



# MEADOWLARK

Messenger

July 14, 2022

Manhattan, Kansas

Messenger Editor: Sarah Duggan

*A local not-for-profit focused on supporting people in living their best lives*



## Walk to End Alzheimer's: Manhattan 2022

by Sarah Duggan, Comm. Rel. Director

The Alzheimer's Association Walk to End Alzheimer's for Manhattan, Kan., is set to be an outdoor, in-person event for 2022. The Walk will be at Manhattan City Park on Saturday, Oct. 15.

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser for Alzheimer's care, support, and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease.

There is no fee to register for the Walk. However, all participants are encouraged to raise funds that allow the Alzheimer's Association to provide 24/7 care and support and advance research toward methods of prevention, treatment, and ultimately, a cure.

To participate, visit [www.act.alz.org](http://www.act.alz.org) and click "Find a Walk Near You." Meadowlark has a team already started, and all residents, family members, Passport members, staff, and volunteers are invited to join the team. Once registered, you can start fundraising and spread the word, then on Oct. 15, you're invited to join the Walk Day event.

Registration on Walk Day will begin at 8 a.m. The Opening and Promise Garden Ceremony will start at 9 a.m. and the Walk will begin around 9:15 a.m. The Walk route is one mile long.

The Promise Garden is a mission-focused experience that signifies our solidarity in the fight against the disease. The colors of the Promise Garden Flowers represents the participants' connection to Alzheimer's or other

dementias—their reasons to end the disease. Each person attending the walk will be able to select the flowers that represent his or her involvement.

~ Blue: Someone living with Alzheimer's or another dementia.

~ Purple: An individual who has lost someone to the disease.

~ Yellow: A person who is currently supporting or caring for someone living with Alzheimer's or other dementia.

~ Orange: A participant who supports the cause and the Association's vision of a world without Alzheimer's and other dementias.

If you have questions about registering for the Walk, please contact Sarah Duggan at (785) 323-3878.

## EVENTS & OPPORTUNITIES

### From the Outdoor Committee

*submitted by Sue Hunt*

On a remarkable cool day for July last Saturday. About a dozen residents had a joyful experience on a golf cart ride. They explored the new paving around the garden, saw produce at the new raised -bed garden, viewed new construction progress at the Monarch, and a spectacular display of purple bee balm, gold coneflower, and black-eyed susan.

If you are adventurous, then sign up in the Blue Book for the next rides on Saturday, July 23, from 8:30 to 10 a.m.

### 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 Wandeau 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

### Card Making with Michelle Lehmer

**TODAY, July 14, at 2:30 p.m.**

The next Card Making with Michelle Lehmer class will occur **today**, July 14, at 2:30 p.m. in the Flint Hills Room.

### 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 completed the advanced order form will have their meals delivered by volunteers beginning at about 11:30 a.m. and at about 5:30 p.m. 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](http://www.meadowlark.org).

### Christmas in July Cocktails

**Friday, July 15, at 4 p.m.**

Stop by the Prairie Star Pub from 4 to 5 p.m. Friday, July 15, for festive Christmas-themed cocktails and mocktails. 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!

### 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.

## EVENTS & OPPORTUNITIES

### Invitation to God Talk

*submitted by Jim Reed*

The God Talk Class will transition to a new format starting Monday, July 18. The group will focus on "The Story of the Bible," where we will discover the origins of the Hebrew and Christian scriptures. The class will begin each session with a 30-minute video presentation by Luke Timothy Johnson, Professor of New Testament at Emory University. The class will then be led in a discussion of the presentation led by Meadowlark IL resident Jim Reed.

God Talk has been meeting for several years, but this is a good time to join the group if you are interested. The group meets each Monday from 1:30 to 2:30 p.m. in the KSU Classroom.

### Lollipops & Lemonade

*Tuesday, July 19, at 2:30 p.m.*

You're invited to attend Lollipops and Lemonade from 2:30 to 4 p.m. Tuesday, July 19, in the Courtyard. Meadowlark Ambassadors will host the event with refreshments and provide some light entertainment. Attendees can expect some refreshing lemonade and tasty lollipops at this special event!

### FUMC Communion

*Wednesday, July 20, at 9 a.m.*

Join Pastor Barry Dundas from First United Methodist Church at 9 a.m. Wednesday, July 20, in the Courtyard to receive communion. The opportunity is open to anyone wanting to invite Christ into his or her heart.

### Lunch at Red Lobster

*Wednesday, July 20, at 10:45 a.m.*

You're invited to lunch at Red Lobster in Topeka on Wednesday, July 20. The cost for transportation is \$7 per person and lunch will be the responsibility of each individual. There is a sign-up sheet in the Blue Book. The group will depart from the Village Entrance at 10:45 a.m.

### Speedy Pd Award Art Making

*Wednesday, July 20, 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, July 20. Come and go as it best fits your schedule.

### Artist Profile with the Beach

*Wednesday, July 20, at 4 p.m.*

Join Kim Richards from Beach Museum of Art for "Alan Shields: Re-Imagining Two-Dimensional Art" at 4 p.m. Wednesday, July 20, in the Bison Room.

Alan Shields grew up on a farm in Herington, Kan. The sensibility, adaptability, and necessity to re-use materials from that rural childhood had major influence on his art. He was a painter and a printmaker whose work often defied two dimensions.

### 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.

### Friday Night Fun

*Friday, July 22, at 7 p.m.*

All are welcome to join us at 7 p.m. Friday, July 22, in the Community Room for a friendly night of Pitch, puzzles, and Bridge. There will be several

## EVENTS & OPPS, from page 3

tables set up for residents to play cards or work on puzzles together as we are entertained by two very talented pianists: IL resident Barbara Rees and Prairie Star Server Grace Ruder! Most are familiar with Barbara, and her musical talent is incredible to say the least. Grace is a young talent that plays a variety of music, including the 50s and 60s. She is a junior at Manhattan High School and has been with Meadowlark for a year. All are invited to attend!

### Visit to Wabaunsee County Museum

*Wednesday, July 27, at 10:45 a.m.*

Come along to visit the Wabaunsee County Historical Museum on Wednesday, July 27. The museum is in Alma, Kan., and includes many of the same exhibits seen at historical museums across Kansas: blacksmith shop, schoolroom, farm implements. Some of the most interesting features are the old vehicles and wagons, including a 1928 REO fire truck, and the art of Swiss immigrant August Ohst.

After we tour the museum, we'll enjoy lunch at El Corral Mexican Restaurant in Alma.

There is a sign-up sheet in the Blue Book and we will depart from the Village Entrance at 10:45 a.m. The cost for transportation is \$4 per person, and lunch will be the responsibility of each individual.

### 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

Page 4

(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.

### Crawfish Boil & the Sweet Sounds of Al

*Friday, July 29, at 5:30 p.m.*

Join us for a Crawfish Boil in the Courtyard from 5:30 to 7 p.m. Friday, July 29, with music by resident Al St. Cyr. The menu includes crawfish, shrimp, potatoes, corn on the cobb, sausage, and peach crumble dessert.

Al is a little bit country and a little bit folk. He has played in several different places, including Tempura in Tokyo, the Opera House in Junction City, and even the MGM Grand in Las Vegas.

Reservations are required. Please sign up by visiting Prairie Star Restaurant or call (785) 323-3820. The cost to attend is \$27 per person. All are invited to enjoy great food and lively music.

### On My Acting Career

*by Helen Roser*

My brief acting career required no speaking part. All that was asked of me was that I would look pleased as I looked at the fancy imported car as "my husband" held the car door open for me.

I had come to the Beverly Hills dealer of expensive vehicles where my friend worked. After she got off, we were going out to have a drink together.

Just as I arrived, the crew for the television ad had just set up, ready to go. But the actress who was to be "the wife" in the ad had not shown up.

The frantic director grabbed me as I passed. Excitedly, he said: "Help us! It will take just a minute. There's ten bucks in it for you!"

He shoved a handsome, elegantly groomed man at me, saying: "This is your husband." The elegant man said: "Nice to meet you."

Someone yelled: "Quiet!" Blinding lights came on. "My husband" opened the vehicle door. I looked in. Someone yelled: "Cut!" Someone pressed a ten dollar bill in my hand and said: "Thanks!"

I watched the ad on T.V. I looked really frumpy. Maybe a half pound of make up, and acting lessons would have been helpful.

# Fire Safety at Meadowlark



**Do you know how to respond in the event of a fire? Here are some procedures to follow if a fire occurs in independent living or the community center at Meadowlark.**

It is important to know where the exits are and where the manual fire pull stations are located. In the event of a fire, remember to remain calm and do not panic. If you see fire and/or smoke, pull the nearest manual fire pull station. Do not stay in a smoke-filled area. Evacuate immediately and follow the direction of Meadowlark staff and/or firefighters.

If you live in a **cottage or garden apartment** and there is a fire in your home, please remain calm and follow these instructions:

- ~ Exit your home immediately and call 911 from your cell phone or a neighbor's phone.
- ~ If you cannot exit your home without assistance and no one is at your home to help you, call 911 immediately and pull your pull cord or use your responder.
- ~ Notify the Hospitality Desk that there is a fire in your home. The Hospitality team member will contact the Environmental Services Leader and other team members to respond.

If you live in the **independent living towers** and the fire is in your apartment, please exit the apartment calmly and immediately, then activate the closest fire pull station. If the fire is **not** in your

apartment, please remain calm and follow these instructions:

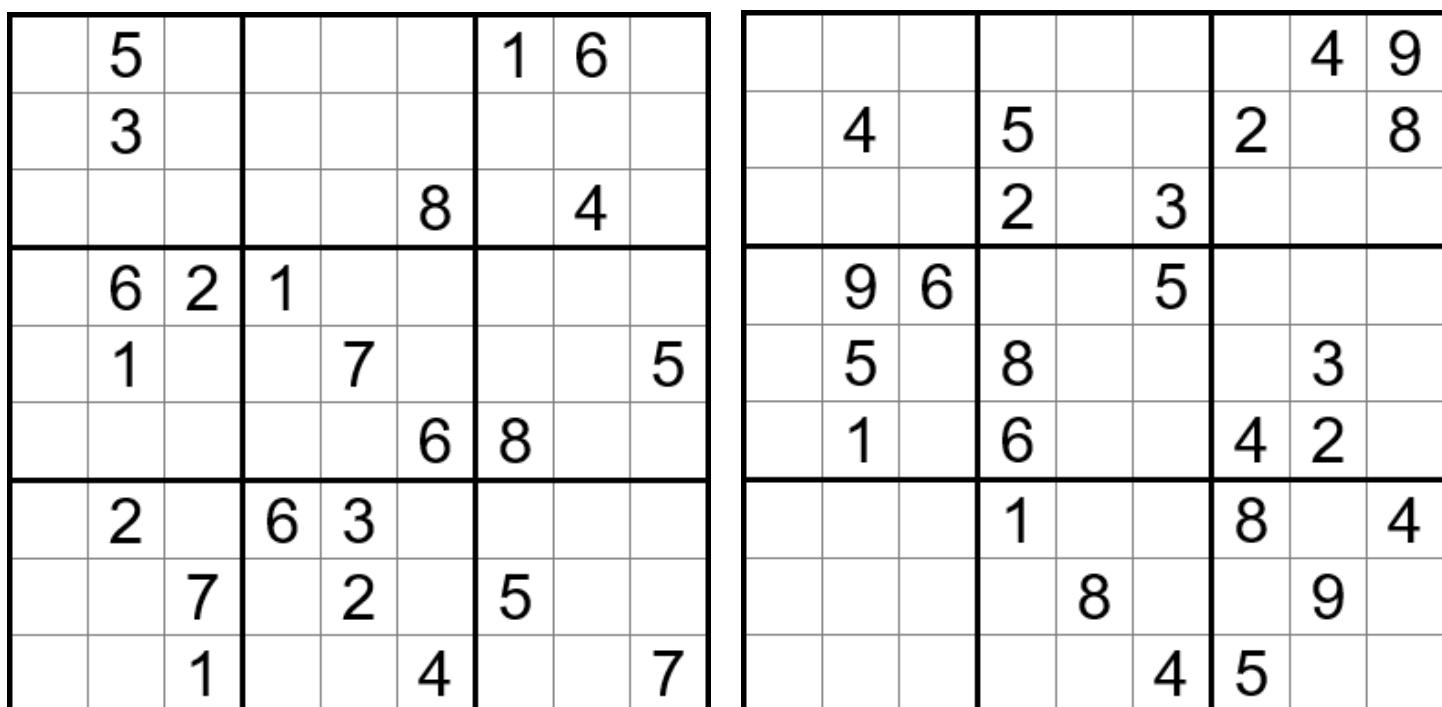
- ~ Remain in your apartment; close all doors and windows. The firefighters will come to your apartment to assist you if you are in danger.
- ~ The fire alarm will shut off once the fire department has determined that the danger has passed.

If you are in the **Community Center or common areas** (the first floor of the main building) and a fire occurs, remain calm, proceed to the main lobby unless directed otherwise by a Meadowlark staff member or a firefighter.

The fire alarm system at Meadowlark is an important emergency function for residents, staff, and guests. It is in compliance with current fire codes and is tested on a regular basis to assure that it is working properly. Staff regrets the inconvenience this regular testing causes. Residents and guests are asked to comply with testing procedures. Please follow fire safety instructions during all fire alarms.

If you have questions about fire safety procedures, please contact Monte Spiller, Resident Services Leader, at (785) 323-3801.

# Work That Brain!



## Popular American Foods

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

WAFFLES  
FRENCH FRIES  
HAMBURGER  
SAUSAGE  
CHOCOLATE  
FRIED CHICKEN  
PANCAKES  
BACON  
FRAPPICHINO  
PIZZA  
BURGERS  
ICED COFFEE  
DONUTS  
SALAD  
HOTDOG

# Art Engagement from the Beach Museum of Art

**Pick Three ...** It is your turn to curate a meaningful grouping of three artworks. You have the five shown here to choose from. Which three do you choose to display together? Do you consider color, medium, composition, subject matter, or something else?



E. Hubert Deines  
*Fabulous Episode*, 1943  
Wood engraving on paper  
KSU, Marianna Kistler Beach  
Museum of Art, gift of the family of E.  
Hubert Deines, 1969.63



Judith Bledsoe, *Untitled*, 1974  
From series *Eight Gallant Ladies and Their Animal Friends*  
Color etching with embossment on paper  
KSU, Marianna Kistler Beach  
Museum of Art, gift of Gilbert E. Johnson, 2017.15e



George M. Kren  
*Untitled*, 20th century  
Chromogenic print  
KSU, Marianna Kistler Beach  
Museum of Art, gift of the Friends of George M. Kren, 2000.176



Ellen Lanyon, *Everglades Fan I*, 1976  
Lithograph on paper, KSU, Marianna Kistler Beach Museum of Art, gift of the artist, Ellen Lanyon, 2009.79b



Undetermined  
*Silver Turquoise Butterfly Pin*, 20th century  
Hammered, soldered, and stamped silver with turquoise, KSU, Marianna Kistler Beach Museum of Art, gift of Mel and Mary Cottom, 2012.460

# RESTAURANT SPECIALS

<b>Sunday, July 17</b>	<p style="text-align: center;"><b>\$15</b> <b>Lunch</b> Beef Tips Mashed Potatoes &amp; Gravy Brussel Sprouts</p>	<p style="text-align: center;"><b>\$15</b> <b>Dinner</b> Beef Tips Mashed Potatoes &amp; Gravy Brussel Sprouts</p>
<b>Monday, July 18</b>	<p style="text-align: center;"><b>\$10</b> <b>Lunch</b> Italian Panini Pasta Salad</p>	<p style="text-align: center;"><b>\$13</b> <b>Dinner</b> Chicken Piccata Spaghetti Roasted Zucchini &amp; Tomatoes</p>
<b>Tuesday, July 19</b>	<p style="text-align: center;"><b>\$11</b> <b>Lunch</b> Chicken &amp; Pear Salad <i>mixed greens, fresh pears, grilled chicken, avocado, walnuts, bacon, feta, maple-balsamic dressing</i></p>	<p style="text-align: center;"><b>\$18</b> <b>Dinner</b> London Broil Loaded Mashed Potatoes Fresh Green Beans</p>
<b>Wednesday, July 20</b>	<p style="text-align: center;"><b>\$5</b> <b>National Hot Dog Day Lunch</b> Hot Dog &amp; Chips</p>	<p style="text-align: center;"><b>\$14</b> <b>Dinner</b> Chicken Cordon Bleu Rice Pilaf Broccoli</p>
<b>Thursday, July 21</b>	<p style="text-align: center;"><b>\$11</b> <b>Lunch</b> Chicken Parmesan Sandwich Pasta Salad</p>	<p style="text-align: center;"><b>\$12</b> <b>Dinner</b> Swedish Meatballs Egg Noodles Lingonberries</p>
<b>Friday, July 22</b>	<p style="text-align: center;"><b>\$10</b> <b>Lunch</b> Mac &amp; Cheese Bar</p>	<p style="text-align: center;"><b>\$18</b> <b>Dinner</b> Prime Rib Baked Potato Asparagus</p>
<b>Saturday, July 23</b>	<p style="text-align: center;"><b>\$8</b> <b>Lunch</b> Ham &amp; Cheese Sandwich Tomato Soup</p>	<p style="text-align: center;"><b>\$11</b> <b>Dinner</b> Smothered Burrito Refried Beans Mexican Rice</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 July 17 to July 22

**Sunday • July 17** *Put your trash at the curb!*  
 10:30 a.m. ~ Worship Service, CR  
 10:30 a.m. ~ Transportation to FUMC, VE

**Monday • July 18** *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. ~ Community Bingo, CR

**Tuesday • July 19**  
 7:00 a.m. ~ Rock Steady Boxing, BF  
 8:00 a.m. ~ Red Cross Blood Drive, EC  
 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. ~ 2nd Floor Luncheon, BR  
 2:00 p.m. ~ 10-Point Pitch, GR  
 2:30 p.m. ~ Lollipops & Lemonade, CY  
 5:30 p.m. ~ Social Dining, MR

**Wednesday • July 20** *National Hot Dog Day*  
 9:00 a.m. ~ Courtyard Communion, CY  
 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 a.m. to 1 p.m. ~ National Hot Dog Day, CY  
 11:30 a.m. ~ Sit & Be Fit, CR  
 1:00 p.m. ~ Speedy Pd Art Making, KSU CL  
 3:00 p.m. ~ Rock Steady Boxing, CR  
 3:00 p.m. ~ Sing-A-Long, EC  
 5:30 p.m. ~ Artist Discussion with the Beach, BR

**Thursday • July 21**  
 9:00 a.m. ~ Messenger Team, KSU CL  
 10:30 a.m. ~ Steady Yourself, CR  
 11:15 a.m. ~ Chair Yoga, CR  
 11:45 a.m. ~ Kiwanis Luncheon, BR  
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

**Friday • July 22**  
 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  
 7:00 p.m. ~ Friday Night Fun, EC

## 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





# CHANNEL 1960

Entertainment Guide

## Monday, July 18

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 19

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

## Wednesday, July 20

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 21

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

## Friday, July 22

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 23

9:30 a.m.	Band Bust Exercise Class
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*Solutions from 7/7.*

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

## June Gifts to Meadowlark Foundation

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

### Memory of

Emily Given  
Don Kessinger  
Loyola "Ann" Schell  
Esther Sobering

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



## 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 17

**CAMP NOWHERE** (1994) PG, 1 hr. 36 min. *Family, Comedy*

Cast: Christopher Lloyd, Jonathan Jackson, & Wendy Makkena

An out-of-work actor is lassoed into service by a group of thrill-seeking teens who are out to create the summer camp of their dreams: a place with no parents, no counselors, and no rules. But when the parents come to see where their kids have been all summer, the wild group risk ending their summer freedom.

### MUSICAL MONDAY: July 18

**FOOTLOOSE** (1984) PG, 1 hr. 47 min. *Romantic, Musical, Drama*

Cast: Kevin Bacon, Lori Singer, & John Lithgow

Ren McCormack is a decidedly urban teen who's transplanted to a small Midwestern town where dancing is outlawed. Recruiting his best pal, the quiet Willard, and his girlfriend, a clergyman's daughter, Ren starts a revolution by moving to the beat.

### TRUE TUESDAY: July 19

**RESIDENT REQUEST**

**OUR GREAT NATIONAL PARKS: TSAVO, KENYA** (2022) TV-PG, 50 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 third episode is about Kenya's Tsavo National Park, thousands of elephants roam the breathtaking, vast landscape, along with hippos, rhinos, hornbills, and more.

### WATER WEDNESDAY: July 20

**PIRATES OF THE CARIBBEAN** (2003) PG-13, 2 hr. 25 min. *Action, Adventure, Fantasy*

Cast: Johnny Depp, Geoffrey Rush, & Orlando Bloom

When Captain Barbosa steals Jack Sparrow's ship and kidnaps the governor's beautiful daughter, Elizabeth, her childhood friend Will Turner joins forces with Jack to save her and recapture Jack's ship, the Black Pearl.

### THEATER THURSDAY: July 21

**HUSTLE** (2022) R for language, 1 hr. 58 min. *Inspiring, Feel-Good*

Cast: Adam Sandler, Juancho Hernangomez, & Queen Latifah

When a down-on-his-luck basketball scout finds a potential superstar in Spain, he sets out to prove they both have what it takes to make it in the NBA.

### FUNNY FRIDAY: July 22

**THE BUCKET LIST** (2007) PG-13, 1 hr. 37 min. *Comedy, Sentimental, & Heartfelt*

Cast: Jack Nicholson, Morgan Freeman, & Sean Hayes

Two terminally ill men bust out of the cancer ward with a plan to experience life to the fullest before they kick the bucket.

### SWEET SATURDAY: July 23

**RESIDENT REQUEST**

**THE QUARTET** (2012) PG-13, 1 hr. 38 min. *Heartfelt, Feel-Good*

Cast: Maggie Smith, Tom Courtenay, & Billy Connolly

To save their posh retirement home, former opera stars plan a gala recital—until the biggest diva among them refuses to sing.