corner of her eye.

But she was a professional with a dumb friend. The crowd loved her.

EVENTS & OPPORTUNITIES

ADA Accessible Parking

A friendly reminder to Meadowlark residents: the designated ADA accessible parking spots are for visitor use and are not to be used for daily resident parking. We ask that you park in the designated numbered space you were assigned when you moved in. If you do not have a parking space, please contact Monte Spiller, Resident Services Leader, at (785) 323-3801 and he will assist you. Thank you for your cooperation.

Window Washing

Window washing for independent living residences started this week on the cottages. The window washers plan to move to the towers starting June 15. Meadowlark's Maintenance team will be around to remove screens in the tower apartments starting Monday, June 13. All window washing efforts are weather dependent.

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.

~ 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.

Restaurant Menu Suggestion Mtg, moved

Due to low attendance, the Prairie Star Menu Suggestion meeting will be offered monthly. Plan to attend offered the first Friday of each month at 9 a.m. in the Bison Room.

Decade Days

Every Friday in June

Let's blast into the past and celebrate Decade Days! Each Friday in June, staff and residents are invited to dress up and participate in activities that fit the decade or era that have been selected for that week! The next set of decades Meadowlark will celebrate is the 1940s and 1950s tomorrow, June 10!

Did you know Pizza Hut originated in 1958 in Wichita, Kan.? You're invited to a Pizza Party at noon Friday, June 10, in Prairie Star Restaurant. The menu will feature Pizza Hut cheese pizza, garden salad, and cookies for \$9. Later, venture over to the Courtyard for the Soda Float Social from 2 to 4 p.m. Grosh Cinema will play *The Seven Year Itch* from 1955 starring Marilyn Monroe at 1, 4, and 7 p.m.

Next week, it's time to go far out to the 1960s and '70s! To celebrate this groovy time we will tie dye t-shirts and/or socks at 1 p.m. Wednesday, June 15, in the Courtyard. Bring your own clean, white, cotton t-shirt or socks and wear clothes you don't mind getting dirty. Meadowlark team members will be present to provide instructions and other supplies.

Wear your '60s and '70s gear on Friday, June 17, and enjoy homemade Moon Pies in Verna Belle's Café from 7 a.m. to 2 p.m. Watch the Apollo 11 documentary in Grosh Cinema at 1, 4, or 7 p.m.

"Best Dressed" will be selected every week! Send your entry photo to jarmfield@meadowlark.org by 2 p.m. each Friday to be entered to win.

The final Decade Day is Friday, June 24, and Meadowlark will be rocking out to the 1980s/90s.

Outdoor Committee Meeting

Friday, June 10, at 9:30 a.m.

The Meadowlark Outdoor Committee will hold its first meeting at 9:30 a.m. Friday, June 10, in the Flint Hills Room. Those who indicated interest in serving on this committee by signing up in the Blue Book are encouraged to attend.

Conspiracy Theories of the '60s & '70s

Friday, June 10, at 7 p.m.

Let's talk conspiracy! Join Monte Spiller, Resident Services Leader, as he discusses some of the most talked about conspiracy theories from the 1960s and '70s including, Elvis is not dead, JFK

EVENTS & OPPORTUNITIES

Assassination second shooter, the Death of Marilyn Monroe, and a few others. If this is something that piques your interest, join us at 7 p.m. Friday, June 10, in the Event Center to talk conspiracy!

Leo Lake's Birthday Party

Sunday, June 12, at 2 p.m.

All are invited to attend Leo Lake's Birthday Party at 2 p.m. Sunday, June 12, in the Event Center. Refreshments will be provided. No gifts please.

June's Garden Party Bingo

Monday, June 13, at 7 p.m.

Let's celebrate the beautiful weather and summer season with our next theme BINGO, Garden Party! There will be decorations and prizes to fit the theme, so be sure to attend at 7 p.m. Monday, June 13! Player buy-in will be \$2 for the use of two playing cards. BINGO nights occur each Monday evening, from 7 to 8 p.m. in the Community Room.

Special theme BINGO nights occur on the second Monday of the month. No sign-up necessary.

The Three Kings of Abilene: UFM Class

Tuesday, June 14, at 6:30 p.m.

UFM Lifetime Learning and Meadowlark present The Three Kings of Abilene: the Cattle King, the Wheat King, and the Amusement King with Michael Hook, President of the Seelye Mansion Foundation, Development Coordinator of Old Abilene Town, and Educator with the Eisenhower Foundation. The next session is from 6:30 to 8 p.m. Tuesday, June 14, in the Community Room. The third and final session is Tuesday, June 21.

What was once a gridlock of bison herds, traveling native tribes, and the desolate "Great American Desert," was quickly converted into a major stop along the Butterfield/Overland Dispatch. Throughout this course, attendees will learn about the three major entrepreneurs that helped create Abilene into what it is today. This includes Joseph McCoy, the Cattle King; T.C. Henry, the Wheat King; and C.W. Parker, the Amusement King.

Enrollment is now open and can be completed by calling (785) 539-8763. If the office is not open, leave a message and staff will call you back. This class is offered through UFM at no charge to Meadowlark residents, and Passport members

may attend with a 20-percent discount.

Reminder: Meadowlark does not have a partnership agreement with Osher Lifetime Learning; therefore, Osher classes are not available for a discount to Meadowlark affiliates.

FUMC Communion

Wednesday, June 15, at 9:30 a.m.

Join Pastor Melanie Nord from First United Methodist Church at 9:30 a.m. Wednesday, June 15, in the Bison Room to receive communion. The opportunity is open to anyone wanting to invite Christ into his or her heart.

Speedy Pd Award Art Making

Wednesday, June 15, at 1 p.m.

Join our partners from the Beach Museum of Art in making pieces of art that will be used for the 14th Annual Speedy Pd Race for Parkinson's Disease this August. These pieces of art are used for the age group awards for the 5k and 10k winners. Speedy Pd Race for Parkinson's Disease helps raise awareness about Parkinson's and is the primary fundraiser for Meadowlark Parkinson's Program. These awards are one of the things that help make the Speedy Pd Race even more special as they are made by people affected by Parkinson's.

The Beach Museum of Art provides us with all the supplies needed and representatives can also assist with some art inspiration. No prior art experience is required. Please help us continue the tradition of being the best 5k and 10k race in the Flint Hills.

Meet in the KSU Classroom any time between 1 to 2:30 p.m. Wednesday, June 15. Come and go as it best fits your schedule.

Artist Discussion with the Beach

Wednesday, June 15, at 4 p.m.

Join Kim Richards from Beach Museum of Art for "Bernard Steffen: Kansas Printer" at 4 p.m. Wednesday, June 15, in the Bison Room. Steffen was an accomplished painter and printmaker, often depicting rural scenes and landscapes. He produced many pieces for the WPA, including a mural in Kansas. Come enjoy viewing the art of this Neodesha native.

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EVENTS & OPPS, from page 3

Sugar Creek Country Store Visit

Thursday, June 16, at 10:30 a.m.

Let's visit Sugar Creek Country Store! We will travel to the store located in the small rural town of St. Mary's, Kan., on Thursday, June 16. Sugar Creek Country store is the Midwest's only Amish Bulk Food store with a New York-Style Deli. They are a family-owned, family-run business that opened in July of 2016. At Sugar Creek, they strive to give their guests a truly unique eating and shopping experience.

The bus will depart from the Village Entrance at 10:30 a.m. We will eat lunch at the store and have time to shop. If you plan to attend, please sign up in the Blue Book located at the Hospitality Desk. Cost for transportation is \$7 per person and lunch will be at the expense of each individual participant.

Card Making with Michelle Lehmer

Thursday, June 16, at 3 p.m.

The next Card Making with Michelle Lehmer class will occur on Thursday, June 16, at 3 p.m. in the Bison Room.

S'mores Night

Thursday, June 16, at 6 p.m.

You're invited to enjoy s'mores in the Courtyard from 6 to 7 p.m. Thursday, June 16. This is a free event and all are welcome to attend! No registration necessary.

The Turbulent & Exciting '60s: UFM Class

Thursday, June 16, at 6:30 p.m.

UFM Lifetime Learning and Meadowlark present The Turbulent and Exciting 1960s with Dr. Robert Smith, the director of the Fort Riley Museums complex. He has a doctorate in history from K-State and has published numerous articles on military history. This three-session course will begin Thursday, June 16, from 6:30 to 8 p.m. in the Community Room. The second and third sessions will meet Thursday, June 23, and Thursday, June 30.

The 1960s were a decade of war, political turbulence, and significant technological advances. This class will focus on the critical events that transpired in America, the Kennedy presidency and assassination, the Cuban Missile Crisis, the Great Society, the Civil Rights

movement, and the space race. It will also examine America's involvement in Vietnam, the 1968 Soviet invasion of Czechoslovakia, the Nixon administration, Woodstock Music Festival, student activism, the Beatles, and the affluence of the Baby Boomers.

Enrollment is now open and can be completed by calling (785) 539-8763. If the office is not open, leave a message and staff will call you back. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

Reminder: Meadowlark does not have a partnership agreement with Osher Lifetime Learning; therefore, Osher classes are not available for a discount to Meadowlark affiliates.

Dr. C. Clyde Jones' 100th Birthday Bash

Friday, June 17, at 4 p.m.

You are invited to join the community celebration for Dr. C. Clyde Jones' 100th Birthday Bash from 4 to 6 p.m. Friday, June 17, at the KSU College of Business Building. In honor of Dr. Jones, please consider making a donation to his established K-State Scholarships.

Enid Stover Poetry Recitation Festival

Friday, June 17, at 7 p.m.

All are invited to the 18th Annual Enid Stover Poetry Recitation Festival! You are welcome to share your favorite poem and listen to others recite their selections. The event will begin at 7 p.m. Friday, June 17, in Meadowlark's Courtyard. There will be light refreshments, gift drawings and a rose for those who would like one. If the weather doesn't cooperate, the recitation will be moved inside to the Event Center. For more information, contact Nancy Stover at (785) 341-7759.

Shopping at Hobby Lobby & Dollar Tree

Saturday, June 18, at 10:30 a.m.

The next scheduled trip is Saturday, June 18, with transportation going to Target and Dollar Tree West. 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 Hobby Lobby and Dollar Tree East on Saturday, July 16. Please sign up in the Blue Book to participate in these opportunities.

UFM Lifetime Learning: Lunch & Learn

Tuesday, June 21, at 11:30 a.m.

The next UFM Lunch and Learn begins at 11:30 a.m. Tuesday, June 21, in the KSU Classroom and is titled "Behind the Book: The Writing and Publishing Process." Debut novelist Carmen Schober will discuss the creative writing process, identifying a target audience, and the path to publication in 2022. This class is ideal for those who are interested in publishing a book or who are simply curious about what goes on behind the scenes.

Carmen Schober graduated with a master's in English Literature and Creative Writing from K-State in 2015. Her first novel, "After She Falls," debuted as the number one Amazon bestseller in the mixed marital arts category in Nov. 2021. Her second book, "Pretty Little Pieces," releases in Nov. 2022. The class fee for passport members is \$12 each.

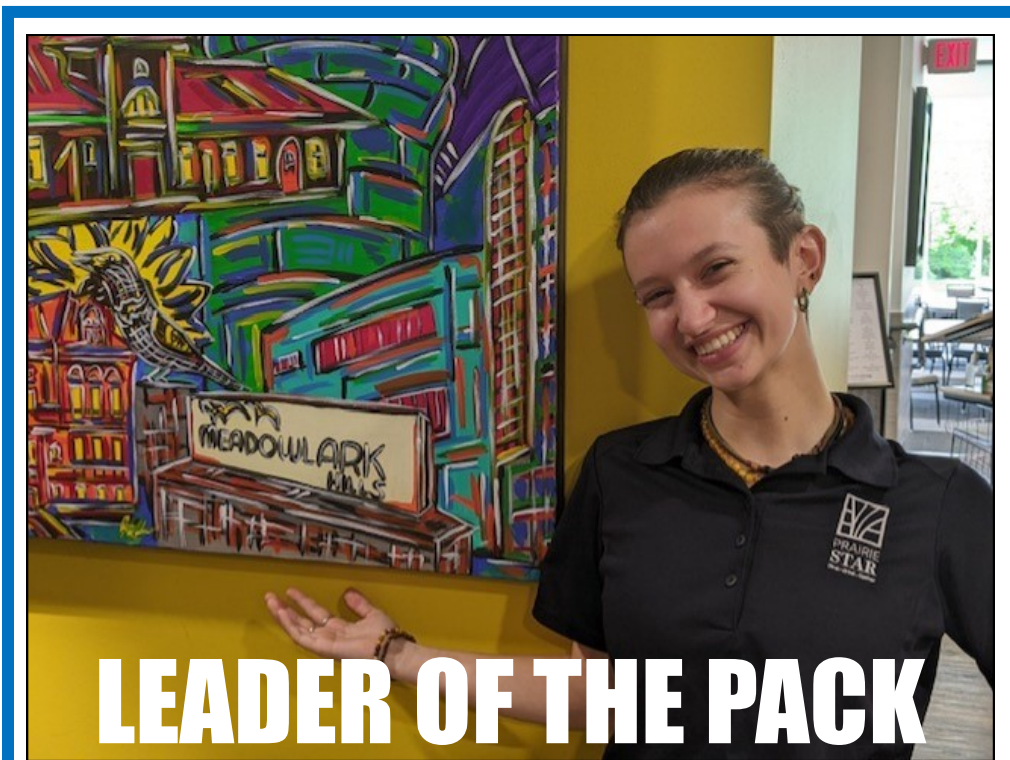
For all Lunch and Learn classes, please bring your own lunch, or arrive early and purchase from the menu at Meadowlark's Prairie Star restaurant.

Classes are now open for enrollment. For learning opportunities at Meadowlark, call UFM at (785) 539-8763 and request to register. Meadowlark residents may attend all Meadowlark-sponsored UFM courses at no cost. Passport members may attend at a 20% discount.

Decade Days: 1951

In 1951, Verna Turnquist (known as Verna Swanson at the time) went on an adventure overseas along with a few girlfriends. Their plan was to travel to Sweden, where each of their fathers had been born! On the way, they made a stop in England. Judy, one of Verna's friends making the trip, wanted to meet her Pen Pal at the time and they did just that! In the photo, Verna can be seen leaning against the car, with her elbow off to the side. She said if you look closely, you might be able to see a bunker in the background, that was left over from WWII. Verna said, "It was an exciting and fun trip, which included traveling on the Queen Mary!"

Do you have a special photo from the past with a short story to tell? We would love to include it in the next Messenger to continue our Decade Days celebrations! Send your stories and photos to Sarah Duggan at sguge@meadowlark.org or call (785) 323-3878.



Congratulations to Meadowlark's June Leader of the Pack—Avery Taylor, Prairie Star Restaurant Server! Avery puts a smile on our faces and it is evident how caring, fun, and energetic she is with residents and staff. She makes the atmosphere bright and brings people together. Meadowlark is delighted to have Avery on the team!

Work That Brain!

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21					22			
				23				24	25					
26	27	28	29				30	31						
32						33					34	35	36	
37					38						39			
40				41						42				
			43						44					
	45	46						47						
48					49	50	51				52	53	54	55
56					57					58				
59					60					61				
62					63					64				

ACROSS

1. Christmas song
6. Ancient
10. Data
14. Excuse
15. Lariat
16. Geek
17. Mass communication industry
18. Hairstyle
19. Threesome
20. Plague
22. Always
23. Unhappy
24. Pens
26. Jail
30. Pizazz
32. Consumed
33. They share seats
37. Affirm
38. Quickly
39. Ripped
40. Not permanent
42. Stop
43. Deservedly receives
44. Temporary stairs
45. Category
47. Zero
48. Parental sister
49. Drowsiness
56. Dry riverbed
57. Ocean motion
58. Christian holy book
59. Baking appliance
60. Managed with difficulty
61. Arm joint
62. Stow, as cargo
63. Lairs
64. Pauses

DOWN

- | | | |
|----------------------------|------------------------------|--------------------------|
| 1. Tent-pitching place | 25. Ambition | 44. Guff |
| 2. Away from the wind | 26. Kind of moss | 45. Tropical fruit |
| 3. Disposes | 27. All-night party | 46. Terminated |
| 4. Death notice | 28. Any thing | 47. Requires |
| 5. Go-between | 29. Full of twists and turns | 48. Absent Without Leave |
| 6. Curved | 30. Phobias | 50. Prefer |
| 7. Thug | 31. Delicate | 51. Biblical garden |
| 8. Majestic | 33. Bridge | 52. Egyptian river |
| 9. Have a bowel movement | 34. Frog | 53. Declines |
| 10. Merged | 35. Celtic language | 54. Coin opening |
| 11. Audacity | 36. Fortune teller | 55. Stitches |
| 12. Strips of fried potato | 38. Detained by police | |
| 13. Scent | 41. Paddle | |
| 21. Local Area Network | 42. Diameter, in ballistics | |

Art Engagement *from the Beach Museum of Art*

Texture ... When viewing an artwork, texture is the perceived surface quality of the subject. The viewer may recognize texture physically, visually, or both. Physical texture is experienced by touching an object or material, and it can also be perceived without touching. In the visual arts, viewers do not typically touch an artwork; thus, the visual perception of texture is relied on. How a viewer visually experiences texture depends on experience with the physical world. If an artist successfully uses light and shadow to create visual texture combined with the viewer's previous experience with the object, texture is communicated without touch. As you look at this painting what textures do you observe? What words would you use to describe them?



Lester Wilton Raymer (United States, 1907 - 1991)

Apples, ca. 1982

Oil on canvas

KSU, Marianna Kistler Beach Museum of Art, gift of Pauline Brown Pfuetze (Virgil & Pauline Brown Collection)

1996.35

RESTAURANT **SPECIALS**

<p>Sunday, June 12</p>	<p>\$14 Lunch Baked Ham with Pineapple Sauce White Cheddar Scalloped Potatoes Green Beans</p>	<p>\$14 Dinner Baked Ham with Pineapple Sauce White Cheddar Scalloped Potatoes Green Beans</p>
<p>Monday, June 13</p>	<p>\$10 Lunch Breakfast Burger Fried Potatoes & Pearl Onions</p>	<p>\$14 Dinner Balsamic Grilled Shrimp Wild Rice Succotash</p>
<p>Tuesday, June 14</p>	<p>\$10 Lunch Chicken Fiesta Salad <i>mexican chicken, lettuce, tomato, onions, black beans, & southwest sauce</i></p>	<p>\$13 Dinner Pork Bahn Mi Bowl <i>Shredded pork, pickled carrots & radishes, brown rice, sliced cucumbers, cilantro, & sriracha lime sauce</i></p>
<p>Wednesday, June 15</p>	<p>\$10 Lunch Pulled Pork Sandwich Coleslaw French Fries</p>	<p>\$12 Dinner Grilled Balsamic Chicken <i>with Tomato Bruschetta</i> Red Potatoes</p>
<p>Thursday, June 16</p>	<p>\$10 Lunch Shrimp Burrito Veggie Sticks</p>	<p>\$12 Dinner Kentucky Hot Brown Zucchini Medley</p>
<p>Friday, June 17</p>	<p>\$10 Lunch Mac & Cheese Bar</p>	<p>\$18 Dinner Halibut with Lemon Butter Couscous Brussel Sprouts</p>
<p>Saturday, June 18</p>	<p>\$8 Lunch Bacon & Tomato Grilled Cheese Tomato Soup</p>	<p>\$12 Dinner Smothered Burritos Mexican Rice Refried Beans</p>

Verna Belle's Cafe

MONDAY

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

Lunch: Chili Verde Pork Enchiladas, \$5.00/\$7.00

(Shredded pork, cream cheese, and green chili sauce in tortillas topped with green chili sauce, cheese and cilantro served with warm black beans)

TUESDAY

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

Lunch: Caesar Steak Wrap, \$7.00

(Strips of grilled steak, parmesan cheese, romaine lettuce, croutons, and Caesar dressing wrapped in a tortilla served with choice of side)

WEDNESDAY

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

Lunch: Chicken Divan, \$5.00/\$7.00

(Cheesy chicken and broccoli with buttery breadcrumbs served over a bed of white rice)

THURSDAY

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

Lunch: Turkey Cranberry Croissant, \$7.00

(Turkey, cranberry sauce, and Swiss cheese on a buttery croissant served with choice of side)

FRIDAY

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

Lunch: Reuben Bratwurst, \$7.00

(Grilled bratwurst topped with sauerkraut, Swiss cheese, and Thousand Island dressing 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 June 12 to June 18

Sunday • June 12 *Put your trash at the curb!*

10:30 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE
 2:00 p.m. ~ Leo Lake's Birthday Party, EC
 6:30 p.m. ~ Little Apple Investment Club, KSU CL

Monday • June 13 *Trash & recycling pick-up*

9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:30 p.m. ~ God Talk, KSU CL
 2:00 p.m. ~ Change & Loss Support Group, FHR
 7:00 p.m. ~ Bingo Night: Garden Party, CR

Tuesday • June 14

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
 11:30 a.m. ~ 4th Floor Luncheon, BR
 2:00 p.m. ~ 10-Point Pitch, GR
 3:00 p.m. ~ Coffee Corner, CY/EC
 5:30 p.m. ~ Social Dining, MR
 6:30 p.m. ~ UFM Class: 3 Kings of Abilene, CR

Wednesday • June 15

9:30 a.m. ~ Seated Strength, CR
 9:30 a.m. ~ Courtyard Communion, CY/BR
 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. ~ Totally Tie Dye, CY
 1:00 p.m. ~ Speedy Pd Art Making, KSU CL
 3:00 p.m. ~ Sing-A-Long, EC
 3:00 p.m. ~ Rock Steady Boxing, CR
 4:00 p.m. ~ Artist Discussion, BR

Thursday • June 16

9:00 a.m. ~ Messenger Team, KSU CL
 10:30 a.m. ~ Depart for Sugar Creek Country Store, VE
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 1:00 p.m. ~ Parkinson's Exercise, CR
 3:00 p.m. ~ Card Making w/ Michelle Lehmer, FHR

Thursday • June 16

5:30 p.m. ~ Meadowlark Circle Dinner, BR
 6:00 p.m. ~ S'mores Night, CY
 6:30 p.m. ~ UFM Class: The '60s, CR

Friday • June 17 *Decade Day: 1960s & 1970s*

7 a.m. to 2 p.m. ~ Homemade Moon Pies, VBC
 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. ~ Catholic Rosary, CR
 7:00 p.m. ~ Enid Stover Poetry Recitation, CY

Saturday • June 18

10:30 a.m. ~ Depart for Shopping Trip, VE

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, June 13

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

Tuesday, June 14

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

Wednesday, June 15

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

Thursday, June 16

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



CHANNEL 1960

Entertainment Guide

Monday, June 13

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, June 14

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

Wednesday, June 15

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, June 16

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

Friday, June 17

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, June 18

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

Solutions from 6/2.

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

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

Z	Z	A	J	A	W	R	R	A	I	T	A	O	R
H	R	H	I	P	N	M	R	H	N	E	E	N	L
B	E	U	R	G	Z	H	P	A	O	M	E	H	O
R	C	G	R	I	G	T	E	R	C	P	M	B	O
O	O	H	E	A	A	Y	E	L	R	O	I	L	Z
A	R	E	N	S	D	H	O	E	A	R	T	U	H
D	D	S	A	W	R	R	I	M	M	A	G	E	H
C	P	M	I	I	U	P	G	H	H	A	A	S	N
A	L	E	S	N	P	I	A	N	O	O	R	R	R
S	A	Y	S	G	J	C	H	P	A	T	R	A	H
T	Y	R	A	H	P	A	R	G	O	N	O	H	P
R	E	G	N	S	R	A	D	I	O	Y	O	E	U
L	R	G	C	E	A	O	I	G	R	T	R	O	E
A	Z	H	E	O	S	A	B	G	O	Z	H	M	M



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: June 12

ONWARD (2020) PG, 1 hr. 42 min. *Family, Comedy, Fantasy*

Cast: Tom Holland, Chris Pratt, & Julia Louis-Dreyfus

Elf brothers, Ian and Barley, get to spend a day with their late dad and go on a quest aboard Barley's epic van Guinevere. When their mom, Laurel, realizes her sons are gone, she teams up with The Manticore to find them.

MUSICAL MONDAY: June 13

BANDSLAM (2009) PG, 1 hr. 51 min. *Quirky, Comedy, Teen Drama*

Cast: Aly Michalka, Vanessa Hudgens, & Gaelan Connell

Social outcast Will doesn't know what to think when the popular Charlotte asks him to manage her fledgling rock group. But agreeing to help her win the school's upcoming battle of the band turns out to be one of the best decisions he's ever made.

TRUE TUESDAY: June 14

AUDREY (2020) TV-14, 1 hr. 40 min. *Inspiring, Documentary*

Cast: Audrey Hepburn

An intimate portrait of legendary Hollywood actress, fashion icon and humanitarian Audrey Hepburn, who stood for love above all else.

WESTERN WEDNESDAY: June 15

THE PROFESSIONALS (1966) PG-13, 1 hr. 57 min. *Exciting, Western, Gritty*

Cast: Burt Lancaster, Lee Marvin, & Robert Ryan

A Texas millionaire hires four rugged adventurers to rescue his wife, who's been kidnapped by a notorious Mexican bandit—or so it appears.

THEATER THURSDAY: June 16

THE BEGUILDED (2017) R *for some sexuality*, 1 hr. 33 min. *Understated, Drama*

Cast: Colin Farrell, Nicole Kidman, & Kirsten Dunst

During the Civil War, a wounded Union soldier takes refuge at a Southern girls school, rupturing the calm amid growing sexual tension and infighting.

DECADE FRIDAY ~ 1960/1970: June 17

APOLLO 11 (2019) G, 1 hr. 33 min. *Documentary, History*

Cast: Neil Armstrong, Michael Collins, & Buzz Aldrin

A look at the Apollo 11 mission to land on the moon led by commander Neil Armstrong and pilots Buzz Aldrin and Michael Collins.

SWEET SATURDAY: June 18

THE BIG GREEN (1995) PG, 1 hr. 40 min. *Sports, Family, Comedy*

Cast: Steve Guttenberg, Olivia d'Abo, & Jay O. Sanders

An inspiring, action-packed story of a ragtag team of young soccer players who, with the help of their new teacher and the local sheriff, set out to restore their small town's former glory. Can they go all-out and beat the odds by winning the state championship?