



by Bridget Larkin, Social Services Leader

Are you ready to socialize, eat, and dance while supporting a good cause? The 4th annual Fiesta to Remember benefiting Meadowlark Memory Program is Friday, July 15! Presented by Central National Bank, the event will be from 11 a.m. to 10 p.m. at Rockin K's, 1880 Kimball Ave.

Fiesta to Remember will feature a taco buffet from 11 a.m. to 1:30 p.m. and a special Fiesta menu will be offered between 5 and 10 p.m. Back by popular demand, a VIP experience featuring a private room, bartender, and buffet will be held from 6 to 10 p.m. A limited number of VIP tickets are available for \$50 each. Everyone may purchase favorites from the Rockin K's menu and the signature "Fiesta-Rita" drink all day long. To-go orders will be available for residents not able to attend in-person, so be on the lookout for additional information and order forms.

This year's event will include live vintage rock music by *The Riders*. Rockin K's is generously

donating 10% of the day's proceeds to Meadowlark Memory Program.

As a community outreach program, Meadowlark Memory Program serves individuals affected by mild cognitive impairment, dementia, and/or Alzheimer's disease in the Flint Hills region. In recent years, the use of technology has allowed the program to serve individuals in other areas of the state, as well.

A dementia or related diagnosis is devastating and often leaves the individual and his/her family feeling isolated. Meadowlark Memory Program strives to help people cope with their diagnoses and form connections so they do not have to face the journey alone. All program services are free of charge and include consultations, education events, classes, and support groups.

To learn more about the program or to purchase VIP tickets, please contact Michelle Haub or Bridget Larkin at (785) 323-3899.

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.

~ 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

Because of low attendance, the Prairie Star Menu Suggestion meeting will be offered monthly. Plan to attend 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 1960s and 1970s tomorrow, June 17. Wear your '60s and '70s gear 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. Mark your calendars for the Lip Sync Battle at 5:30 p.m. Friday, June 24, in the Event Center.

Watch Meadowlark team members and residents battle it out for the top three spots and cash prizes! If you are interested in performing your favorite tune in the Lip Sync Contest, sign up in the Blue Book at the Hospitality Desk. There is a limit of 10 performers for the contest. Songs should be under four minutes in length and in good taste. If you have questions, please contact Jana Armfield at (785)

To continue the '80s/'90s celebration, catch the movie—*Funny Farm*—in Grosh Cinema at 1, 4, or 7 p.m.

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.

EVENTS & OPPORTUNITIES

Veterans & Parkinson's Event

Tuesday, June 21, at 10:30 a.m.

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.

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.

The Three Kings of Abilene: UFM Class

Tuesday, June 21, 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 third and final session is Tuesday, June 21, from 6:30 to 8 p.m. in the Community Room. Enrollment is required.

ARTful Memories

Wednesday, June 22, at 1 p.m.

All are invited to attend ARTful Memories at 1 p.m. Wednesday, June 22, in the KSU Classroom. This is a Meadowlark Memory Program collaboration with the Marianna Kistler Beach Museum of Art using Visual Thinking Strategies (VTS). Kim Richards, Education Assistant, will conduct a facilitated discussion of three different art images with joint participation by memory care receivers and caregivers.

ARTful Making: Layered Waterscapes

Wednesday, June 22, at 2:30 p.m.

Come create an artistic splash during ARTful Making: Layered Waterscapes at 2:30 p.m. Wednesday, June 22, in the KSU Classroom! We will make layered scenes of your favorite water views. Kim Richards from the Beach Museum of Art will bring images of seascapes, river shorelines and farm ponds for inspiration. The

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medium will be collage paper with colored pencils and markers to add details. All materials will be supplied. Join Kim for some inspired fun!

The Turbulent & Exciting '60s: UFM Class

Thursday, June 23, 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. The second session will meet from 6:30 to 8 p.m. Thursday, June 23, in the Community Room. Enrollment is required.

Decade Days: Mongolia

Photo & story submitted by Dottie Blacker



In this photo, I am standing on a gigantic statue of Genghis Khan near the city of Ulan Bator, Mongolia. The Trans-Siberian Railway travels from Beijing to the Mongolia boundary where they change trains because of the rail difference. Passage through Mongolia was beautiful with the open, green landscape and the occasional hut.

Disappointing was seeing locations where the Russians had rid themselves of WWII junk. One of the most

interesting sites was crossing the lower part of Lake Baikal. It is the world's largest, clean and fresh water site. China would like to buy water from it, but there is no way to solve the question of who controls the spigot. Then a glass of champagne at the Europe/Asia boarder, on to Moscow and back to the U.S.

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.

On Our Human Comedy

by Helen Roser

When referring to the world's largest county, it was true that "the right hand didn't know what the left hand was doing." Our county office sent out legal notices of condemnation, meaning the building could not lawfully be occupied.

I sent out the notice that, a few days later, would be received at our office. We occupied a county-owned building that had been condemned for years. But no one had been authorized to buy a new building and move us into it.

Since the office still existed that rented out county property (at pre-inflation rates), one of our condemned properties had been booked for an evening "public education" event.

A speaker would speak in the first floor auditorium. Legal capacity 100. Actual capacity at the event: More than 200, lining walls of the auditorium.

A 20 minute break was announced. A bar on the third floor was announced, reachable by the lobby elevator. The open wire elevator (condemned for years) was an old war horse, onto which an over-load crowded. (Why the bar was on the third floor instead of the open first floor lobby, was never explained.)

The old elevator got between floors, then quit. Its occupants were squashed together for 90 minutes. The man in charge saw me watching and had insisted I join them. By inhaling, to allow the wire doors to close, I joined them. It took an hour and a half to get us out.

The irony of the event was the topic: "Managing a Growing Community." A sense of humor helped.

Severe Weather Season: What To Do

With a thunderstorm or tornado in the forecast, do Meadowlark residents know how to respond? Here are some definitions to remember and procedures to follow when a thunderstorm or tornado is in the forecast.

Thunderstorms

Thunderstorm watch — No actual storm exists, but conditions make a dangerous storm likely.

Thunderstorm warning — High winds and dangerous hail are in the area, with the possibility for major damage.

Procedure for all residents during a thunderstorm watch or warning: Stay indoors until severe weather passes. Stay away from windows, if there are high winds or hail. Turn on a weather radio if you have one.

Tornado

Tornado watch — No actual tornado exists, but weather conditions make severe thunderstorms likely, with the possibility of creating a tornado.

Tornado warning — A funnel cloud has been spotted or an actual tornado is on the ground. Take cover immediately.

Procedures for weathering a tornado differ, depending on the location of one's home at Meadowlark. All independent living residents should go into a building immediately. Do not use an elevator.

Residents in a **West Tower apartment** should take stairs to the first floor and sit out the storm on the first floor near Prairie Star Restaurant. If you cannot get to the first floor, go to the center hallway of the 2nd, 3rd, 4th, or 5th floor. If you cannot get to these locations, stay in

your apartment with the door to the hallway closed. Proceed to a bathroom and close the door.

Residents in an **East Village apartment** should sit out the storm in the first floor hallway near Prairie Star Restaurant or walk to the 2nd or 3rd floor hallway of the West Tower. Do not take the stairs.

If an **East Village** resident is unable to walk to any of these locations, stay in the apartment in a bathroom with the door closed.

Both **East and West Village** residents should wait for an "all clear" to be given before returning to their apartments.

Residents in a **cottage** or **garden apartment** should not try to reach the Community Center. Stay in your home and close doors and curtains.

If you live in a **garden apartment** or **classic cottage**, proceed to a room that does not have an exterior wall, such as a bathroom or hallway. If you live in a **Prairie Crest cottage** and have a safe room, proceed to the safe room and turn on a weather radio. Listen for the "all clear" announcement.

For details related to your location, consult the Resident Handbook. During a storm situation, anyone who has a weather radio or regular radio should keep it on. Residents also are invited to turn their TVs to a local station for weather updates.

TREE-mendous Opportunity

Visit to Nebraska's Arbor Day Farm set for late August



Soothing nature-inspired décor and scenic views await Lied Lodge visitors, located at Arbor Day Farm. A two-night stay at this property is part of the upcoming Meadowlark Travelers getaway.

by Becky Fitzgerald, Development Director

2022 is the 150th anniversary of Arbor Day and the 50th anniversary of the Arbor Day Foundation, making it the perfect year to enjoy the great outdoors and understand just how important and terrific trees are. Our Meadowlark Travelers group has an opportunity to see where Arbor Day got its start in 1872. Plan now to enjoy a three-day/two-night getaway to Lied Lodge at Arbor Day Farm Aug. 29-31!

Nestled in Nebraska City, Neb., Arbor Day Farm encompasses 260 acres of natural beauty and historical significance. It's where the Arbor Day Foundation's simple mission — to inspire people to plant, nurture, and celebrate trees — comes to life. In addition to Lied Lodge, this national historic treasure is home

to the Apple House Market and Arbor Lodge State Historical Park.

During our time on the Farm, we'll experience a private, guided Discovery Tour into the heart of the orchards and forest. Participants will see and learn from an experienced tour guide about Arbor Day Farm's native trees and animals, tree research, orchards, and history.

We'll also visit Arbor Lodge State Historical Park. The highlight of this 72-acre park is the historic mansion, with its 52 rooms and countless historic artifacts belonging to the Morton Family. (J. Sterling Morton proposed the idea for a tree planting holiday called "Arbor Day" at a meeting of the State Board of Agriculture in 1872.) The park also includes an arboretum, Italian terraced

garden, log cabin, carriage house, walking trails, more than 200 varieties of lilacs, and a charming whispering bench.

Time to enjoy Lied Lodge and Arbor Day Farm at your leisure has been built into the itinerary. Exploring, shopping, exercising, and/or relaxing are all possible. Amenities at Lied Lodge include an indoor pool and fitness center, a spa, Timbers restaurant, and the Library Lounge.

Leave the Lodge to walk one of the Farm's trails or step into Apple House Market, which offers nature-inspired gifts and locally made tasty treats. The Market features a wine bar, offering samples of the Farm's hand-crafted whites and reds. Not a wine drinker? Try an apple cider slushie.

While our time at Arbor Day Farm promises to be a highlight,

the trip also includes stops in Marysville, Kan., on the way north, and Beatrice, Neb., on our return to Manhattan. In Marysville, we'll get to know two of this northeast Kansas town's claims to fame: black squirrels and the Pony Express. A step-on guide will direct us to several 5-foot fiberglass versions of Marysville's official mascot, and tell us how these furry friends, both the real and recreated came to reside in Marshall County. The fiberglass squirrels, painted with various themes and designs by local and regional artists, are on display year-round, and we may get a sneak peek at new ones set to be unveiled this fall.

Marysville's proud heritage also includes Home Station No. 1 on the Pony Express route. After lunch at a local café, we'll see the home station, a stone barn built in 1859, which was leased to the Pony Express in 1860. The barn is still standing and is now a museum.

On Day 3 in Beatrice, we'll spend some time at the Homestead National Historical Park, created in 1936 as a lasting memorial to all the settlers who built the American West. Guests are invited to view an introductory film "Land of Dreams – Homesteading America;" learn about 1862's Homestead Act through state-of-the-art exhibits, and peek inside a one-room schoolhouse and a hardwoods cabin built in 1867.

The trip fee includes motor coach transportation, two luxurious nights at Lied Lodge with luggage service, six meals (two breakfasts, three lunches, and a private welcome dinner), and group attractions. Cost per person for double occupancy is \$605; single travelers pay \$825. These fees are valid with a minimum of 25 paying travelers. The fee may be less if the trip attracts 30 participants.

Residents, Passport members, Monarch Priority members,

friends, and family are welcome to join the fun. A deposit of \$200 per person is required with a completed registration form. This form is available in the Blue Book or by contacting Monte Spiller, Resident Services Leader, at (785) 323-3801. Deposits and trip balances may be paid by cash or a check made payable to Meadowlark and submitted with your form at the Hospitality Desk. Registered travelers also are asked to sign a list in the Blue Book, indicating if you're traveling as a single or with a roommate. Residents may request the fees be added to their monthly statements.

Note: Travelers must be able to navigate steps onto and off the motor coach and ambulate independently (with or without an assistive device) for short distances, such as during museum visits.

Questions? Contact Becky Fitzgerald at (785) 323-3843 or Monte Spiller.



[top left] This mansion at Arbor Lodge State Historical Park was home to J. Sterling Morton, who proposed Arbor Day in 1872 to entice the nation's residents to plant much-needed trees.

[top right] A homesteading family's cabin is open to visitors at Homestead National Historical Park near Beatrice, Neb.



[bottom] A *Squirrels Gone Wild* tour is planned for Day 1 during a stop in Marysville, Kan.

Work That Brain!

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May Gifts to Meadowlark Foundation

Gifts benefiting the Good Samaritan Fund, Helping Hands Fund, Meadowlark Memory Program, Meadowlark Parkinson's Program, and the trail project were received by the Meadowlark Foundation during the month of May.

Memory of

Joanne Barkyoumb
 Darrell Brensing
 Dean Jackson
 Michael "Mike" Simons
 Stephen Stallwitz
 Michael "Mike" Strobe

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

Art Engagement *from the* Beach Museum of Art

Reflections on Father's Day: Around 120 countries recognize a form of Father's Day. Many of them celebrate on the third Sunday in June, including the United States. It took 64 years from the first small celebrations in West Virginia and Washington until it became a United States national holiday in 1972. As you look at the photograph here by a Manhattan, Kan. photographer, think about your dad. What kinds of things did you do with your dad? Did he teach you to ride a bike, take you fishing, play catch, or come to your tea parties? Take a moment to reflect and share your memories with a friend.



Doug Barrett (United States, born 1982), *3 Queens*, 2020, From the series *Yuma Street*, publisher 400 North Creative, Inkjet print on paper, KSU, Marianna Kistler Beach Museum of Art, 2020.17

Notes

RESTAURANT **SPECIALS**

Sunday, June 19	<p>\$22 Father's Day Lunch 6 oz. Ribeye & Butter-Garlic Shrimp Baked Potatoes Green Beans</p>	<p>\$22 Father's Day Dinner 6 oz. Ribeye & Butter-Garlic Shrimp Baked Potatoes Green Beans</p>
Monday, June 20	<p>\$11 Lunch Ham Loaf Roasted Red Potatoes Creamed Peas & Pearl Onions</p>	<p>\$16 Dinner Beef Tips Mashed Potatoes & Gravy Broccoli</p>
Tuesday, June 21	<p>\$10 Lunch Bacon Cheddar Slider Parmesan Truffle Fries</p>	<p>\$14 Dinner Apple-Cranberry Stuffed Pork Tenderloin White Cheddar Scalloped Potatoes Zucchini</p>
Wednesday, June 22	<p>\$8 Lunch Grilled Cheese Sandwich <i>with Mozzarella, Pesto, & Tomato</i> Pub Chips</p>	<p>\$16 Dinner Pecan-Crusted Trout Garlic-Parmesan Smash Potatoes Fresh Green Beans</p>
Thursday, June 23	<p>\$10 Lunch Smoked Duck Pizza</p>	<p>\$13 Dinner Shrimp Scampi <i>with Angel Hair Pasta</i></p>
Friday, June 24	<p>\$10 Lunch Taco Bar</p>	<p>\$13 Dinner Cilantro-Lime Chicken Mango Salsa Wild Rice Asparagus Medley</p>
Saturday, June 25	<p>\$9 Lunch Boneless Garlic Parmesan Wings Sweet Potato Fries</p>	<p>\$14 Dinner Smothered Pork Chop Mushroom & Onion Gravy Mashed Potatoes Buttered Carrots</p>

Verna Belle's Cafe

MONDAY

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

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

(Corned beef, sauerkraut, Swiss cheese, and Thousand Island dressing 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, and 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 June 19 to June 24

Sunday • June 19 *Put your trash at the curb!*

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

Monday • June 20 *Trash & recycling pick-up*

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
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 • June 21

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
10:30 a.m. ~ Veteran's & Parkinson's Event, EC
11:15 a.m. ~ Chair Yoga, CR
11:30 a.m. ~ UFM Lunch & Learn, KSU CL
2:00 p.m. ~ 10-Point Pitch, GR
2:00 p.m. ~ Prairie Star Writers Group, PR
5:30 p.m. ~ 2nd Floor Supper, BR
5:30 p.m. ~ Social Dining, MR
6:30 p.m. ~ UFM Class: 3 Kings of Abilene, CR

Wednesday • June 22

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
2:30 p.m. ~ ARTful Making, KSU CL
3:00 p.m. ~ Sing-A-Long, EC
3:00 p.m. ~ Rock Steady Boxing, CR
5:30 p.m. ~ 1st Floor Supper, MR

Thursday • June 23

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

Thursday • June 23

1:00 p.m. ~ Pd Care Partners Support Group, FHR
1:00 p.m. ~ Parkinson's Exercise, CR
2:00 p.m. ~ Fiber Arts Club, BR
6:30 p.m. ~ UFM Class: The '60s, CR

Friday • June 24 *Decade Day: 1980s & 1990s*

9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ ML 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
5:30 p.m. ~ Lip Sync Battle, EC

Saturday • June 25

10:00 a.m. ~ ML Market, 120 N. Scenic Drive

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

Monday, June 20

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

Tuesday, June 21

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

Wednesday, June 22

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

Thursday, June 23

11:15 a.m.	Chair Yoga
12 p.m.	Caring Conversations (Pd)
1 p.m.	Pd Care Partners Support Group
1 p.m.	Parkinson's Exercise Class



CHANNEL 1960 Entertainment Guide

Monday, June 20

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 21

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

Wednesday, June 22

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 23

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

Friday, June 24

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 25

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



Solutions from 6/9.

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

[left] *Paving the Way* Progress: Generous donations to the Paving the Way campaign have provided for enhancements to Meadowlark's loop trail. BHS Construction began pouring concrete last week, and the solid surface now stretches from the east end of Meadowlark Valley to the bridge near the CenterPointe Physicians building. On Tuesday, workers tamped down soil at the pavement edges.



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 19

GROWN UPS (2010) PG-13, 1 hr. 42 min. *Heartfelt, Feel-Good, Comedy*

Cast: Adam Sandler, Kevin James, & Chris Rock

Mourning the loss of their beloved junior high basketball coach, five middle-aged pals gather at a lake house and rediscover the joys of being a kid.

MUSICAL MONDAY: June 20

LADY SINGS THE BLUES (1972) R for profanity & some violence, 2 hr. 24 min. *Drama, Biography*

Cast: Diana Ross, Billy Dee Williams, & Richard Pryor

Diana Ross stars as legendary singer Billie Holiday in this poignant biopic chronicling Lady Day's hard-knock beginnings, her remarkable musical career, and the personal demons that led to her tragic demise.

TRUE TUESDAY: June 21

RESIDENT REQUEST

RESCUED BY RUBY (2022) TV-G, 1 hr. 33 min. *Heartfelt, Inspiring, Feel-Good*

Cast: Grant Gustin, Scott Wolf, & Kaylah Zander

Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup Ruby. Based on a true story.

WILD WEDNESDAY: June 22

STAND BY ME (1986) R for profanity & some frightening scenes, 1 hr. 28 min. *Sentimental*

Cast: Wil Wheaton, River Phoenix, & Corey Feldman

When four boys seek adventure in the woods while looking for a missing teenager's dead body, they learn some truths about themselves along the way.

THEATER THURSDAY: June 23

A FALL FROM GRACE (2020) TV-MA, 2 hr. *Ominous, Suspenseful, Drama*

Cast: Crystal Fox, Phylicia Rashad, Cicely Tyson

When gentle, law-abiding Grace confesses to killing her new husband, her skeptical young lawyer sets out to uncover the truth.

DECADE FRIDAY ~ 1980/1990: June 24

FUNNY FARM (1988) PG, 1 hr. 41 min. *Comedy, Goofy*

Cast: Chevy Chase, Madolyn Smith Osborne, & Brad Sullivan

Sportswriter Andy Farmer and his schoolteacher wife, Elizabeth, move away from the big-city hustle bustle to the seclusion of the country so that Andy can write a novel. Surrounded by quirky locals and strange customs, the Farmers quickly learn that country life is anything but quiet, and that life in their new home is just a series of wacky events waiting to happen.

SWEET SATURDAY: June 25

RESIDENT REQUEST

YOU'VE GOT MAIL (1998) PG, 1 hr. 59 min. *Charming, Sentimental, Romantic*

Cast: Tom Hanks, Meg Ryan, & Greg Kinnear

A bookshop owner and a superstore magnate fall in love online, believing they've never met. In reality, they have—and they hate each other.