



by Michelle Haub, Special Programs Leader

Typically, when people think about Parkinson's disease, they think about the tremor (shake), but this is only one part of the disease that affects a person's life. Shuffling gait, depression, apathy, constipation, and small handwriting are a few more of the symptoms that can disrupt quality of life for the person with Parkinson's and his or her care partner(s). For 16 years, the Meadowlark Parkinson's Program has been providing free education, exercise, outreach and engagement for people affected by Pd. How can these services be offered free of charge?

The Speedy Pd Race for Parkinson's Disease continues to be the primary fundraiser for the program. Money raised from this event allows individuals that live at Meadowlark and in the greater

Manhattan community, Junction City, Wamego, Marysville, Hays, and even Overland Park become stronger, move bigger, talk louder, learn strategies to help compensate for communication and cognitive challenges, make connections with others, and better understand the disease and treatment options.

The 14th Annual Speedy Pd Race for Parkinson's Disease is set for Saturday, Aug. 27, at Tuttle Creek State Park. We are thrilled again this year to have Community First National Bank as our Presenting Sponsor and Body First's Doug Sellers as the Race Director. In 2021, we added the Half-Mile Memorial Walk/Run to pay tribute to those who have passed away.

Additionally, in 2021, the 5k event was renamed "Don Rasmussen 5k" in honor of a champion for our

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EVENTS & OPPORTUNITIES

Back to School Festivities!

Meadowlark residents and staff are invited to go "Back to School" this August and celebrate with special activities and spirit days! Spirit days will occur every Wednesday in August. The first "Wacky Wednesday" Spirit Day will be Aug. 3, and we will be celebrating *Superhero Day*! This is your chance to dress up as your favorite superhero (or villain), so let's see those Superman and Iron Man costumes! A top prize each week will be awarded to the "Best Dressed Individual," which can be a resident or staff member. Additionally, Meadowlark service area teams can submit their costume pictures to be considered for "Best Dressed Service Area."

If you wish to enter the contest each week, please send your entry photo to Jana at jarmfield@meadowlark.org. Winners will be contacted at the end of each week, and their photos will appear in the Messenger at the end of August. A small mystery prize also will be awarded!

Meadowlark team members will have the opportunity to form teams and try to win it all, during a grade-school inspired PE game called *Steal the Chicken!* The objective of the game is to "steal" all the chickens from the opposing team, without being caught. The first team to do so is the winner! Rubber chickens will be used in lieu of live chickens. Residents and guests are encouraged to attend and enjoy this one-of-a-kind entertainment. Games will take place in the Event Center from 1 p.m. to 3 p.m. Thursday, Aug. 18.

Everyone will have the opportunity to play *Guess that Kid!* Each Thursday, the Meadowlark Messenger will feature two Meadowlark staff members and one resident from their grade school days. You are invited to guess who the kid is in the photo! Simply write your answers on a slip of paper and toss it into the special *Guess that Kid* container at the Hospitality Desk or email Jana at jarmfield@meadowlark.org. Staff and residents who have the correct answers will be entered in the contest to win a prize!

Ladies Lunch Needs You

submitted by Polly Ferrell

The monthly Ladies Lunch happens because of volunteer hostesses who are organizers for one

lunch. Volunteer with a friend and you may plan what you think will be a fun/inspirational/educational/creative time.

Hostesses will plan a theme, and a short program, if desired. They will work with Brook Marcotte to plan the menu; most attendees prefer a light lunch for \$10 or less. Additionally, the hostess for each month will arrange for a microphone, and write a Messenger news story to submit to Sarah Duggan two weeks ahead of the lunch date. On the date of the event, the hostess team will decorate the tables, greet everyone as they arrive, and have fun! Hostessing makes us appreciate how the fun happens.

Lunches are scheduled for 11:30 a.m. on the second Thursday of each month. Yvonne Crawford and Jeanne Lundin have volunteered to host in August. We are now asking for hostesses for the last four months of 2022. Dates are Sept. 8, Oct. 13, Nov. 10, and Dec. 8. To volunteer or ask questions, please contact Polly Ferrell at (785) 477-6680 or pollyferrell@att.net as soon as possible.

Chair Yoga canceled

Chair Yoga exercise class is canceled for Thursday, Aug. 4, and Tuesday, Aug. 9. Chair Yoga class is offered on Channel 1960 every Tuesday and Thursday at 11:15 a.m. to enjoy from the comfort of your home. In-person class will resume Thursday, Aug. 11.

Speedy Pd Training Walks

Tuesdays & Wednesdays

Join the Meadowlark Parkinson's Program team for group walks to help you prepare for the 14th annual Speedy Pd Race for Parkinson's disease. Training walks will meet in the lobby at 2:15 p.m. on Tuesdays and at 1:15 p.m. on Wednesdays.

Train for either the 1/2 Mile Memorial Walk or the Don Rasmussen 5k! All abilities are welcome. The Training Walks will happen rain or shine! If you have questions, please contact Michelle at (785) 323-3899.

The Sweet Sounds of Al

Friday, July 29, at 7 p.m.

All are invited to the Community Room at 7 p.m. Friday, July 29, to listen to the sweet sounds of Meadowlark resident Al St. Cyr. Al is a little bit

EVENTS & OPPORTUNITIES

country, some folk, but definitely not rock and roll. Al has played in several different venues and locations including a small Tempura in Tokyo, the Opera House in Junction City, and even the MGM Grand in Las Vegas (The main stage was great until security found him!)

Celebration of Life for Brian Spooner

Saturday, July 30, at 2 p.m.

Residents are invited to attend a Celebration of Life for Brian Spooner from 2 to 4 p.m. Saturday, July 30, in the Event Center. This event is come-and-go style, and refreshments are provided.

Town Meeting

Monday, Aug. 1, at 9:30 a.m.

You're invited to Meadowlark's monthly Town Meeting at 9:30 a.m. Monday, Aug. 1, in the Event Center. Come hear about the campus news and upcoming events!

Urgent Responder Battery Check

Tuesday, Aug. 2, at 3 p.m.

Meadowlark Home Health will host a free opportunity to have your urgent responder battery checked from 3 to 4 p.m. Tuesday, Aug. 2, in the Game Room. If you have an urgent responder and would like to have the battery checked, please attend this opportunity.

Please note, batteries for the urgent responders are routinely monitored. This battery check is offered to those who want an additional check for their responder.

Parkinson's Education Group

Thursday, Aug. 4, at 2 p.m.

You're invited to the monthly Parkinson's Education Group meeting at 2 p.m. Thursday, Aug. 4, in the Community Room. Jung Sim Jun, PhD, MSW, and Associate Professor of Social Work at K-State will present, "Connected Life & Well-Being with Parkinson's." The program will cover strategies to cope with stress and anxiety, as well as, avoid isolation. These issues can be prevalent among people with Pd and their care partners.

The Art of Papermaking

Friday, Aug. 5, at 9:30 a.m.

All are invited to the Courtyard for *The Art of Papermaking* from 9:30 to 11 a.m. Friday, Aug. 5! The Beach Museum of Art will lead the event.

There will be various materials provided to create your own handmade paper project.

The history of papermaking began in Asia more than 2,000 years ago. Handmade paper has been produced using various materials over the years. Often the craftsmen kept their techniques a secret.

Meadowlark Ladies Luncheon, Aug. 11

Thursday, Aug. 11, at 11:30 a.m.

submitted by Yvonne Crawford & Jeanne Lundin

Please join us in the Bison Room for lunch and a program.

All ladies of Meadowlark and Passport members are welcome!

The program for the lunch will be Bob Crawford reflecting on his 40-year career as a reporter for CBS. During his career, he interviewed many nationally-known politicians and covered many historical events.

He will welcome any questions you may have about his experiences. Your hostesses for the luncheon are Yvonne Crawford and Jeanne Lundin.

The menu for the luncheon will be quiche, a small garden salad, and a cornbread muffin. For dessert we will have lime sherbet and a cookie.

To attend, please sign up in the Blue Book located at the Hospitality Desk.

Come and meet some of the great ladies of Meadowlark!

Learn about The Monarch

Friday, Aug. 12, at 7 p.m.

Get your Monarch questions answered! Join Jayme Minton, Support Services Director, at 7 p.m.

Friday, Aug. 12, in the Event Center for a presentation and progress update on The

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Monarch.

The Monarch is Meadowlark's newest addition of the independent living units. Planning for this project began pre-pandemic and construction started in March 2022. Jayme will share about the development and sales process, floor plans, features, and construction progress to date. If you haven't heard this presentation or want to hear the most current information, don't miss this great opportunity! All who are interested are invited to attend. No registration required.

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.

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program since its inception. For 2022, the Half-Mile Memorial Walk/Run will begin at 8 a.m., and the 5k/10k races will begin at 8:30 a.m. All ages and abilities may participate in our event! There will be plenty of fruit, cupcakes, smoothies, water, beer, and massages after the events, so come spend the morning with us and a few special surprise guests. If you have any questions about Speedy Pd, please contact Michelle or Bridget at (785) 323-3899 or email mhaub@meadowlark.org.

To register, simply go to www.runspeedypd.org or stop by the Hospitality Desk to pick up a paper registration form. Completed paper registration forms with payment can be deposited in the box at the Hospitality Desk or dropped off at Body First Wellness Center.

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Exercise Bike for FREE



Details: Schwinn 140 with Schwinn Comfort nose-less seat. Original seat and cover included.

Available for FREE—first-come-first-served. Call Joan Jones and make an appointment to see this bike: (785) 320-2067.

Work That Brain!

Skill Level: Easy

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

Skill Level: Medium

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8	1					6		7
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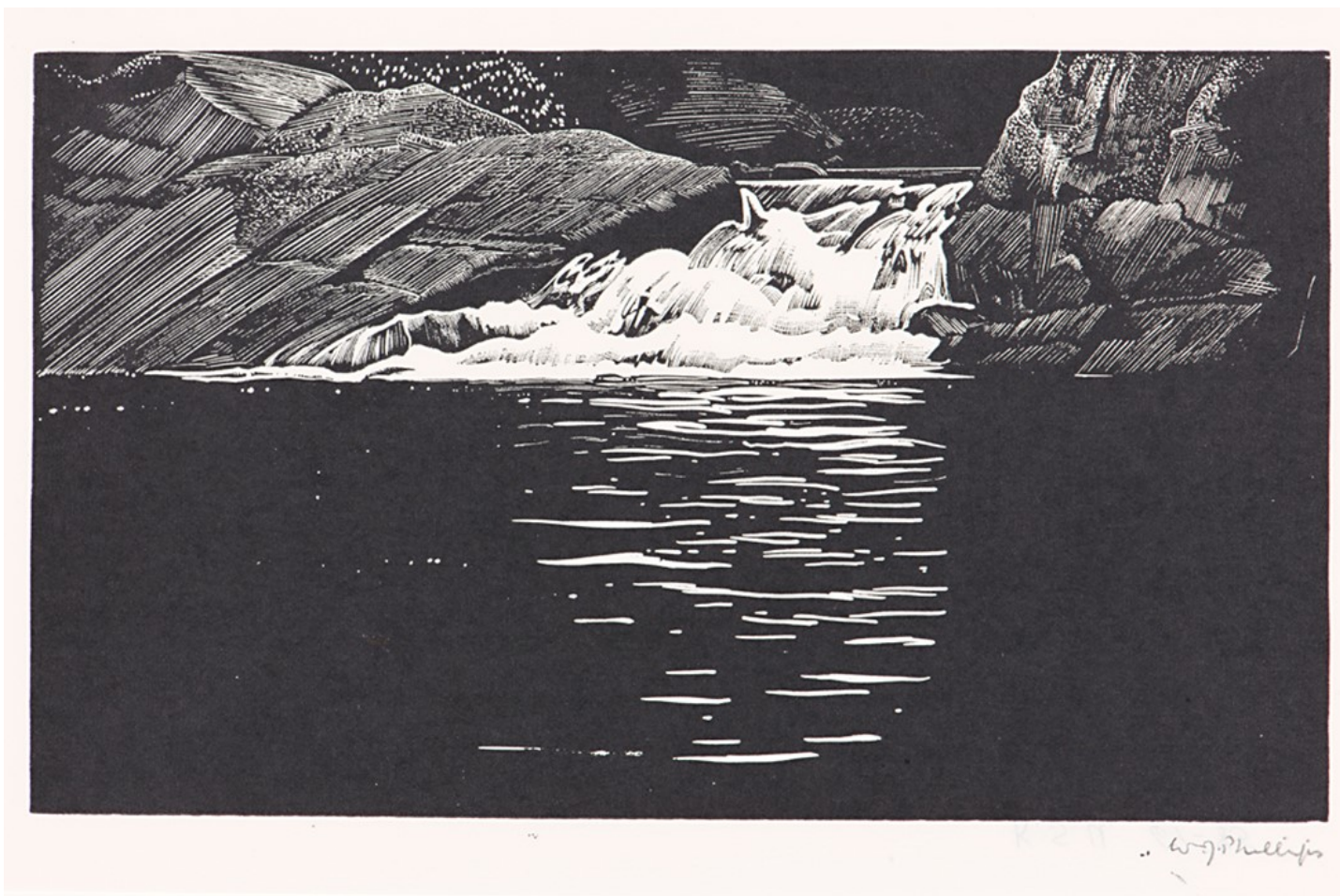
School Geography

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G	E	R	N	G	L	A	C	I	E	R	M	T	A
S	M	O	U	N	T	A	I	N	C	T	A	E	I
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- CITIES
- RAIN
- PLAINS
- GLACIER
- DESERT
- CONTINENT
- TEMPERATURE
- VOLCANOES
- MOUNTAIN
- OCEAN
- TUNDRA
- FOREST
- RIVER
- VILLAGES
- HIGHWAYS
- ROADS
- TOWNS
- SNOW
- STATES
- LAKE

Art Engagement *from the* Beach Museum of Art

Emphasis ... When you first look at an artwork your eye is often attracted to a focal point. The artist may use multiple techniques to create the **emphasis**. There might be a contrasting effect within the composition using, color, line, texture, or value. The creator might use linear perspective to move your eye to the focal point. The main subject might be separated from the rest of the objects in the composition. The objects around the focal point may be de-emphasized to highlight the desired object. As you look at this print which one of these techniques do you see the artist employing? You may determine the printmaker used more than one technique to create emphasis.



Walter Joseph Phillips (Canada, born England, 1884 - 1963)

Prairie Print Makers (United States, 1934 - 1965)

Rushing River, 1958

Wood engraving on paper

KSU, Marianna Kistler Beach Museum of Art, gift of the family of E. Hubert Deines, 1969.117

RESTAURANT **SPECIALS**

<p>Sunday, July 31</p>	<p>\$13 Lunch Homemade Chicken Tenders Mashed Potatoes & Gravy Green Beans</p>	<p>\$13 Dinner Homemade Chicken Tenders Mashed Potatoes & Gravy Green Beans</p>
<p>Monday, Aug. 1</p>	<p>\$10 Lunch Supreme Stromboli Pub Chips</p>	<p>\$13 Dinner Chicken Marsala Angel Hair Pasta Green Beans & Mushrooms</p>
<p>Tuesday, Aug. 2</p>	<p>\$11 Lunch Chicken Fried Steak Sandwich Steak Fries</p>	<p>\$13 Dinner Fish Tacos Cilantro Lime Rice Black Beans</p>
<p>Wednesday, Aug. 3</p>	<p>\$9 Lunch Patty Melt French Fries</p>	<p>\$13 Dinner Chicken Kabob Wild Rice</p>
<p>Thursday, Aug. 4</p>	<p>\$10 Lunch Pulled Pork Nachos</p>	<p>\$14 Dinner BBQ Ribs Baked Beans Potato Salad</p>
<p>Friday, Aug. 5</p>	<p>\$10 Lunch Taco Bar</p>	<p>\$18 Dinner Steak Frites French Fries Coleslaw</p>
<p>Saturday, Aug. 6</p>	<p>\$10 Lunch Grilled Chicken Pesto Sandwich Sweet Potato Fries</p>	<p>\$12 Dinner Chicken Breast <i>stuffed with Bacon & Cream Cheese</i> Potato Pancakes Roasted Zucchini</p>

Verna Belle's Cafe

MONDAY

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

Lunch: Everything Bagel Sandwich, \$7.00

(Ham, turkey, and Swiss cheese on an Everything bagel topped with honey mustard glaze, served with your choice of side)

TUESDAY

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

Lunch: Super Smash Burger, \$5.00/\$7.00

(Super thin and crispy ground beef patty topped with cheddar cheese and chipotle aioli, served with pasta salad)

WEDNESDAY

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

Lunch: Short Rib Sliders, \$7.00

(Braised short ribs topped with provolone cheese and sauteed onions on a Hawaiian slider bun, served with your choice of side)

THURSDAY

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

Lunch: Cowboy Dog, \$5.00 / \$7.00

(Grilled hot dog topped with cheddar cheese, sautéed onion, chopped bacon, and BBQ sauce, served with your choice of side)

FRIDAY

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

Lunch: Smothered Burrito, \$7.00

(Shredded chicken, tomatoes, corn, black beans, and shredded cheddar cheese topped with creamy white queso, served with your 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 31 to Aug. 5

Sunday • July 31 *Put your trash at the curb!*

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

Monday • Aug. 1 *Trash & recycling pick-up*

8:30 a.m. ~ IL Resident Council, BR
9:30 a.m. ~ Town Meeting, EC
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
5:00 p.m. ~ Tuttle Creek Dinner, BR
7:00 p.m. ~ Community Bingo, CR

Tuesday • Aug. 2

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
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Kimball Luncheon, BR
2:00 p.m. ~ 10-Point Pitch, GR
2:00 p.m. ~ Prairie Star Writers Group, PR
2:15 p.m. ~ Speedy Pd Training Walk, VE
3:00 p.m. ~ Urgent Responder Battery Check, GR
3:00 p.m. ~ Ambassadors Meeting, BR
5:30 p.m. ~ Social Dining, MR
6:00 p.m. ~ Manhattan Kiwanis, KSU CL

Wednesday • Aug. 3

Back to School Spirit Day: Superhero Day

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
1:15 p.m. ~ Speedy Pd Training Walk, VE
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-A-Long, EC
5:30 p.m. ~ Men's Social Dinner, MR

Thursday • Aug. 4

9:00 a.m. ~ Messenger Team, KSU CL
10:30 a.m. ~ Steady Yourself, CR
1:00 p.m. ~ Parkinson's Exercise Class, CR
2:00 p.m. ~ Parkinson's Education Group, CR
5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Aug. 5

9:00 a.m. ~ PS Menu Suggestion Mtg, BR
9:30 a.m. ~ The Art of Papermaking, CY
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
3:00 p.m. ~ Catholic Mass, CR

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 7/21.

R	A	P	I	D		S	W	I	M		F	I	A	T	
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CHANNEL 1960

Entertainment Guide

Monday, Aug. 1

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, Aug. 2

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

Wednesday, Aug. 3

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, Aug. 4

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

Friday, Aug. 5

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, Aug. 6

9:30 a.m.	Band Bust Exercise Class
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Skilled Nursing

- 8/2 Dale Rowley
- 8/10 Josephine White
- 8/19 Sherry Schooley
- 8/25 Johanna Slinger
- 8/28 Wayne Bailie**
- 8/31 Michael Troy

Assisted Living & Riley House

- 8/4 James Miley
- 8/12 Clara Bach
- 8/14 Ernestine Hamel
- 8/16 Mary Kaye

Independent Living

- 8/1 Ron Williams
- 8/2 Fred Freeman**
- 8/6 Joseph Merklin
- 8/7 Candace Pannbacker
- 8/8 Carolyn Thompson**
- 8/14 Ronald Hargett
- 8/18 Jo Lindly

August Birthdays

- 8/19 Larence Girard
- 8/21 Tom Fryer
- 8/22 Mary-Rita Spooner
- 8/25 Ellie Cox

Employees

- 8/1 Lisa Schwarz
- 8/3 Olujoke Aina
- 8/4 Veronica Gallegos
- 8/4 Julie Martin
- 8/6 Alyssa Sherwood
- 8/8 Angela Gerena
- 8/8 Grace Poytress
- 8/9 Chris Vaughan
- 8/9 Sarah Duggan
- 8/9 Rylee Smith
- 8/9 Grace Ruder
- 8/11 Trisha Montgomery
- 8/12 Annie Peace
- 8/12 Liz Elsasser
- 8/12 Evan Olson
- 8/12 Elizabeth Satchel
- 8/13 Ellie Warnes



- 8/15 Krystal Green
- 8/16 Kristal Reamer
- 8/17 Dustin Price
- 8/17 Arielle Wheeler
- 8/18 Danielle Medina
- 8/19 Emanuel Tolliver
- 8/19 Kierstin Baker
- 8/20 Tati'Yana Holder
- 8/21 Julian Rosine
- 8/22 Troy Lower
- 8/23 Cecilia Reiser
- 8/26 LaTisha Conder
- 8/26 Daniel Thomas
- 8/28 Jacqueline Rickman
- 8/28 Alicia Lopez
- 8/29 Kassi Cavender
- 8/30 Pamala Mann
- 8/31 Rhona Lund
- 8/31 Deanna Romine
- 8/31 Tori Lamb

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 31

THE GREAT OUTDOORS (1988) PG, 1 hr. 31 min. *Comedy, Goofy*

Cast: John Candy, Dan Aykroyd, & Stephanie Faracy

Chet Ripley takes his family to a lakeside resort for a quiet vacation away from it all. When his brother-in-law Roman shows up with his family, Mother Nature steps in to add her two cents.

MUSICAL MONDAY: Aug. 1

GREASE (1978), 1 hr. 50 min. *Comedy, Musical, Romantic*

Cast: John Travolta, Olivia Newton-John, & Stockard Channing

Good girl Sandy Olsson and greaser Danny Zuko fell in love over the summer. When they unexpectedly discover they're now in the same high school, will they be able to rekindle their romance?

TRUE TUESDAY: Aug. 2

RESIDENT REQUEST

OUR GREAT NATIONAL PARKS: INDONESIA (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 fifth episode is about Gunung Leuser National Park in Indonesia—home to some of the most endangered species on Earth, including the rare Sumatran tiger.

WESTERN WEDNESDAY: Aug. 3

WINCHESTER '73 (1950) NR, 1 hr. 33 min. *Classic, Western*

Cast: James Stewart, Shelley Winters, & Dan Duryea

The trouble starts when cowhand Lin McAdam wins a valuable Winchester 1873 repeating rifle in a shooting contest — which his brother instantly steals. This leads to a picaresque series of adventures as McAdam journeys far and wide to track down the weapon.

THEATER THURSDAY: Aug. 4

GOLDFINGER (1964) PG, 1 hr. 51 min. *Classic, Thriller, Suspenseful*

Cast: Sean Connery, Honor Blackman, & Gert Fröbe

While investigating a gold magnate's smuggling, James Bond uncovers a plot to contaminate the Fort Knox gold reserve.

FUNNY FRIDAY: Aug. 5

A PERFECT PAIRING (2022) TV-14, 1 hr. 42 min. *Charming, Feel-Good, Comedy*

Cast: Victoria Justice, Adam Demos, & Luca Sardelis

To win over a major client, a go-getter LA wine exec signs on to work at an Australian sheep farm, where she sparks with a rugged and mysterious local.

SWEET SATURDAY: Aug. 6

RESIDENT REQUEST

ONCE AGAIN (2018) TV-PG, 1 hr. 41 min. *Understated, Romantic*

Cast: Shefali Shah, Neeraj Kabi, & Rasika Dugal

After a chance phone call leads to daily conversations, a widowed restaurant owner and a lonely film actor plan to finally meet in person.