

Journey to Arbor Day Farm

TREE-rific time awaits Meadowlark Travelers



[above left] Visitors view Arbor Day Farm from a modern-day covered wagon.

[above right] A Lied Lodge patio at sunset.

by Becky Fitzgerald, Development Director

After many of us have spent more than two years sticking fairly close to home because of caution prompted by COVID-19, several Meadowlark residents and Passport members earlier this year expressed their readiness to travel again. Could Meadowlark staff plan and offer a trip to somewhere? Anywhere?

The answer to that question was announced earlier this month. Lied Lodge at Arbor Day Farm in Nebraska City, Neb., is the featured destination of a three-day/two-night Meadowlark Travelers adventure in late August. Resident Polly Ferrell suggested the lodge and farm during a trip-related focus group meeting in May, and staff went to work investigating the possibilities.

Boasting 260 acres of natural beauty and historical significance, the farm is where the Arbor Day

Foundation's mission – to inspire people to plant, nurture, and celebrate trees – comes to life. Tour leaders Monte Spiller and Becky Fitzgerald didn't need to look long to see that the farm and lodge offered several engaging opportunities.

The itinerary includes a guided ride into the heart of the orchards and forest, and a visit to Arbor Lodge State Historical Park. The park's main attraction is a mansion brimming with historic artifacts; the home was owned by J. Sterling Morton, who proposed Arbor Day in 1872 to the Nebraska Board of Agriculture.

Travelers will stay two nights at the farm's Lied Lodge. Earning 4.5 out of 5 stars on TripAdvisor.com, the Lodge recently prompted reviews including words such as superb, beautiful, and excellent. Here's what a guest from Arkansas wrote in May:

"My overall experience at the Lied Lodge was

See TREE, page 5

EVENTS & OPPORTUNITIES

Pest Control

Pest control will be occur on Monday, July 11, instead of July 4 due to the holiday. This month, pest control will be performed at the cottages.

Bingo canceled

Community Bingo is canceled for Monday, July 4. Join us for the next Bingo opportunity on Monday, July 11.

Chair Yoga canceled

Chair Yoga class is canceled July 5, 7, and 12. The class is available on Channel 1960 at 11:15 a.m. every Tuesday and Thursday.

Verna Belle's Café, closed

Verna Belle's Café will be closed Saturday, July 2, through Monday, July 4. The Café will re-open Tuesday, July 5.

4th of July Party

Monday, July 4

You're invited to celebrate the 4th of July with a dinner buffet, live music, and a fireworks display! The dinner buffet will be available in the Courtyard from 5 to 7:30 p.m. for \$22 per person. The menu will include BBQ ribs, baked chicken, Italian sausage penne, baked beans, corn, garlic toast, watermelon, macaroni salad, coleslaw, tomato salad, white Texas sheet cake, and brownies.

Live music by Grateful Dudes will begin in the West Parking Lot and Lyle House Patio at 8:30 p.m. and the fireworks display will begin at sundown. All residents, Passport members, employees, and families are welcome to attend.

Mountains of True Peace: A Guatemalan Journey—UFM Class

Tuesday, July 5, at 6:30 p.m.

UFM Lifetime Learning and Meadowlark present Mountains of True Peace: A Guatemalan Journey. This three-session course will began Tuesday, June 28, from 6:30 to 8 p.m. in the Community Room. The second session meets Tuesday, July 5.

KelLee Parr, the author of the new book Mountains of True Peace, will share his experience of a lifetime, living and working in a remote village in the mountains of Guatemala. After graduating from K-State, KelLee spent three years working as a volunteer agricultural missionary with Mennonite Central Committee in a startup program in Guatemala. He will share the culture, food, and living conditions he experienced throughout his adventure with the amazing Mayan K'ekchi' people.

Speedy Pd Award Art Making

Wednesday, July 6, at 1 p.m.

Join our partners from the Beach Museum of Art any time between 1 and 2:30 p.m. Wednesday, July 6, in the KSU Classroom to create 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.

Meadowlark Men's Social Supper

Prairie Star Restaurant invites the Meadowlark Men to attend a Social Supper at 5:30 p.m. Wednesday, July 6, in the Manhattan Room. Dinner can be purchased from the Prairie Star menu or enjoy the daily special. Registration



EVENTS & OPPORTUNITIES

is not required, but please check in with the host when arriving. This is a casual dining opportunity and will not feature a program.

Dinner with the League

Thursday, July 7, at 6 p.m.

You're invited to join Dinner with the League of Women Voters at 6 p.m. Thursday, July 7, in Prairie Star Restaurant's Event Center.

Residents are invited to attend the program and/or meal. Dinner will feature grilled raspberry chicken, wild rice, and broccoli for \$15 per person. There is no cost to attend the program only. Please sign up in the Blue Book by Monday, July 4, to participate.

This month's program will feature Nurse Practitioner and Consultant Karen Hawes. She will be speaking about the upcoming special election for the "Value Them Both" constitutional amendment. Karen will share what this amendment could mean for Kansas.

A Day in the Life : Living and Working in the Sultanate of Oman in 2022

Friday, July 8, at 4 p.m.

All are invited to enjoy the multimedia presentation at 4 p.m. Friday, July 8, in the Community Room by Rhonda Janke and Raad Al Ani, daughter and son-in-law of Harriette Janke.

The couple has been living in Oman since Fall 2015, teaching agriculture and geology at two different universities. They also enjoy recreation in the desert, diving and snorkeling, and many other pursuits. This presentation will include photos, video, and fragrance (come to see and smell!). Rhonda and Raad will talk about their day-to-day routine, their work, and also what it is like to live in a country with a Sultan, instead of an elected president .

Questions for a discussion after the presentation are encouraged!

The Sounds of Many

Friday, July 8, at 7 p.m.

All are invited to the Courtyard at 7 p.m. Friday, July 8, (weather permitting) to experience music from "The Sounds of Many!" They are an electrifying four-piece rock and roll band from Manhattan, Kan.! The group blends psychedelic

rock, garage rock, and blues to create their unique sound! This will be their first time playing at Meadowlark, and they are excited to perform for residents and staff.

Outdoor Committee

submitted by Sue Hunt

Would you like a ride to the pond to spend time with the wild flowers (they are blooming!), bubbling water, and birds. Need a trip to the Community Garden or a pick up after trek through Donner's Way? How about a joy ride around campus, or a trip to explore Stillman Cemetery. If you do, sign up in the Blue Book for your time on Saturdays starting July 9 between 8:30 a.m. to 10:30 a.m. Rides will leave from the Village Entrance.

July Ladies Luncheon

Thursday, July 14, at 11:30 a.m.

After a two-year vacation, Meadowlark hosted the return of Ladies Lunch. Sixteen ladies attended and enjoyed visiting over delicious food ordered from the menu. All ladies of the Meadowlark family are invited to attend future LL's on the second Thursday of each month.

Our next Ladies Lunch will follow a slightly different format, as two residents have teamed up to select a theme, a light lunch menu, and a short program. July hostesses, Lois Deyoe and Polly Ferrell, invite all ladies to attend at 11:30 a.m. Thursday, July 14, in the Bison Room. The theme is Bags of Books. The menu selected is chicken salad with pineapple, strawberries, blueberries, and a mini croissant, followed by lemon lush dessert. Amber Hoskins, Manhattan Public Library, will share information about the Homebound Book Delivery program.

Cost for this Ladies Lunch is \$10. Please sign up in the Blue Book if you would like to attend.

Fiesta to Remember

Friday, July 15, from 11 a.m. to 10 p.m.

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.

See EVENTS, page 5

On Being an Instrument

by Helen Roser

Many have had an experience of “being there at the exact time” to avert a tragedy. An unseen energy had directed them. Not needing to know why, they responded.

In my later years, I lived open to unseen directions. It was quite lovely how it worked. Once I was led to park in the alley to reach the receiver. Later I learned the alley was the only place I could have parked.

On another trip to an unknown destination, my car made numerous turns off the main street. Later I learned it had gone around road construction. There was a mind at work, but there was need of human action. I lived in a mindset of: “Make me an instrument of Your peace.”

I wondered if I was doing right in driving off, I didn’t know where to or why. I felt led to the busy freeway. At some point, I felt led to leave the freeway. I drove to a side street, stopped and waited. Out of the darkness, a car sped by. It hit a big puddle I had not seen, splashing water all over my windshield. I got out and wiped my windshield dry. The feeling “It is alright to go” came.

I returned to the freeway. Ahead were bright lights and ambulances. Something told me: “Look up.” Overhead was the sign for my turn off. Where I’d have been if I hadn’t obeyed the direction to turn off, then wait. The message was: “You are doing right.” I am grateful.

Star Spangled Banner & Its Writing

by Ron Williams

Attorney Francis Scott Key (also an Episcopalian Church Song Leader) stepped onto dry land with his friend William Beanes, whom he had just negotiated his release from the British War Ship HMS Tonnant onto the free American soil at Fort McHenry in Baltimore harbor. He was met by his brother-in-law, Major Joseph Nicholson, and this brought a completion to weeks of intrigue, which almost brought the nation of America to its knees.

It had begun a couple of months before in April 1814. Napoleon surrendered, and Great Britain’s war with France had ended. The U.S. forces had burned the city of York, then the Canadian Capitol. Great Britain shifted its battle-hardened army to finish off the war with the United States, and bring revenge on America for the destruction of York. They were out to burn the city of

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Baltimore. This was two months before the treaty of Ghent was signed and four months before the ceasing of hostilities.

The British general, General Ross, sent his battle-hardened veterans of the French conflict to the U.S. in an attempt to take Washington D.C. and revenge the burning of York. The Americans were a citizen army under General William Winder. They were poorly trained and poorly equipped. The British won several battles, culminating with the Battle of Bladensburg, and on to the United States Capitol in Washington D.C. The President’s home and the Nation’s Capitol containing the Library of Congress were captured and set afire.

This accomplished, General Ross turned to take Baltimore. There were land soldiers fixing to take Baltimore, but the main thrust was to come from the sea. If you look at a city map of Baltimore, you will note that there is a neck of land that sticks out into Chesapeake Bay to form a narrow and the only sea entrance to the port of Baltimore. At the very tip of that land extension stood Fort McHenry, the only thing between the British Navy and Baltimore City. The plan was to bombard and take Fort McHenry, and then take Baltimore, and burn it.

Francis Scott Key had sailed out under a flag of truce, on a sloop, to negotiate the release of William Beanes, who was held on a British Man of War. The release was arranged, but the two were held until the next morning when the bombardment of Fort McHenry was over the next day (They had heard the British Battle Plans.). At a distance of six miles in light rain, all they could do was spot the flag thru a telescope. Key and Beanes were forced to cringe through the night, six miles out in the bay, hearing the constant bombardment of the fort. The American flag, which flew over the fort was a huge rendering of the stars and stripes. The last thing they saw as the day was over was the huge flag flying over the fort. To them, the very survival of the Nation hung in balance right then and there.

All night they suffered through the bombardment from the British fleet on Fort McHenry. The ships had to get through the narrow neck of water to get to Baltimore. In essence, Fort McHenry was protecting America.

The next morning, Key looked through the haze to see what he could of the fort, afraid of what he would see. Would the stars and stripes still be

flying over the fort, or had it been replaced by the Union Jack? The bombardment still continued and smoke clouded the sky. But, wait, a break in the haze where you could see the fort, and there it was, proud, battered, with holes in it, was the Star Spangled Banner. Key took a scrap of paper and began to write, "Oh say can you see, by dawns early light ..." He wrote the poem which became our national anthem.

Then there came a deafening silence. The British gave up. The Fort had sustained. The ships, one by one, made their way down the bay and out to sea. Key was cleared to take the prisoner in the sloop and row to Fort McHenry. So, we are back to where we began. Key was met by his brother-in-law on the shore and they went back to the fort and celebrate the victory. About two months later, the treaty of Ghent was signed in Ghent, Belgium.

The word of the treaty did not spread fast and it was a month later Andrew Jackson made a sounding defeat of the British in the Battle of New Orleans. Most of all, the nation of America had survived.

Three times during the year we lived in Baltimore, I stood on those ramparts of old Fort McHenry and closed my eyes and, for a moment, relived that night of bombardment.

TREE, from page 1

excellent: clean room, very helpful attentive staff, and an excellent lounge. From check-in to check-out, my experience was exactly what I expected. Keep up the great work!"

Free time has been built into the itinerary for travelers to relax, dine, or explore as they wish.

The getaway also includes tours and a meal in Marysville, Kan., as we travel north, and on Day 3, a visit to Homestead National Historical Park in Beatrice, Neb. If you've never seen a black squirrel, a Pony Express home station, or delved into the stories of settling the west, don't miss this chance!

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. To date, 20 persons have registered for the trip; these fees are valid with a minimum of 25 paying travelers.

Residents, Passport members, Monarch Priority members, friends, and family are welcome to join the fun. The Meadowlark Travelers program began

EVENTS & OPPS, from page 3

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.

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

in 2004, and it's become known for offering thought-provoking and fun adventures with the interests and concerns of older adults in mind.

A deposit of \$200 per person is required with a completed registration form. This form is available at the Hospitality Desk 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.

Work That Brain!

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	7	8	6			1
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Summer Break

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N	S	R	L	N	I	P	E	E	L	S	E	B	A

- BASEBALL
- ICE CREAM
- LIMEADE
- DRAMA FREE
- LEMONADE
- CHEESEBURGERS
- SWIMMING
- SHOPPING
- CAMP
- VACATION
- LAKE
- BEACH
- HOT DOGS
- MANOFSTEEL
- SLEEP IN
- JULY
- JUNE
- MOVIES
- AUGUST
- BOATING

Art Engagement *from the Beach Museum of Art*

The lyrics of “America the Beautiful” began as a poem written by a professor, poet, and writer, Katharine Lee Bates. She was inspired after reaching the top of Pikes Peak during an 1893 trip to Colorado Springs, Colo. The poem was printed for the first time in a weekly journal, *The Congregationalist*, on July 4, 1895. It was first set to music a few months later by Silas G. Pratt. The four-verse poem was revised by Bates in 1904 and 1913 and sung to many different tunes over the years. As you look at the visual artists’ interpretations of America’s landscapes and read the words written by Bates, what places do you think of that would fit the poet’s description?

America the Beautiful (first verse)

O beautiful for spacious skies,
For amber waves of grain,
For purple mountain majesties
Above the fruited plain!
America! America!
God shed His grace on thee,
And crown thy good with brotherhood
From sea to shining sea!

by Katharine Lee Bates, (1859-1929)



John Steuart Curry (United States, 1897 - 1946)
Sunrise (Sunrise over Kansas), 1935, Oil on canvas
KSU, Marianna Kistler Beach Museum of Art, Friends
of the Beach Museum of Art purchase, 1996.18



Patricia DuBose Duncan (United States, 1932 - 2021)
Ripe Wheat - Flint Hills #103, 20th century
Chromogenic print, KSU, Marianna Kistler Beach
Museum of Art, gift of the artist, 1998.111



Roy Clinton Langford (United States, 1903 - 1990)
Title Unknown, ca. 1960, Watercolor with graphite
on paper, KSU, Marianna Kistler Beach Museum of
Art, The Roy C. Langford Collection, gift of the
Langford family, 2008.36



E. Hubert
Deines (United
States, 1894 -
1967)
*Pippins Coming
Down*, 1939
Wood
engraving on
paper
KSU, Marianna
Kistler Beach
Museum of Art,
gift of the
family of E.
Hubert Deines,
1969.39

RESTAURANT **SPECIALS**

<p>Sunday, July 3</p>	<p>\$14 Lunch Fried Chicken Mashed Potatoes & Gravy Green Beans Biscuit</p>	<p>\$14 Dinner Fried Chicken Mashed Potatoes & Gravy Green Beans Biscuit</p>
<p>Monday, July 4</p>	<p>\$10 Lunch Avocado BLT Sweet Potato Fries</p>	<p>\$22 4th of July Dinner Buffet BBQ Ribs, Baked Chicken, Italian Sausage Penne, Corn, Baked Beans, Garlic Toast, Brownies, & More <i>Prairie Star Restaurant closed for dinner.</i></p>
<p>Tuesday, July 5</p>	<p>\$11 Lunch Grilled Shrimp Salad <i>mixed greens, grilled shrimp, candied nuts, tomatoes, bacon, feta, red onion, & creamy balsamic dressing</i></p>	<p>\$13 Dinner Lasagna Garlic Toast Broccoli</p>
<p>Wednesday, July 6</p>	<p>\$10 Lunch Cowboy Burger <i>Topped with BBQ sauce, cheddar cheese, & onion ring</i> French Fries</p>	<p>\$13 Dinner Salisbury Steak Mashed Potatoes & Gravy Broiled Tomato</p>
<p>Thursday, July 7</p>	<p>\$9 Lunch Chicken Fajita Quesadilla Mexican Street Corn Salad</p>	<p>\$12 Dinner Kentucky Hot Brown Asparagus Medley</p>
<p>Friday, July 8</p>	<p>\$10 Lunch Breakfast Bar</p>	<p>\$17 Dinner Braised Short Ribs Twice-Baked Potato Roasted Brussel Sprouts</p>
<p>Saturday, July 9</p>	<p>\$11 Lunch Mild Buffalo Wings Carrots & Celery French Fries</p>	<p>\$17 Dinner Halibut with Mango Salsa Roasted Red Potatoes Squash Medley</p>

Verna Belle's Cafe

MONDAY

Closed for 4th of July

TUESDAY

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

Lunch: Turkey Reuben, \$5.00/\$7.00

(Turkey, sauerkraut, Swiss cheese, and Thousand Island Dressing on butter-toasted rye bread, served with your choice of side)

WEDNESDAY

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

Lunch: Grilled Chicken Mac & Cheese Bowl, \$5.00/\$7.00

(Grilled chicken over creamy mac and cheese topped with your choice of toppings from the salad bar)

THURSDAY

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

Lunch: Philly Cheese Steak, \$5.00 / \$7.00

(Roast beef, sautéed peppers and onions, and Swiss cheese on a hoagie roll, served with choice of side)

FRIDAY

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

Lunch: Chicken Burrito Bowls, \$5.00/\$7.00

(Cilantro lime rice topped with chicken and black beans and your choice of toppings from the salad bar)

SATURDAY

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

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

Daily Specials

Decade Days Costum

1920s & 1930s



1st Place: Kathy Wright,
IL resident



2nd Place: Ethel Morin,
Honstead House resident



3rd Place: Alana Conrad,
Prairie Star Restaurant Server

1940s & 1950s



1st Place: Danelle Cowing (*center*),
Household Nurse



2nd Place: Michelle Haub,
Special Programs Leader



3rd Place: Alex Borjas,
Hospitality

me Contest Winners

1960s & 1970s



1st Place: Judy Jenson,
Sloan House resident

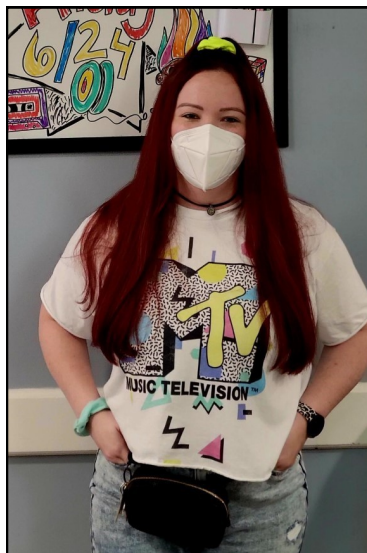


TIE for
2nd Place:
(above)
Honstead
House Crew
& (left)
Becca
Campbell,
Household
Nurse



3rd Place: Kathy Wright,
IL resident

1980s & 1990s



1st Place: Shawn Bard,
Collins House
Clinical Coordinator



2nd Place: Brennan Williams,
Honstead House Coordinator
& Harold Couchman,
Honstead House resident



3rd Place: Monte Spiller,
Resident Services Leader

Weekly Opportunities Calendar July 3 to July 8

Sunday • July 3

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

Monday • July 4 *Put your trash at the curb!*

5 to 7:30 p.m. ~ 4th of July Cookout, CY
8:30 p.m. ~ 4th of July Celebration, Lyle Patio

Tuesday • July 5 *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
12:00 p.m. ~ Kimball Luncheon, BR
2:00 p.m. ~ 10-Point Pitch, GR
2:00 p.m. ~ Prairie Star Writers, PR
3:00 p.m. ~ Ambassador's Meeting, BR
5:30 p.m. ~ Social Dining, MR
5:30 p.m. ~ Kiwanis Dinner, KSU CL
6:30 p.m. ~ UFM Class: Mountain of Peace, CR

Wednesday • July 6

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. ~ Speedy Pd Art Making, PR
3:00 p.m. ~ Sing-A-Long, EC
3:00 p.m. ~ Rock Steady Boxing, CR
5:30 p.m. ~ Meadowlark Men's Social Supper, MR

Thursday • July 7

9:00 a.m. ~ Messenger Team, KSU CL
10:30 a.m. ~ Steady Yourself, CR
5:30 p.m. ~ Meadowlark Circle Dinner, MR
6:00 p.m. ~ League of Women Voters, EC

Friday • July 8

9:30 a.m. ~ Outdoor Committee, FHR
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
4:00 p.m. ~ Living & Working In the Sultanate of Oman in 2022, CR
7:00 p.m. ~ The Sounds of Many, CY

Zoom Opportunities

Tuesday, July 5

10 a.m.	Memory Activities Class
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Wednesday, July 6

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

Solutions from 6/16.

B	R	I	D	E		E	T	C	H		O	R	E	S		
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A	L	E	E			S	E	W	N		T	R	E	E	S	

What's one way
we know the
ocean is
friendly?

It waves.



CHANNEL 1960

Entertainment Guide

Monday, July 4

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, July 5

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

Wednesday, July 6

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, July 7

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

Friday, July 8

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, July 9

9:30 a.m.	Band Bust Exercise Class
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July Birthdays



Skilled Nursing

- 7/4 Jerome Berry
- 7/15 Rodolfo Pacumbaba
- 7/17 Margaret Jensen
- 7/18 Dorothy Slimmer
- 7/18 Arthur McKinley
- 7/19 Alene Clarke
- 7/22 Nancy Goy
- 7/26 Beverly Pelfrey
- 7/31 Darlene Empson

Assisted Living & Riley House

- 7/5 Jean Reynard
- 7/6 Alton Barnes
- 7/6 Ellen Jantz

Independent Living

- 7/1 Karen Trail
- 7/2 Forrest Chumley
- 7/3 Ben Brent
- 7/5 Charlotte Kelly
- 7/5 Terence McGhee
- 7/7 Anna Gleason

- 7/7 Linda Hall
- 7/10 Mary Remus
- 7/10 Doris Brannan
- 7/11 Oscar Larmer
- 7/11 DonnaDee Chastain
- 7/12 Nyle Larson
- 7/16 Linda Schwulst
- 7/21 Joan Strickler
- 7/25 Carla Cranmer
- 7/26 Enell Foerster
- 7/28 Orris Kelly
- 7/30 Nancy Prawl

Employees

- 7/1 Lisa Johnson
- 7/2 Mike Davis
- 7/2 Faith Eberle
- 7/3 Jeska Welch
- 7/4 Makeeta Luton
- 7/4 Julie Underwood
- 7/6 Trisha Reichert
- 7/7 Clara Mather
- 7/7 Dave Zerfas
- 7/8 Andrea Cook

- 7/9 Shawna Bard
- 7/9 Max Bowyer
- 7/9 Mya Brown
- 7/9 Madeline Purdom
- 7/10 Brandi Waddington
- 7/12 Rachel Dillard
- 7/12 Anya Ginzburg
- 7/13 Katelyn Coker
- 7/14 Georgia Adolph
- 7/16 Kyra Dettmer
- 7/16 Jacinta Perez
- 7/18 Gladys Albertson
- 7/19 Audrey Swisher
- 7/20 Kallie Sorell
- 7/23 Kaitlynn Ridder
- 7/24 Karina Tretto
- 7/25 Jaden Moon
- 7/25 Nayomi Wong
- 7/26 Robyn Harris
- 7/26 Gracee Pohlmann
- 7/26 Auja Saunders
- 7/28 Connor Buchanan
- 7/29 Jack Massey

Bold denotes milestone birthdays of 70, 80, 90, or 100+ !



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: July 3

NATIONAL TREASURE 2 (2007) PG, 2 hr. 5 min. *Mystery, Thriller, Action-Adventure*

Cast: Nicolas Cage, Diane Kruger, & Justin Bartha

To prove his ancestor's innocence and find the Lost City of Gold, Ben Gates and his team must weave their way toward a mysterious and highly guarded book containing centuries of secrets. But there's only one way to find it: Ben must kidnap the President.

MUSICAL MONDAY: July 4

MUSIC MAN (1962) G, 2 hr. 31 min. *Musical, Witty, Emotional*

Cast: Robert Preston, Shirley Jones, & Buddy Hackett

Charming con man Harold Hill wants to steal River City citizens' money with a "boys' band" scam, but finds it hard to skip town when lovely librarian Marian Paroo steals his heart.

TRUE TUESDAY: July 5

RESIDENT REQUEST

OUR GREAT NATIONAL PARKS: A WORLD OF WONDER (2022) TV-PG, 51 min. *Inspiring*

Cast: Barak Obama

Filmed in national parks around the world, this docuseries narrated by former President Barack Obama mixes stunning footage with eye-opening insights. The first episode, A World of Wonder, spans from Africa's beaches to Japan's islands to Australia's Great Barrier Reef.

WATER WEDNESDAY: July 6

THE WATER MAN (2021) PG, 1 hr. 31 min. *Heartfelt, Drama, Family*

Cast: David Oyelowo, Rosario Dawson, & Lonnie Chavis

Desperate to save his ailing mother, 11-year-old Gunner runs away from home on a quest to find a mythic figure rumored to have the power to cheat death.

THEATER THURSDAY: July 7

RESIDENT REQUEST

SECONDHAND LIONS (2003) PG, 1 hr. 47 min. *Drama, Emotional, Coming of Age*

Cast: Michael Caine, Robert Duvall, & Haley Joel Osment

In 1960s Texas, timid teen Walter is forced to spend the summer with his rich and eccentric great-uncles on their farm, where, over time, he learns surprising tidbits about their mysterious and dangerous pasts.

FUNNY FRIDAY: July 8

MY COUSIN VINNY (1992) R for , 2 hr. *Comedy, Feel-Good, Quirky*

Cast: Joe Pesci, Marisa Tomei, & Ralph Macchio

When teenage buddies Bill and Stan are falsely accused of murdering a convenience-store clerk in a backwoods Southern town, Billy calls on his New York cousin Vinny, a fast-talking personal injury lawyer who's never tried a case, but the lippy Brooklyn barrister has a few tricks up his sleeve.

SWEET SATURDAY: July 9

THE LAKEHOUSE (2006) PG, 1 hr. 38 min. *Sentimental, Heartfelt, Romantic*

Cast: Keanu Reeves, Sandra Bullock, & Dylan Walsh

When a woman begins writing letters to the man who lives in her former home, they start to fall in love—but the timing isn't quite right.