



Christmas in July

Meadowlark residents and staff celebrated Christmas in July last week, complete with a special-edition Coffee Corner, featuring Christmas cookies (pictured bottom right), and Reindeer toss games (pictured top). We finished out the week with Christmas Cocktails (pictured bottom left) in Prairie Star Pub. Festivities were enjoyed by many, and a fan favorite was the visit from the traveling Sno-Cone stand on Wednesday, July 13. A big shout out goes to Jana Armfield for planning such a fun and creative summer event!

On Kismet

by Helen Roser

I stopped what I was doing and sat down with pen and paper. "If a flower I could be, I'd grow bright for all to see. I'd live in perfect harmony with God's loving family."

What was coming was a performance by children. It continued with refrain: "Thank you for my petals bright. Thank you for your warm sunlight. I'll give the world your message of Wonderful, ever-lasting love." First verse: "I'll grow up on a mountain high, to greet the birds when they fly by. When a mountain-climber finds me there, He will know your love is everywhere."

I wrote verse after verse, then put them in my purse. I felt led to the bank. I withdrew \$150. I didn't usually have the car radio on, but did that day. I heard announcement of a special event at a church I knew. I drove to the church and bought a ticket for the event. It cost \$150.

Next day, at the church, a big crowd was in the auditorium. I stood at the side and waited. I saw a lady pushing her way to me. She said: "I knew you'd be here." I sang the tune for her as I gave her the verses. I told her: "The children are a flower garden," and sang the tune again.

We hugged as we parted. She had had a need and faith to believe she would have what she needed when she needed it.

I lived with a standing offer to be an instrument when needed. I didn't need to understand the cadence of my silent drummer. Kismet.

EVENTS & OPPORTUNITIES

Crawfish Boil canceled

The Crawfish Boil scheduled for Friday, July 29, has been canceled because of low registration.

From the Outdoor Committee

submitted by Sue Hunt

Because of the prediction of temperatures at 103 degrees on Saturday, July 23, the cart rides have been canceled. We will try to repeat a cart ride opportunity in the fall.

Enjoying Ladies Lunch

Thirty-three attendees enjoyed the July Ladies Lunch, featuring Pineapple Chicken Salad. Amber Hoskins, Wandean Rivers and Jennie Hale — all from the Manhattan Public Library, shared information about book selections and technology help programs for Meadowlark residents. Wandean will be at Meadowlark every third Thursday morning, starting July 21, for one-on-one sessions for any resident with tech questions. Amber can help any resident get set up to participate in the Bags of Books monthly loan/delivery program. Thank you to Manhattan Public Library for these opportunities.

The Aug. 11 Ladies Ladies lunch will be hosted by Yvonne Crawford and Jeanne Lundin. Watch future Messengers for detailed information.

We are now asking for volunteers to host the remaining 2022 Ladies Luncheons. Lunches are scheduled for 11:30 a.m. on the second Thursday of each month. Dates are Sept. 8, Oct. 13, Nov. 10, and Dec. 8. Hostess duties include working with Brook Marcotte to plan a theme and the menu. A short program may or may not be included at the discretion of the two hostesses for the month.

If you and a friend would like to volunteer for one of the dates available, please contact Polly Ferrell as soon as possible. See you around the table.

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 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!

Summer Sing Through

Tuesday, July 26, at 4 p.m.

Your very own Meadowlark Singers are hosting a Summer Sing Through at 4 p.m. Tuesday, July 26, in the Community Room. This is open to current singers and anyone who is interested in knowing what music the group will be singing this fall.

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

Wednesday, 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

EVENTS & OPPORTUNITIES

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.

Diabetic Wellness Group

Wednesday, July 27, at 1:30 p.m.

The next meeting for the Diabetic Wellness Group is at 1:30 p.m. Wednesday, July 27, in the Flint Hills Room. All who are interested are invited to attend.

ARTful Making

Wednesday, July 27, at 2:30 p.m.

This month’s ARTful Making session will meet at 2:30 p.m. Wednesday, July 27, in the KSU Classroom. Attendees will be making art to be donated to Meadowlark’s Parkinson Program.

Every summer the Beach Museum of Art partners with the Speedy Pd Race for Parkinson’s Disease to create artwork that will be given as age group awards for the 5k and 10k winners of the Speedy PD Race in August. All materials and inspiration will be supplied. Join the Beach Museum of Art in supporting the Meadowlark Parkinson Program’s principal fundraiser!

Walk to End Alzheimer’s

Saturday, Oct. 15, at 8 a.m.

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 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.

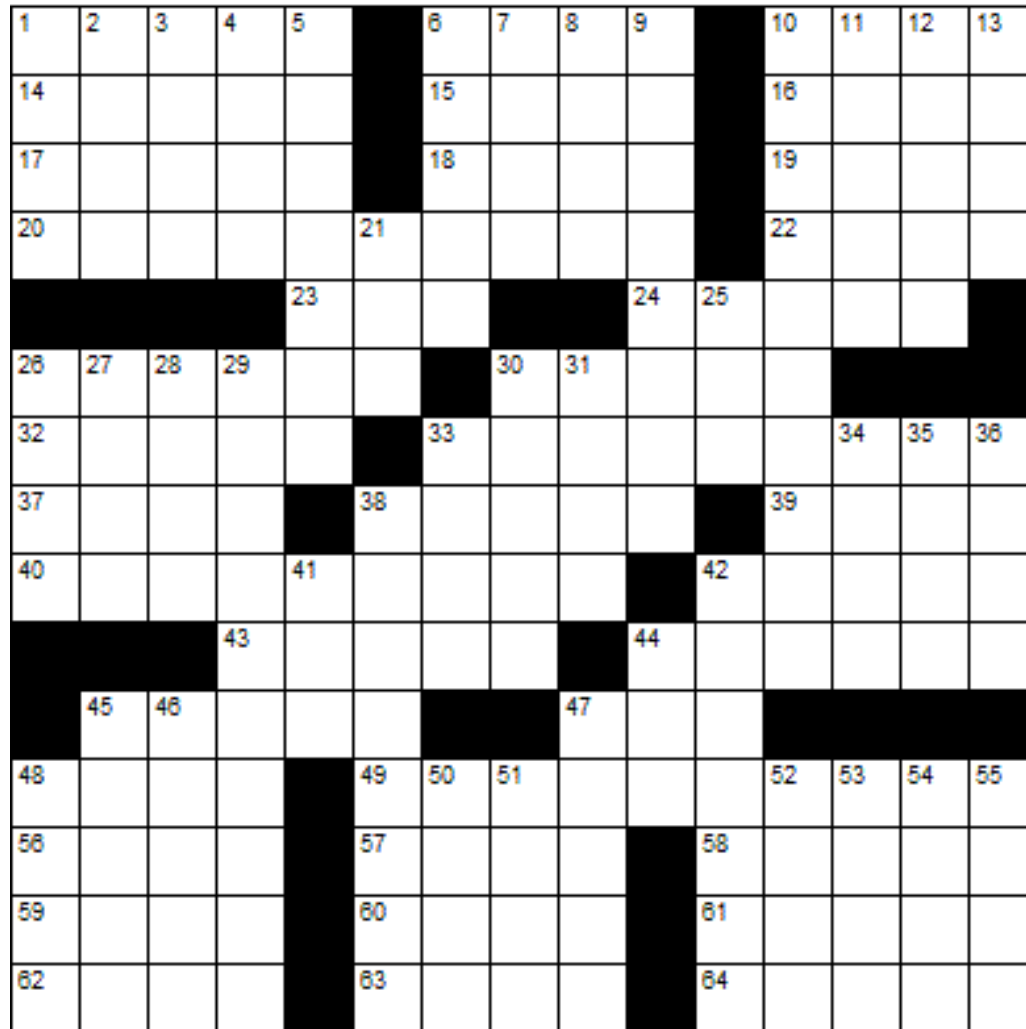
~ Yellow: A person who is currently supporting or caring for someone living with Alzheimer’s or other dementia.

~ 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.



Work That Brain!



ACROSS

1. Swift
6. Do laps in a pool
10. Decree
14. Gentry
15. Empty weight
16. Poi source
17. Satisfies
18. Ancient Dead Sea kingdom
19. Overhaul
20. Springy gym item
22. Speak
23. Type of primate
24. Sound of any kind
26. Not a loss
30. Deadly
32. Associated with the moon
33. Difficult
37. Cain's brother
38. Certain coniferous trees
39. Metal used in brass
40. The four-dimensional analogue of a cube
42. Triangular formation
43. Off-white
44. Individual
45. Proposal
47. 54 in Roman numerals
48. "Iliad" city
49. Manage
56. Type of fruit
57. A math subject
58. Licoricelike flavor
59. Acquire
60. Apiece
61. Scandinavian
62. Kiss and cuddle
63. Statistic (abbrev.)
64. Thick woolen fabric

DOWN

- | | | |
|------------------------|------------------------|--------------------------|
| 1. Repose | 21. Choose | 41. Night before |
| 2. Winglike | 25. Paddle | 42. Abnormal |
| 3. Falafel bread | 26. Surveyor's map | 44. Bowling target |
| 4. Detail | 27. Bumpkin | 45. Musical instrument |
| 5. Hopelessness | 28. 1 1 1 1 | 46. Sheet of paper |
| 6. Inscribed pillar | 29. Faking | 47. Illumination |
| 7. Dry riverbed | 30. Decorative | 48. Yanks |
| 8. Metal used in steel | 31. Assist illegally | 50. "Darn!" |
| 9. Keepsakes | 33. Teller of untruths | 51. Isinglass |
| 10. Plant food | 34. Lubricates | 52. Frozen precipitation |
| 11. Notions | 35. "Do ___ others" | 53. Rubber wheel |
| 12. Confuse | 36. Glance over | 54. Being |
| 13. Swiped | 38. Divides fairly | 55. Marsh plant |

Art Engagement *from the* **Beach Museum of Art**

What is going on? Take a long moment to look closely at this image.

Then ask yourself, what is going on in this picture?

Any thoughts you have about this image are worth mentioning.

Ask yourself, what do you see that gives you these ideas?

See page 9 for artist information.



RESTAURANT **SPECIALS**

<p>Sunday, July 24</p>	<p>\$13 Lunch Pot Roast Carrots, Celery, & Onion Mashed Potatoes & Gravy</p>	<p>\$13 Dinner Pot Roast Carrots, Celery, & Onion Mashed Potatoes & Gravy</p>
<p>Monday, July 25</p>	<p>\$9 Lunch Greek Chicken Gyros Tzatziki Greek Salad</p>	<p>\$12 Dinner Spaghetti & Meatballs Green Beans Garlic Bread</p>
<p>Tuesday, July 26</p>	<p>\$11 Lunch Balsamic Steak & Gorgonzola Salad <i>mixed greens, steak, gorgonzola, grilled corn, cherry tomatoes, red onion, & balsamic vinaigrette</i></p>	<p>\$13 Dinner Ham Loaf Mashed Sweet Potatoes Brussel Sprouts</p>
<p>Wednesday, July 27</p>	<p>\$9 Lunch French Dip Sandwich Steak Fries</p>	<p>\$13 Dinner BBQ Brisket Potato Salad Baked Beans</p>
<p>Thursday, July 28</p>	<p>\$10 Lunch Chicken & Waffle Sandwich Fruit Salad</p>	<p>\$13 Dinner Swiss Steak Mashed Potatoes & Gravy Corn</p>
<p>Friday, July 29</p>	<p>\$10 Lunch Baked Potato Bar</p>	<p>\$14 Dinner Fish & Chips Coleslaw Cornbread</p>
<p>Saturday, July 30</p>	<p>\$9 Lunch Meatball Sub Pub Chips</p>	<p>\$12 Dinner Orange Chicken Stir Fry Vegetables White Rice</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 1000 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, 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, and sauteed peppers and onions wrapped 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 July 24 to July 29

Sunday • July 24 *Put your trash at the curb!*

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

Monday • July 25 *Trash & recycling pick-up*

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

Tuesday • July 26

7:00 a.m. ~ Rock Steady Boxing, **BF**
 10:00 a.m. ~ Memory Activities Class, KSU CL
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 2:00 p.m. ~ 10-Point Pitch, GR
 3:00 p.m. ~ Coffee Corner, EC
 5:30 p.m. ~ 3rd Floor Supper, BR
 5:30 p.m. ~ Social Dining, MR

Wednesday • July 27

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
 11:30 a.m. ~ UFM Lunch & Learn, EC
 1:30 p.m. ~ Diabetic Wellness Group, FHR
 2:30 p.m. ~ ARTful Making, KSU CL
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-A-Long, EC
 5:30 p.m. ~ 1st Floor Supper, MR

Thursday • July 28

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
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 1:00 p.m. ~ Parkinson's Care Partner Support Group, FHR
 2:00 p.m. ~ Fiber Arts Club, BR

Friday • July 29

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**
 10 a.m. to 3 p.m. ~ Meadowlark 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



LEADER OF THE PACK

Meadowlark's Leader of the Pack for July is Calea Miller, CNA in Honstead House! Calea goes above and beyond, and is a fun-loving person who truly enjoys what she does, and it shows! Not only is she great with the residents and makes them all feel loved and taken care of, but also she comes to work every day with a great attitude. Calea is a go getter and is always willing to train new staff and help them to be the best they can be. She is great at communicating with both staff and residents, and she goes out of her way to help residents take part in activities they enjoy. Honstead House is so grateful to have Calea on our team!



CHANNEL 1960

Entertainment Guide

Monday, July 25

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 26

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

Wednesday, July 27

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 28

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

Friday, July 29

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 30

9:30 a.m.	Band Bust Exercise Class
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Solutions from 7/14.

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	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

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

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

Artist information from page 5

John Steuart Curry (United States, 1897 - 1946), *Then a Galaxy of Fireworks Exploded in his Head, and all the World Turned Black*, 1922, published February 3, 1923
 "The Tiger's Claw" by Albert Payson Tehrune (Country Gentleman, December 23, 1922), Oil on canvas board
 KSU, Marianna Kistler Beach Museum of Art, 2022.22



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 24

HOLES (2003) PG, 1 hr. 58 min. *Family, Comedy, Drama*

Cast: Shia LaBeouf, Sigourney Weaver, & Khleo Thomas

Dogged by bad luck stemming from an ancient family curse, young Stanley Yelnats is sent to Camp Green Lake, a very weird place that's not green and doesn't have a lake. Once there, he's thrown headlong into the adventure of his life when he and his campmates must dig a hole a day to keep the warden at bay. But why?

MUSICAL MONDAY: July 25

DOUBLE TROUBLE (1967) NR, 1 hr. 32 min. *Romantic, Musical, Feel-Good*

Cast: Elvis Presley, Annette Day, & John Williams

Musician Guy Lambert is chased by women, smugglers, and detectives. While performing in Britain, Lambert catches the eye of an heiress, Jill. She follows Guy to Belgium, much to the dismay of her uncle, who in turn follows Jill. When thieves hide stolen jewels in Guy's luggage, he finds himself pursued by the authorities.

RESIDENT REQUEST

TRUE TUESDAY: July 26

OUR GREAT NATIONAL PARKS: MONTEREY BAY (2022) TV-PG, 50 min. *Inspiring*

Cast: Barak Obama

Filmed in national parks around the world, this docuseries mixes stunning footage with eye-opening insights. The fourth episode is about Monterey Bay National Marine Sanctuary. California's vibrant coastline gets its close-up, with an emphasis on the delicate balance struck between wildlife and humanity.

RESIDENT REQUEST

WATER WEDNESDAY: July 27

ERIN BROCKOVICH (2000) R *for language*, 2 hr. 11 min. *Emotional, Inspiring*

Cast: Julia Roberts, Albert Finney, & Aaron Eckhart

Erin Brockovich, a twice-divorced mother of three who sees an injustice, takes on the bad guy and wins—with a little help from her push-up bra.

THEATER THURSDAY: July 28

TAKEN (2008) PG-13, 1 hr. 30 min. *Action, Crime, Thriller*

Cast: Liam Neeson, Maggie Grace, & Famke Janssen

A retired CIA agent travels across Europe and relies on his old skills to save his estranged daughter, who has been kidnapped while on a trip to Paris.

RESIDENT REQUEST

FUNNY FRIDAY: July 29

SHERLOCK HOLMES: A GAME OF SHADOWS (2011) PG-13, 2 hr. 18 min. *Witty, Exciting*

Cast: Robert Downey Jr., Jude Law, & Noomi Rapace

Sherlock Holmes and Dr. Watson return for another daring adventure to thwart a criminal mastermind's deadly plot with the help of a mysterious woman.

SWEET SATURDAY: July 30

THE BEST EXOTIC MARIGOLD HOTEL (2011) PG-13, 2 hr. 4 min. *Comedy, Drama, Romance*

Cast: Judi Dench, Bill Nighy, & Maggie Smith

British retirees travel to India to take up residence in what they believe is a newly restored hotel. Less luxurious than advertised, the Marigold Hotel nevertheless slowly begins to charm in unexpected ways.

RESIDENT REQUEST