



ENDURANCE is More Than a Word



by Michelle Haub, Special Programs Leader

For individuals diagnosed with Parkinson's disease (Pd), the word "endurance" is part of the lifestyle. One needs endurance to take medications on a consistent schedule (maybe as often as every two hours), to exercise every day, to think about making every movement BIG or sound LOUD while also doing the actual action and saying what one wants to say, to fight the depression, apathy, and/or anxiety that tries to make one small and alone. Endurance is critical for the person diagnosed with Pd and the care partner.

Let me introduce Bill Bucklew, a gentleman from the Chicago area who noticed changes in his abilities and worked for seven years to discover the true diagnosis of Parkinson's. At the age of 43, Bill's lifestyle is nothing short of meeting the Merriam Webster definition of endurance: *"the ability to withstand hardship or adversity especially: the ability to sustain a prolonged stressful effort or activity"*. Not only does Bill deal with the issues of many people with Pd (examples in previous paragraph), but he also educates others about Pd and raises money for research to find better treatments, outcomes, and a cure. These fundraising and awareness activities include walking across America, averaging 40 miles/day, hiking Mt. Kilimanjaro, and completing more than 35 marathons.

So what does endurance, Bill Bucklew, and this article have to do with each other? Bill is our



[above left] Bill as a research subject at Stanford.

[above right] Bill presenting at a Michael J. Fox Foundation Event.

featured speaker at this year's **Empowered LIVE! An Evening to Celebrate Living Well with Parkinson's disease**, sponsored by Vanderbilt's. The event is held on Friday, Aug. 26, at Holiday Inn Campus Ballroom. The evening features Bill's presentation and the opportunity to view displays of craftsmanship and creative talents by our VIPds (Very Important People with Pd), as well as learn from vendors who provide education about treatment options for Parkinson's. The evening activities are open to the public with the opportunity to visit vendors and artists from 5 p.m. to 6:30 p.m., and Bill's presentation, which begins at 6:30 p.m., without a charge. Additionally, there is a buffet featuring refreshing and healthy food and a cash bar. Adult tickets are \$20 and children's tickets are \$10. Tickets can be purchased online at www.meadowlark.org homepage or by contacting Michelle or Bridget at (785) 323-3899.

If you have questions, contact Michelle at (785) 323-3899 or email mhaub@meadowlark.org.

EVENTS & OPPORTUNITIES

Meadowlark Travelers payment now due

Residents and Passport members who have registered to travel to Arbor Day Farm in late August are encouraged to pay the balance of their trip fee at this time. Some Travelers have already paid their entire fee – thank you! If you registered and made a deposit of \$200, a second payment of either \$405 or \$625 is now due, depending on whether or not Travelers are sharing a room at Lied Lodge. Payment may be made with cash or a check payable to Meadowlark Hills. Travelers who would like to add the balance to their August invoice should contact Monte Spiller or Becky Fitzgerald.

A Travelers meeting is scheduled for 2 p.m. Wednesday, Aug. 17, in the Event Center. Please plan to attend to review the itinerary and make some meal choices. Monte and Becky are pleased to offer this getaway Aug. 29- 31 and look forward to spending time with each of you.

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. Be sure to enter the "Best Dressed" Contest, by sending an entry photo of your outfit, fitting the special themes listed below. The Winner each week will receive an awesome mystery prize! Send photos to Jana at jarmfield@meadowlark.org by 5 p.m. each Wednesday to be entered. Winners will be contacted on Friday of that same week. Photos of each week's winner will be displayed in the Messenger at the end of the month! Additionally, Meadowlark service area teams can submit their costume pictures to be considered for "Best Dressed Service Area."

Themes:

- Western Day — Aug. 10
- Hawaiian Shirt Day — Aug. 17
- Meadowlark Swag Day — Aug. 24
- Sports/Alumni Day — Aug. 31

Meadowlark team members also will also 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 photos of 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! See page 5 for this week's photos!

Chair Yoga canceled

Chair Yoga exercise class is canceled for 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 Art of Papermaking

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

All are invited to the Courtyard for *The Art of Papermaking* starting at 9:30 a.m. on 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.

EVENTS & OPPORTUNITIES

Back-to-School BINGO

Monday, Aug. 8, at 7:00 p.m.

Residents will be taking a blast from the past, as they enjoy a Back-to-School themed BINGO on Monday, Aug. 8!

There will be exciting decorations and prizes to fit the theme, so be sure to attend! Player buy-in will be \$2 for the use of two playing cards. BINGO nights occur each Monday evening, from 7 p.m. until 8 p.m. in the Community Room.

Special theme BINGO nights occur on the second Monday of the month. No advanced registration is necessary.

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 resident 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 enjoy 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 Monarch.

The Monarch is Meadowlark's newest addition to the independent living units. Planning for this project began pre-pandemic, and construction started in March 2022. Jayme will discuss 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.

Annual Watermelon Feed: Crimson Sweet!

Tuesday, Aug. 16, at 2:30 p.m.

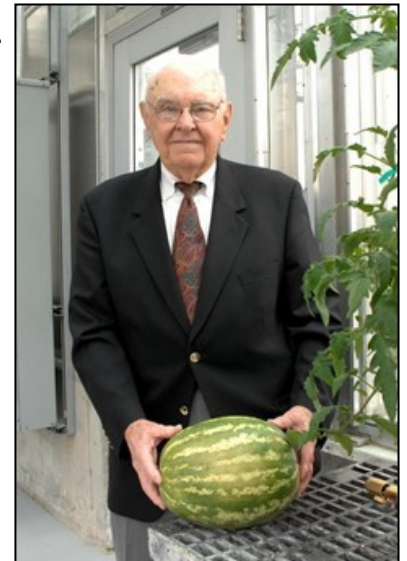
Do you know the history behind the annual Watermelon Feed? It started with Charlie Hall, esteemed KSU faculty member and former Meadowlark resident.

Charlie was a member of the Horticulture Department at KSU from 1953 until 1974, where his plant breeding research led to the development of several watermelon varieties. Crimson Sweet watermelon, a variety that is now grown and enjoyed in more than 50 countries, was developed by Hall.

This type of watermelon is famous for its high sugar content and great flavor, and its seeds are small and dark. While he lived at Meadowlark, he started a "Watermelon Feed" event in 2012, for which he donated watermelons, that he grew himself, for residents and staff to enjoy!

Each summer, the Ambassadors host the event in his honor and continue the tradition. Be sure to enjoy some delicious watermelon on Tuesday,

See EVENTS, page 4



EVENTS & OPPS, from page 3

Aug. 16, in the Meadowlark Courtyard! This come and go event will be held from 2:30 p.m. until 4 p.m. All are welcome to attend!

Blessing Box Food & Hygiene Drive

Tuesday, Aug. 23, at 10 a.m.

Meadowlark will be having a food and hygiene drive to benefit the Blessing Boxes of Manhattan/Riley County. We invite residents, staff, and Passport members to drop off donations on Tuesday, Aug. 23. Meadowlark Ambassadors will be on hand to sort and box up donations, to then be delivered to various Blessing Boxes in the Manhattan community, as well as the one in Riley. You can drop off your donations between 10 a.m. to 1 p.m. in Meadowlark's Event Center.

Blessing Boxes are small, outdoor food pantries that serve those in need 24/7. Boxes are stocked with shelf-stable foods and personal hygiene products. Examples of food items that are needed are peanut butter, canned beans, rice, pasta, canned soups, canned/packaged fruits, infant formula, and cereal/oatmeal packs. Hygiene items that are needed are shampoo and conditioner, combs/brushes, toilet paper, deodorant, laundry detergent, toothpaste and toothbrushes, feminine care pads/tampons, baby supplies (wipes, diapers, etc.), and razors.

Examples of items that will not be accepted are: open or partially used items, unlabeled cans, homemade foods, perishable items, alcoholic beverages, or any food past its "best by", "use by", or "sell by" date.

Please contact Jana with questions at (785) 323-3890.

Speedy Pd Race for Parkinson's Disease



Saturday, Aug. 27, at 8 a.m.

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 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.

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.

July Gifts to Meadowlark Foundation

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

Memory of

Dennis Law
Robert "Bob" Snell
Ester Sobering
Michael Strobe

Honor of

Larry Bammes
Jane Peterson
Don Rickley

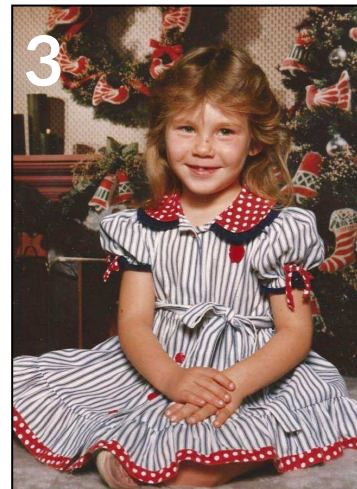
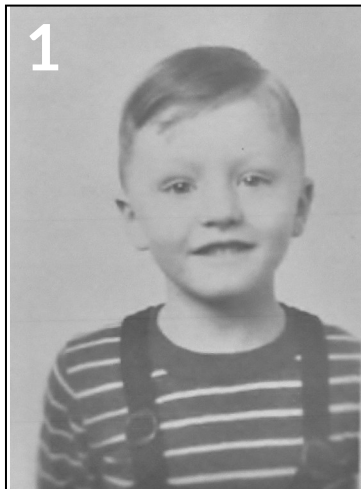
Speedy Pd Teams

Meadowlark
Straub Squad
VIPd

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

Guess That Kid!

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. Photos of one resident and two staff members will be displayed each Thursday in August. Staff and residents who have the correct answers will be entered in the contest to win a prize! [Photo 1 is a resident, Photo 2 and 3 are staff]



Work That Brain!

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20					21						22			
				23					24	25				
26	27	28	29		30				31					
32					33			34		35		36	37	38
39				40				41	42					
43						44	45				46			
			47		48		49				50			
51	52	53					54			55				
56					57	58					59	60	61	62
63					64					65				
66					67					68				
69					70					71				

ACROSS

1. Guest inviters
6. Tumble
10. Riot spray
14. Love intensely
15. Double-reed woodwind
16. Black, in poetry
17. Pertaining to the sun
18. Hot rum drink
19. Pew area
20. Proclaim
22. Any thing
23. Motel employee
24. 90
26. Tilled
30. North northeast
31. Canine
32. Type of fruit
33. Yield
35. Daughter of a sibling
39. Childhood disease
41. Demolish
43. British penny
44. Self-satisfied
46. Small island
47. Half of a pair
49. Air hero
50. Adjusts
51. Trophies and such
54. Not first
56. Found on most beaches
57. Blabbering
63. Falafel bread
64. Designed for flight
65. Audio communication device
66. Smooth or level
67. Twosome
68. Expend
69. Bird home
70. Ages
71. S S S

DOWN

- | | | |
|-----------------------|------------------------|-------------------------|
| 1. Metal fastener | 13. Foe | 42. Cast out |
| 2. Scent | 21. Spear | 45. Protozoal infection |
| 3. Alone | 25. Charged particles | 48. Get away |
| 4. Streetcar | 26. Bulge | 51. Poplar variety |
| 5. Type of body fluid | 27. Curved molding | 52. Relinquish |
| 6. Blurriness | 28. Distinctive flair | 53. Initial wagers |
| 7. Worn down | 29. Lacking in harmony | 55. Brusque |
| 8. Plunder | 34. Teachers | 58. Listen |
| 9. Fable | 36. Celtic language | 59. Blows |
| 10. Brain fever | 37. Farm newborn | 60. Mid-month days |
| 11. Diminish | 38. Visual organs | 61. One less than 10 |
| 12. Desire | 40. Extend credit | 62. Deities |

Art Engagement *from the* Beach Museum of Art

Compare and Contrast ... When two artworks appear to be similar, it is often an opportunity to engage in a compare and contrast activity. As you take a moment to observe, what is the same or different in the prints shown here? You may want to consider how each artist arranged the subjects within the composition. How did they treat space, value, and balance? Challenge yourself to find at least five differences. What details about both pieces did you notice during this activity that might have been overlooked before this exercise?



Thomas Hart Benton (United States, 1889 - 1975)
Printer, George C. Miller and Son
Associated American Artists
White Calf, published 1945
Lithograph on paper
KSU, Marianna Kistler Beach Museum of Art,
bequest of Raymond & Melba Budge, 1992.61a



Deurvan Adams (Scotland, 1870 - 1935)
The Goat, 07th century
Etching on paper
KSU, Marianna Kistler Beach Museum of Art,
bequest of Raymond & Melba Budge, 1992.34

RESTAURANT **SPECIALS**

<p>Sunday, Aug. 7</p>	<p>\$14 Lunch Roast Turkey Mashed Potatoes & Gravy Dressing Green Beans</p>	<p>\$14 Dinner Roast Turkey Mashed Potatoes & Gravy Dressing Green Beans</p>
<p>Monday, Aug. 8</p>	<p>\$10 Lunch Spinach & Artichoke Grilled Cheese Tomato Bisque</p>	<p>\$13 Dinner Spaghetti & Meatballs Garlic Knots Broccoli</p>
<p>Tuesday, Aug. 9</p>	<p>\$10 Lunch Meatloaf Sandwich Pub Chips</p>	<p>\$13 Dinner <i>Ham with Cherry Sauce</i> Scalloped Potatoes Brussel Sprouts</p>
<p>Wednesday, Aug. 10</p>	<p>\$10 Lunch Pulled Pork Sandwich French Fries Coleslaw</p>	<p>\$13 Dinner French-Onion Stuffed Pork Loin Red Potatoes Zucchini Medley</p>
<p>Thursday, Aug. 11</p>	<p>\$9 Lunch Ham & Scalloped Potato Quiche Summer Fruit Salad</p>	<p>\$14 Dinner Cajun Shrimp & Sausage Red Beans & Rice Roasted Veggies</p>
<p>Friday, Aug. 12</p>	<p>\$10 Lunch Breakfast Bar</p>	<p>\$12 Dinner Mexican Stuffed Peppers Corn Salad</p>
<p>Saturday, Aug. 13</p>	<p>\$10 Lunch Pimento Cheese & Fried Chicken Sliders Pub Chips</p>	<p>\$12 Dinner Lasagna Garlic Bread Asparagus Medley</p>

Verna Belle's Cafe

MONDAY

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

Lunch: Cuban Sandwich, \$5.00/\$7.00

(Pulled pork, ham, Swiss cheese, pickles, and mustard on toasted sourdough bread, served with choice of side)

TUESDAY

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

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

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

WEDNESDAY

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

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

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

THURSDAY

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

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

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

FRIDAY

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

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

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

SATURDAY

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

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

Daily Specials

Weekly Opportunities Calendar Aug. 7 to Aug. 12

Sunday • Aug. 7 *Put your trash at the curb!*
 10:30 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE

Monday • Aug. 8 *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
 11:30 a.m. ~ Meadowlark Valley Luncheon, BR
 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 • Aug. 9
 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
 2:15 p.m. ~ Speedy Pd Training Walk, VE
 3:00 p.m. ~ Coffee Corner, EC
 5:30 p.m. ~ Social Dining, MR

Wednesday • Aug. 10
Back to School Spirit 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. ~ Eastside Supper, BR

Thursday • Aug. 11
 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. ~ Meadowlark Ladies Luncheon, PS
 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 Partners Support Group, FHR

Thursday • Aug. 11
 2:00 p.m. ~ Fiber Arts Club, BR
 3:00 p.m. ~ Get the Scoop, PS/CY

Friday • Aug. 12
 9:30 a.m. ~ Outdoor Committee, FHR
 9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 1:00 p.m. ~ Rock Steady Boxing, **BF**
 7:00 p.m. ~ Learn About The Monarch, 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

Solution from 7/28.

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



CHANNEL 1960

Entertainment Guide

Monday, Aug. 8

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. 9

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

Wednesday, Aug. 10

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. 11

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

Friday, Aug. 12

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. 13

9:30 a.m.	Band Bust Exercise Class
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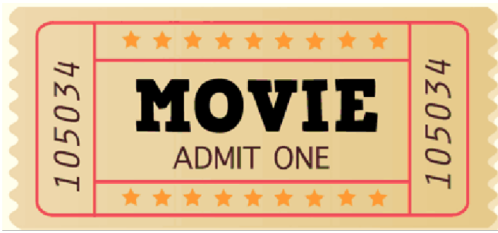
Solutions from 7/28.

Skill Level: Easy

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

Skill Level: Medium

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



GROSH CINEMA SHOWTIMES

MONDAY TO SATURDAY 1:00 P.M. / 4:00 P.M. / 7:00 P.M.

SEASONAL SUNDAY: Aug. 7

STAND AND DELIVER (1988) PG, 1 hr. 39 min. *Understated, Sentimental, Inspiring*

Cast: Edward James Olmos, Lou Diamond Phillips, & Andy Garcia

An East L.A. math teacher Jaime Escalante finds himself in a classroom of rebellious remedial students.

Escalante stuns fellow faculty members with his plans to teach the kids AP calculus. But no one expects the teens to overcome the odds.

MUSICAL MONDAY: Aug. 8

DIRTY DANCING (1987) PG-13, 1 hr. 45 min. *Emotional, Romantic, Sentimental*

Cast: Patrick Swayze, Jennifer Grey, & Jerry Orbach

Expecting the usual tedium of summer in the mountains with her family, 17-year-old Frances is surprised to find herself stepping into the shoes of a professional dancer—and falling in love with the resort's free-spirited dance instructor.

TRUE TUESDAY: Aug. 9

SEABISCUIT (2003) PG-13, 2 hr. 21 min. *Inspiring, Drama*

Cast: Tobey Maguire, Jeff Bridges, & Chris Cooper

A knobble-kneed colt becomes a winning thoroughbred at the hands of its owner, its unorthodox trainer and its jockey, a half-blind ex-prizefighter, in this Depression-era drama based on the true story of champion racehorse Seabiscuit.

RESIDENT REQUEST

WESTERN WEDNESDAY: Aug. 10

JUSTICE (2017) R for violence, 1 hr. 32 min. *Western, Exciting, Violent*

Cast: Nathan Parsons, Jamie-Lynn Sigler, & Ellen Hollman

A U.S. Marshal arrives at a small town in Nevada, only to learn that his preacher brother is dead after standing up to the town's mayor and outlaws.

THEATER THURSDAY: Aug. 11

THE WIFE (2017) R for language & some sexual content, 1 hr. 39 min. *Drama*

Cast: Glenn Close, Jonathan Pryce, & Max Irons

A wife questions her life choices as she travels to Stockholm to see her husband receive the Nobel Prize for Literature.

RESIDENT REQUEST

FUNNY FRIDAY: Aug. 12

RV (2006) PG, 1 hr. 39 min. *Goofy, Comedy*

Cast: Robin Williams, Cheryl Hines, & Joanna 'JoJo' Levesque

Climbing aboard their mammoth recreational vehicle for a cross-country road trip to the Colorado Rockies, the Munro family prepares for the adventure of a lifetime. But spending two weeks together in small space has a way of cramping their style.

RESIDENT REQUEST

SWEET SATURDAY: Aug. 13

DID YOU HEAR ABOUT THE MORGANS? (2009) PG-13, 1 hr. 43 min. *Romantic, Comedy*

Cast: Hugh Grant, Sarah Jessica Parker, & Sam Elliott

After watching a hit man commit murder, an estranged couple leaves New York City and lands in Wyoming where they enter the Witness Protection Program.