

Outdoor Encounters

by Nathan Bolls

If human assumption is correct, one of the birds that blesses our lives (but seen here only infrequently) is totally unaware that its name and one of its primary personality traits were immortalized in the 1960 Pulitzer prize-winning novel, *To Kill a Mockingbird*, by Harper Lee, and in a critically-acclaimed 1962 film of the same name.

In the story line, eight-year-old Scout is the young tomboy daughter of Atticus Finch, a local lawyer defending a disabled black man innocent of the charge of rape brought against him. Scout is teased and mocked for not fitting the role of femininity thought proper by townspeople and some family members. In her way, Scout mocks and diffuses a local mob intent on lynching the accused. Later, in trial, a local poor white man, father of the supposed victim, is shown by attorney Finch to be a liar. The man wants revenge and hopes to get it by trying to kill Scout and

her older brother, Jem. This man's dark-of-night plan is foiled; he is killed by Scout's neighbor, a mentally challenged, but protective man with whom Scout and Jem have been trying to cultivate some sort of relationship.

But what of the bird behind all of this? The northern mockingbird can be found year-round all through the American south and deep into Mexico—up to an altitude of about 5,000 feet. It occurs as far north as Kansas, but our part of the state is the far northern reach of its range. Thus, it appears here only during warm weather.

The mockingbird's size and shape is that of a thin robin. Its color is gray above and whitish below, and the coloration is the same in both sexes. It has small white patches on the lower edge of the folded wing. The most conspicuous mark shows in flight: large, bold white patches on both top and underside of wings. Wings are relatively short and rounded. These patches flash in flight.

These birds feed both on the ground and in foliage, eating a wide variety of small animals and wild fruits and berries. Mockingbirds prefer open areas such as parks and gardens and dense shrubs. The nest is built in shrubs, vine tangles, cactus or tree, 3-10 feet above ground. The female lays 2-6 blue-green eggs that have brown marks. Although the following numbers are not unusual for small birds, mockingbird eggs hatch after 12-13 days of incubation, and the chicks fledge after 10-13 more days. How about less than a month from fresh eggs to chicks at the stage where they can leave the nest and follow their parents!

And it is a very vocal and aggressive bird. As do our cardinals



See MOCKINGBIRD, 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.

Chair Yoga canceled

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

IL Resident Council canceled

July's Independent Living Resident Council meeting is canceled for Monday, July 11. Join us for the August IL Resident Council Meeting at 8:30 a.m. Monday, Aug. 1, in the Bison Room.

Town Meeting canceled

July Town Meeting is canceled for Monday, July 11. Join us for the August Town Meeting at 9:30 a.m. Monday, Aug. 1, in Prairie Star's Event Center.

Christmas in July

by Jana Armfield, Engagement Specialist

Break out those Hawaiian shirts and hula skirts and get ready for *Christmas in July*!

Meadowlark will be celebrating *Christmas in July* the from July 11 through July 15. There will be special activities throughout the week, with invite staff and residents invited!

On Monday, July 11, be sure to attend the Christmas in July themed BINGO from 7 to 8 p.m. in the Community Room.

Tuesday will feature an array of delicious holiday desserts during Coffee Corner from 3 to 4 p.m., in the Event Center, and will include supplies to make your own decorative sugar cookies!

Santa will be bringing by his Sno-Cone truck from 2 to 4 p.m. in the west parking lot, near the Lyle House patio on Wednesday, July 13, so be sure to visit during that time and purchase a refreshing snow cone!

A Christmas Baking Class will be hosted in the Bison Room at 3 p.m. Thursday, July 14, where participants will make Santa kiss cookies! Residents may sign up in the Blue Book if they are interested in attending. Staff may sign up online or contact Jana at (785) 323-3890. Spots are limited.

And last, but not least, stop by the Prairie Star Pub from 4 to 5 p.m. Friday, July 15, for festive Christmas-themed cocktails and mocktails.

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Participants will get a jump start on Christmas and learn how to make a mint sugar scrub and have the opportunity to take some home to enjoy!

Technology Tutoring

Learning how to use technology can be exciting, freeing and totally frustrating all at the same time. The best part of Manhattan Public Library's Technology Training Center experience is the one-on-one sessions. With one-on-one training, we give you personalized coaching and lots of opportunity to practice your new skills.

Are you a beginning computer user, needing some help to get started? Contact Wandean Rivers in our Technology Training Center to schedule an appointment at (785) 776-4741 ext 302.

The Technology Center offers one-on-one sessions for:

- ~ Computer Basics, Email Basics, Internet Basics
- ~ How to use the Manhattan Public Library catalog to search and reserve material
- ~ Online Resources such as downloading eBooks and digital audio content
- ~ Navigating social media such as Facebook
- ~ Working with mobile devices such as laptops, iPads, tablets, phones and eReaders

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. The final session meets Tuesday, July 12, from 6:30 to 8 p.m. in the Community Room.

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.

Living and Working in Oman in 2022

Friday, July 8, at 4 p.m.

All are invited to enjoy the multimedia

EVENTS & OPPORTUNITIES

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!

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 a 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.

See EVENTS, page 4



EVENTS & OPPS, from page 3

Fiesta to Remember

Friday, July 15, 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.

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 offered from 6 to 10 p.m. A limited number of VIP tickets are available for \$50 each, and access to private balcony seating is expected to offer a great way to enjoy live vintage rock music by *The Riders*.

In addition to the lunch buffet and VIP experience, attendees may purchase favorites from the Rockin K's menu and the signature "Fiesta-Rita" drink all day long. Rockin K's is generously donating 10% of the day's proceeds to Meadowlark Memory Program.

Residents who aren't able to attend in person may order lunch, dinner, or both meals by completing the order form in today's edition. These meals will be delivered by volunteers to residents' doors beginning at about 11:30 a.m. and at about 5:30 p.m.; there is no delivery fee. Please return your order form to the Hospitality Desk by noon on Wednesday, July 13. These orders also will be counted toward the day's proceeds.

To learn more about Meadowlark Memory Program, please contact Michelle Haub or Bridget Larkin at (785) 323-3899. To purchase VIP tickets, please visit www.meadowlark.org.

Shopping at Hobby Lobby & Dollar Tree

Saturday, July 16, at 10:30 a.m.

The next scheduled trip is Saturday, July 16, 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, Aug. 20. Please sign up in the Blue Book to participate.

Technology Drop In

Thursday, July 21, at 9 a.m.

Are you new to technology or need help with existing computer questions? Take advantage of a one-on-one help with tablets, laptops, and phones. This opportunity is offered by Wandean Rivers with Manhattan Public Library every third Thursday from 9 to 11 a.m. in the Flint Hills Room. Registration is not required to attend.

UFM Lifetime Learning: Lunch & Learn

Tuesday, July 27, at 11:30 a.m.

The next UFM Lunch and Learn begins at 11:30 a.m. Wednesday, July 27, in Prairie Star's Event Center and is titled "History of Murals in Kansas."

This presentation will explain how and why mural art was introduced to the public, changes in the process, and the impact on the public that has happened over time. The class is led by Hilary Wahlen, a local artist who received her BFA in Sculpture at K-State. She began her art career in 1989 as a sign painter/maker under the tutelage of local business owner, Blaine Thomas, who entertained her greatly with stories of "Old" Manhattan.

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.



On About Me

by Helen Roser

Someone who reads my little pieces in the Messenger asked me if what I write is true or something I heard happen to someone, or did I make it up?

It is all true. My life has been too interesting to need to make something up.

Most of my life has been in big cities on the east or west coast. Late in life, the need for clean air caused me to come to Kansas. I love to look at the blue sky and fluffy white clouds.

When I was four years old, I had to go to church with Grandma. The preacher yelled: "You better not let God catch you doing a sin, or he will send you to hell to burn forever!"

I thought: "Oh wow! That God really sounds mean! I sure don't want to go where he is!" So I decided, at age four, to go to hell, though the fire would hurt.

It is a wonder I didn't grow up to be an axe murderer or something. Instead, I studied all the religions, and metaphysics. I sensed an Energy/Intelligence. I address that: "Thy will be done." My one and only prayer.

Several times, my survival has surprised doctors. They didn't think it could happen.

With the mind set of "Thy will be done," I've had experiences beyond anything I could ever have asked for. I have written about a few.

But it has not all been "a walk in the park." But hard. Hurtful. But it helps me to be re-convinced that the most important thing of all is that we are all kind to each other and all the creatures – life in all its forms, always.

I love to laugh so, to make sure I don't get carried away laughing, I inherited Clinical Depression. I just have to remember the most important thought of all: "Thy will be done."

I have written a little about experiences of being used as an "instrument." My standing offer is part of "Thy will be done."

It is just so dear how it works. My car has a mind of its own. It even drives around construction zones and I wondered where the heck it was going. I drove right up and stopped at a strange house. I was one of the few who knew about the new study, so I showed up, went in and told them what they had been praying to know. I have driven down alleys to park, jumped out in my bunny slippers, not knowing why I was there, but

hearing myself telling them what they had prayed to know. Not bad for a kid who, at age four, decided to "go to hell."

MOCKINGBIRD, from page 1

(and other closely related species), mockingbirds mimic many other birds, and each version is repeated three times before the bird goes on to mimic the sound of another creature. And they often sing at night. The mockingbird's scientific name, *Mimus polyglottus*, is well chosen. The generic name, *Mimus*, refers to mimic, and the specific name, *polyglottus*, in Latin, means many tongued. One authority claims that the mockingbird's mimicry of other sounds is so precise—so exactly copied—that an electronic analysis cannot detect any difference from the original!

Mockingbirds also form territories of 1-2 acres twice during the year. In spring, the male sings and defends a breeding territory against most all other animals, including other mockingbirds and even snakes. Perhaps these birds instinctively know that many snakes love bird eggs and chicks. In fall, both males and females sing and defend a feeding territory centered around a good source of berries.

I better stop. To continue along this line would make that bird begin to sound almost human.

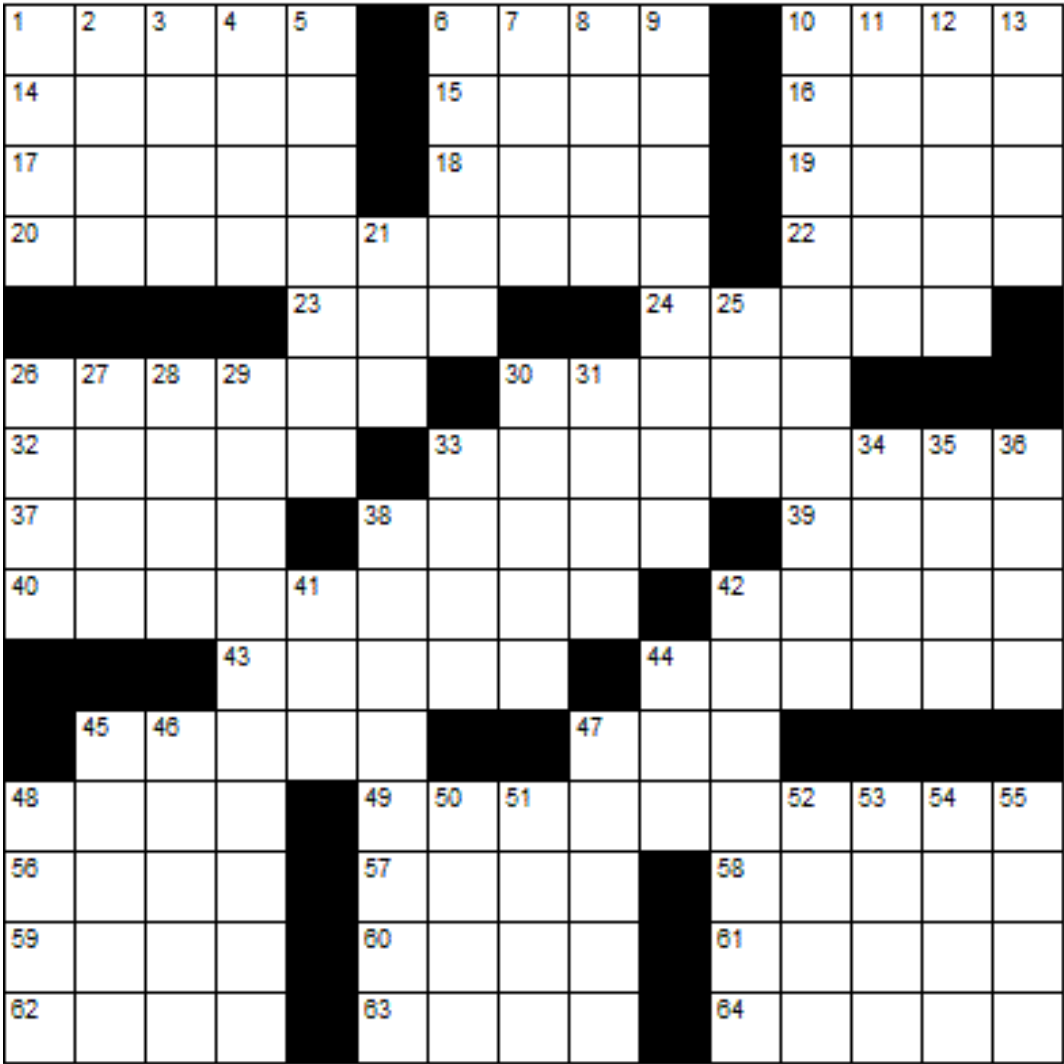
NATIONAL HOT DOG DAY

July 20th from 11:00- 1:00
Meadowlark Courtyard
\$5 per person

**Hot Dogs
& all the fixin's
Potato Chips**



Work That Brain!



ACROSS

1. Assembly
6. Acid related to gout
10. Dull
14. Sporting venue
15. Wealthy
16. Not prerecorded
17. Absorbs written material
18. Notion
19. Largest continent
20. Gloomy ill-tempered feeling
22. Applaud
23. East southeast
24. Nominal
26. Calculator's ancestor
30. False move
32. Hue
33. Type of leather
37. Biblical garden
38. Eagle's home
39. By mouth
40. Dehydrate (var. sp.)
42. Deception
43. Give a speech
44. Focusing glass (plural)
45. Made a mistake
47. Mister
48. Spoiled child
49. Relating to electricity
56. Hubs
57. Female horse
58. Love intensely
59. Gulf port
60. Computer symbol
61. Stop
62. Large mass of floating ice
63. Vesicle
64. Aromatic compound

DOWN

1. A place of cultivation
2. Black-and-white cookie
3. Towards the back
4. Cancel
5. Massager
6. Liquid bodily waste
7. Fair attraction
8. Frosts, as a cake
9. Criticize sharply
10. Hawthorn
11. Fine thread
12. Birdlike
13. Pile
21. S
25. Half of a pair
26. Passed with flying colors
27. Foreshadow
28. Anagram of "Sale"
29. Keep company
30. Specialty
31. A Great Lake
33. Miami basketball team
34. Colored part of the eye
35. Minnow-like fish
36. Large northern deer
38. Scholarly
41. Anger
42. Apartment balcony
44. Ignited
45. Wear away
46. Formula 1 driver
47. Smell
48. Spill the beans
50. Delicate
51. Cupid's Greek counterpart
52. Mid-month days
53. Jacket
54. Rear end
55. Lascivious look

Art Engagement *from the* Beach Museum of Art

These artworks have parallel compositions with similar use of space and choice of colors. However, the way the artists have developed line, shape, form, texture, and value result in quite different experiences. As you view the two landscapes, what descriptors would you use to express your experience with each? Try to think of three words for each artwork. Do you have a favorite?



Charles Leroy
Marshall Sr.
(United States,
1905 - 1992)
*Fall in the Missouri
Foothills*, 1985
Watercolor with
graphite on paper
KSU, Marianna
Kistler Beach
Museum of Art,
gift of Charles L.
Marshall, Sr.,
presented by
Maybelle M.
Scheetz, 2005.225



Joan Melnick
(United States,
born 1942)
Monhonk, 1979
edition of 300; 2nd
state
Color screenprint
on paper
CREDIT LINE KSU,
Marianna Kistler
Beach Museum of
Art, gift of Donald
J. Mrozek and R.
Scott Dorman,
2014.483

RESTAURANT **SPECIALS**

Sunday, July 10	\$13 Lunch Brown-Sugar & Honey-Glazed Ham Mashed Sweet Potatoes Zucchini	\$13 Dinner Brown-Sugar & Honey-Glazed Ham Mashed Sweet Potatoes Zucchini
Monday, July 11	\$10 Lunch Caesar Steak Wrap Waldorf Salad	\$13 Dinner Meatloaf Loaded Mashed Potatoes Buttered Carrots
Tuesday, July 12	\$10 Lunch Chicken Wonton Taco Cups Asian Cucumber Salad	\$13 Dinner Chicken Roulade <i>spinach, artichoke, & cream cheese</i> White Wine Sauce Penne Asparagus
Wednesday, July 13	\$8 Lunch Ham Salad Croissant Pub Chips	\$14 Dinner Coconut Shrimp Pineapple Coconut Rice Snow Peas
Thursday, July 14	\$10 Lunch Pineapple Chicken Salad Platter Fruit Plate	\$14 Dinner Pancetta-Wrapped Pork Tenderloin Roasted Red Potatoes Fresh Corn Salad
Friday, July 15	\$10 Lunch Taco Bar	\$13 Dinner Chicken Fried Steak Mashed Potatoes & Gravy Green Beans
Saturday, July 16	\$10 Lunch Fried Pork Cutlet Sandwich Potato Salad	\$13 Dinner Fish Tacos Cilantro Lime Rice Black Beans

Verna Belle's Cafe

MONDAY

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

Lunch: Triple Meat Pizza, \$5.00/\$7.00

(Bacon, sausage, and pepperoni on a flat bread crust with marinara sauce and mozzarella cheese)

TUESDAY

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

Lunch: French Onion Burger, \$7.00

(Ground beef with beefy onion seasoning and topped with Swiss cheese and sauteed onion on a butter-toasted bun, served with broccoli salad)

WEDNESDAY

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

Lunch: Street Tacos, \$5.00/\$7.00

(Shredded pulled pork topped with cheddar cheese, cilantro lime slaw, and creamy avocado sauce in a mini flour tortilla, served with your choice of side)

THURSDAY

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

Lunch: Southwest Chicken Wrap, \$5.00 / \$7.00

(Seasoned chicken, southwest sauce, corn chips, lettuce, cheddar cheese, and tomato wrapped in a flour tortilla, served with your choice of side)

FRIDAY

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

Lunch: Chicken Teriyaki Bowl, \$5.00/\$7.00

(Shredded chicken and stir fry vegetables covered in teriyaki sauce over rice)

SATURDAY

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

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

Daily Specials

Weekly Opportunities Calendar *July 10 to July 16*

Sunday • July 10 *Put your trash at the curb!*

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

Monday • July 11 *Trash & recycling pick-up*

9:30 a.m. ~ Seated Strength, CR
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Meadowlark Valley Luncheon, BR
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. ~ Tuttle Creek Dinner, BR
7:00 p.m. ~ Christmas in July Bingo, CR

Tuesday • July 12

7:00 a.m. ~ Rock Steady Boxing, BF
10:00 a.m. ~ Memory Activities Class, KSU CL
10:30 a.m. ~ Steady Yourself, CR
12:00 p.m. ~ 4th Floor Luncheon, BR
2:00 p.m. ~ 10-Point Pitch, GR
3:00 p.m. ~ Coffee Corner at Christmastime, EC
5:30 p.m. ~ Social Dining, MR
6:30 p.m. ~ UFM Class: Mountain of Peace, CR

Wednesday • July 13

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. ~ Associated Audiologist, CHR
2:00 p.m. ~ Santa Sno-Cones, Lyle Patio
3:00 p.m. ~ Sing-A-Long, EC
5:30 p.m. ~ Eastside Supper, BR

Thursday • July 14

9:00 a.m. ~ Messenger Team, KSU CL
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
11:30 a.m. ~ Ladies Luncheon, MR
12:00 p.m. ~ Caring Conv. for People with Pd, CR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:00 p.m. ~ Parkinson's Care Partner's Group, FHR
2:00 p.m. ~ Fiber Arts Club, BR
2:30 p.m. ~ Blood Pressure Clinic, PR
3:00 p.m. ~ Get the Scoop, CY
3:00 p.m. ~ Christmas Baking Class, BR

Friday • July 15

9:30 a.m. ~ Seated Strength, CR
10:30 a.m. ~ Weights 101, CR
11 a.m. to 10 p.m. ~ Fiesta to Remember, Rockin K's at 1880 Kimball Avenue
11:30 a.m. ~ Sit & Be Fit, CR
1:00 p.m. ~ Rock Steady Boxing, BF
3:00 p.m. ~ Catholic Rosary, CR
4:00 p.m. ~ Christmas Cocktails & Craft, PS Pub

Saturday • July 16

10:30 a.m. ~ Saturday 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

Solutions from 6/30.

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



CHANNEL 1960

Entertainment Guide

Monday, July 11

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 12

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

Wednesday, July 13

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 14

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

Friday, July 15

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

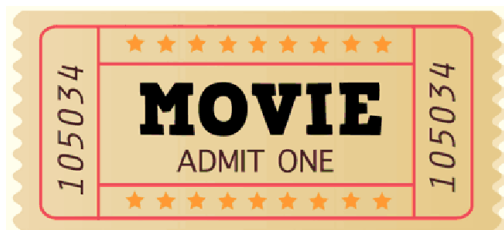
Saturday, July 16

9:30 a.m.	Band Bust Exercise Class
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Solutions from 6/30.

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

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



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 10

MY GIRL (1991) PG-13, 1 hr. 42 min. *Drama, Sentimental, Emotional*

Cast: Dan Aykroyd, Jamie Lee Curtis, & Macaulay Culkin

This coming-of-age charmer follows a summer in the life of an 11-year-old girl who learn about love and loss as she grapples with profound changes.

MUSICAL MONDAY: July 11

YESTERDAY (2019) PG-13, 1 hr. 56 min. *Feel-Good, Romantic, Musical*

Cast: Himesh Patel, Lily James, & Kate McKinnon

While he's still looking for his big break, musician Jack Malik gets hit by a bus during a global blackout. But when he wakes up to find he's the lone person on Earth who knows of the Beatles and their songbook, Jack has a huge chance at stardom.

TRUE TUESDAY: July 12

RESIDENT REQUEST

OUR GREAT NATIONAL PARKS: CHILEAN PATAGONIA (2022) TV-PG, 54 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 second episode is about the Chilean Patagonia, which encompasses 24 unique national parks, is rapidly becoming one of the most protected places on the planet.

WATER WEDNESDAY: July 13

WATERWORLD (1995) PG-13, 2 hr. 57 min. *Action, Adventure, Sci-Fi*

Cast: Kevin Costner, Jeanne Tripplehorn, & Dennis Hopper

In the future where the polar ice-caps have melted and Earth is almost entirely submerged, a mutated mariner fights starvation and outlaw "smokers," and reluctantly helps a woman and a young girl try to find dry land.

THEATER THURSDAY: July 14

RESIDENT REQUEST

SUPERNOVA (2020) R *for language*, 1 hr. 35 min. *Drama, Romance*

Cast: Colin Firth, Stanley Tucci, & Pippa Haywood

Sam and Tusker are traveling across England in their old RV to visit friends, family, and places from their past. Since Tusker was diagnosed with dementia two years ago, their time together is the most important thing left.

FUNNY FRIDAY: July 15

YOU AGAIN (2010) PG, 1 hr. 46 min. *Comedy*

Cast: Kristen Bell, Sigourney Weaver, & Jamie Lee Curtis

Marni is a successful executive with a high school past she'd like to forget. But memories flood back when she heads to her brother's wedding and discovers that he's marrying her arch nemesis, Joanna. A sidesplittingly similar situation plays out between Marni's mom and Joanna's aunt as they revisit their own wild past.

SWEET SATURDAY: July 16

THE JOURNEY OF NATTY GANN (1985) PG, 1 hr. 41 min. *Drama, Coming of Age, Adventure*

Cast: Meredith Salenger, John Cusack, & Ray Wise

America is in the depths of the Great Depression. Families drift apart when faraway jobs beckon. A courageous young girl confronts overwhelming odds as she embarks on a cross-country search for her father.