

# Partner in Paving

*New corporate friend supports trail project*

*by Becky Fitzgerald, Development Director*

Meadowlark Foundation's loop trail project recently piqued the interest of Wamego Telecommunications Company, Inc., better known locally as WTC. Exhibiting a longtime philosophy of giving back to the communities they serve, WTC leaders this week presented a total of \$10,000 toward the Paving the Way campaign — \$5000 from WTC and another \$5000 on behalf of the company from its lender, CoBank of Greenwood Village, Colo.

"Meadowlark Hills is nothing short of amazing. From the compassionate care shown to all their residents, to the vital community services provided, there are many reasons why WTC is excited to partner with Meadowlark," said Jeff Sackrider, WTC's Customer Relations Manager. "We are proud to know that our gift will aid in the enhancement of the loop trail, and that it will be enjoyed by residents and visitors for many years to come. Manhattan is fortunate to have this industry leading facility located right here in our community."

WTC was able to boost their donation through CoBank's Sharing Success program. According to CoBank's website, these matching grants double the contributions of its customers, such as WTC, to benefit the charitable organizations and causes they care about most. In 2021, the Sharing Success program helped WTC financially assist four local organizations: Boys and Girls Club of Manhattan, Community Care Ministries, Pawnee Mental Health Services, and the Wabaunsee County Fair.

WTC has provided high quality voice, internet, and video service to Wamego and the surrounding area since 1912. The pride employees take in meeting customers' telecommunications needs is replicated in their approach to philanthropy. Suzanne Hemphill,



Wamego Telecommunications Company representatives met with members of Meadowlark's leadership team to present a donation to support this year's Paving the Way campaign. Standing on one of the loop trail bridges is (from left) Lonnie Baker, Meadowlark CEO; Jeff Wick, WTC President and General Manager; Becky Fitzgerald, Development Director; Chris Nelson, Finance Director, and Jeff Sackrider, WTC's Customer Relations Manager.

Commercial Operations Manager at WTC, noted that the company's charitable giving isn't limited to partnerships with CoBank. "We want to be good citizens in all of the communities that we serve," she said. For example, WTC assisted the St. Mary's Police Department with a movies in the park event for local youth, donated to the Konza United Way, and invested in the expansion of the Wamego Public Library.

With WTC's recent gift, the Paving the Way campaign total in gifts and pledges is \$128,650. Announced in January, the campaign was prompted by Jan Fink Call and Jeff Call of Huntingdon Valley, Pa.,

See PAVING, page 5

## EVENTS & OPPORTUNITIES

### **Verna Belle's Café, hours changed**

Verna Belle's Café will close at 1 p.m. Monday, Aug. 15, through Friday, Aug. 19. The Café will resume normal weekday hours on Monday, Aug. 22.

### **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 to 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](mailto:jarmfield@meadowlark.org) by 5 p.m. each Wednesday to be entered. Winners will be contacted on Friday of that same week.

Themes include: Hawaiian Shirt Day, Aug. 17; Meadowlark Swag Day, Aug. 24; and 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! Staff and residents who have the correct answers will be entered in the contest to win a prize! See page 6 for this week's photos!

### **Outdoor Committee**

**Friday, Aug. 12, at 9:30 a.m.**

**submitted by Sue Hunt**

Do you have an idea for an outdoor activity? Would you like to listen to the discussions? Plan to attend to the next meeting of the Outdoor Committee at 9:30 a.m. Friday, Aug. 12, in the Flint Hills Room.

### **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**

**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

## EVENTS & OPPORTUNITIES

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, 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!

### **FUMC Courtyard Communion**

**Wednesday, Aug. 17, at 9 a.m.**

Join Pastor Barry Dundas and Pastor Melanie Nord from First United Methodist Church at 9:30 a.m. Wednesday, Aug. 17, in the Courtyard to receive communion. The opportunity is open to anyone wanting to invite Christ into his or her heart. If the weather doesn't cooperate, communion will be offered in the Bison Room.

### **Artist Profile with the Beach**

**Wednesday, Aug. 17, at 4 p.m.**

Join Kim Richards from Beach Museum of Art for "Joan Foth: Evolving Landscaper" at 4 p.m. Wednesday, Aug. 17, in the Bison Room. Foth was a New York native who spent 30 years living in Kansas. Her time traveling throughout the Kansas prairie directly influenced her transition from abstraction to landscape watercolors.

### **Card Making with Michelle Lehmer**

**Thursday, Aug. 18, at 2:30 p.m.**

The next Card Making with Michelle Lehmer class will occur on Thursday, Aug. 18, at 2:30 p.m. in the Flint Hills Room.

### **Flint Hills Band**

**Friday, Aug. 19, at 7 p.m.**

Meadowlark Hills residents, get ready for a good time with the Flint Hills Band! Join us at 7 p.m. Friday, Aug. 19, in the Event Center for some soulful ballads and upbeat dance tunes. Band members include Alex Cosco (vocals), Tony Scalora (guitar, vocals), Aliyah Leana (bass), Robert Rodriguez (drums, vocals), and Walter

Dodds (harmonica, vocals).

The Flint Hills Band is a diverse group with deep roots in Manhattan, Kan. Influences include blues, R&B, funk, jazz, and rock. They play a mix of originals and tasteful versions of classics. If you want to have a great time with excellent music that all will like, this is the show for you. Invite your friends and family to join you for a fun evening!

### **Shopping at Hobby Lobby & Dollar Tree**

**Saturday, Aug. 20, at 10:30 a.m.**

The next scheduled trip is Saturday, Aug. 20, with transportation going to Target and Dollar Tree West. 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 Hobby Lobby and Dollar Tree East on Saturday, Sept. 17. Please sign up in the Blue Book to participate in these opportunities.

### **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 available 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.

See EVENTS, page 4

## **EVENTS & OPPS, from page 3**

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.

### **Empowered LIVE!**

**Friday, Aug. 26, at 5 p.m.**

Empowered LIVE! An Evening to Celebrate Living Well with Parkinson's disease, sponsored by Vanderbilt's, is set for Friday, Aug. 26, at Holiday Inn Campus Ballroom. The evening features 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 the very definition of endurance.

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.

In addition to Bill's presentation, Empowered LIVE! attendees will have 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 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 dinner tickets are \$20 and children's dinner tickets are \$10. Tickets can be purchased online at [www.meadowlark.org](http://www.meadowlark.org) 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](mailto:mhaub@meadowlark.org).

### **Pay for Play: High Stake and Mental State**

**Friday, Aug. 26, at 7 p.m.**

All are invited to the Event Center at 7 p.m. Friday, Aug. 26, to welcome former K-State Running Back

and current K-State Director of Football Student-Athlete Development, Joe Hall Jr. Hall recently published his first book titled, "Pay for Play: High Stake and Mental State," and he will be speaking about the publication as it sheds light on the journey of Hall from childhood to current day as he navigated his way through personal, professional, and family struggles.

The book's aim is to contribute to the field of sports and athletics and provide insight into reasons for the growing concerns regarding the mental and physical health of our participants. Hall has provided his version of a roadmap that all young student-athletes and their parents should be incorporating as standard procedure.

All are invited and he welcomes any questions you may have. For more information, please contact Monte Spiller, Residence Services Leader at 323-3847.

### **Speedy Pd Race for Parkinson's Disease**

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

The 14<sup>th</sup> 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](mailto:mhaub@meadowlark.org).

To register, simply go to [www.runspeedypd.org](http://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.

## PAVING, from page 1

and Dan Fink of Highlands Ranch, Colo., who pledged to match, dollar for dollar, up to \$40,000 to pave a portion of the loop trail which circles Meadowlark's campus. Their gifts are in memory of the Fink siblings' father, the Rev. H. Wayne Fink, who was pastor from 1976 until 1985 at Manhattan's First Baptist Church, where he continued First Baptist's efforts with five other local churches to create Meadowlark Hills. Their donations also were inspired by the late Ed Call

and current Meadowlark resident Jo Call.

To date, the BHS Construction team has paved the trail from the east end of Donner's Way to the bridge north of the CenterPointe Physicians building. A circle of concrete was poured west of our bee hives, where meadow meets timber, which allows golf cart drivers to safely turn around. Additional paved improvements include a driveway and walkway at the Community Garden and a walkway from the trail to the CenterPointe parking lot.

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## Outdoor Encounters

*submitted by Nathan Bolls*

During each of the past few summers I have been chewed out by a vociferously defiant neighbor each time I exit my cottage or approach to enter from outside.

Strangely, during the winter months I sometimes miss its presence, but am otherwise thankful that the noisy one has a winter home somewhere in the south. Guess I should mention that the bird house in the river birch tree near my front door is occupied by a pair of nesting house wrens.

Many of us are accustomed to being unceremoniously reminded that we are too close to some wren's domain. I recall that during the summer of 2021, whenever I hiked Donner's Way Trail, I was greeted rather noisily by a Carolina wren at the western end of the trail and likewise by a house wren at the eastern end, just after I emerged from the woods. Wrens are like that; but, down deep, we must admit that they are a delight. We secretly applaud such a robust assertion of life, such a vigorous declaration of being!

The house wren is one of our smaller birds, measuring 4.5-5.0 inches in body length. I'll come back later to the challenge this smallness presents in cold weather. Couples build their nest some 4-to-30 feet above ground in a variety of cavities, including tree holes and bird houses. The genus name, *Troglodytes*, refers to "creeper into holes."

The 5-6 tiny white eggs with brown marks hatch after 12-15 days of incubation. The babies are hatched altricial, meaning that they are born sparsely covered with down, no feathers, are helpless, must be fed by parents, but take just 16-17 days to fledge, that is, to be able to fly and follow their parents. I assume that everyone has their own

description of wren song.

Kansas is at the southern edge of the house wren's summer range and southern Oklahoman the northern edge of its winter range. As do many bird species, the house wren migrates between winter and summer ranges. Part of the reason for this is body size. Without getting into figures I'll just say that if we compare a seagull, red-tailed hawk or turkey vulture to the house wren or golden-crowned kinglet (3.5 inches), the smaller warm-blooded animals (this holds also for mammals) will have a larger surface area when compared to its body volume than will a larger animal. The smaller animal has a smaller body volume, and less tissues and organs to generate precious body heat, and a relatively larger surface area—a major window through which precious body heat will be lost. This ratio might serve the animal during summer but not in cold weather.

In contrast to house wrens, some of our Carolina wrens, about the size of a sparrow, overwinter here. The eastern third of Kansas makes up part of the northwestern edge of the Carolina's year-round range, and, if the winter here is not too severe, some Carolinas will tough it out. I have not checked the scientific literature on Carolina wren ecological physiology, but the Carolina wren surely has anatomical, biochemical, physiological, and/or behavioral adaptations that allow them to overwinter here. And some adaptations are amazing; a fascinating field of study!

Each of the three larger birds listed above have migration patterns, but our northern bobwhite quail, smaller than any of the three, basically does not migrate away from Kansas winters. Never pays to second guess the abilities of one critter based on what another critter does!

# Work That Brain!

Skill Level: Easy

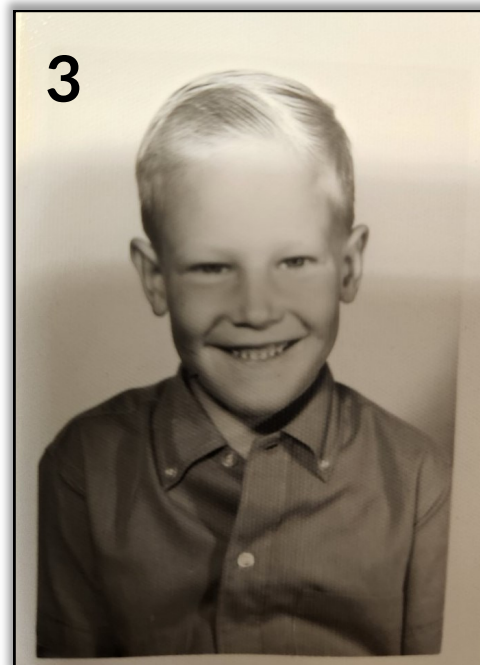
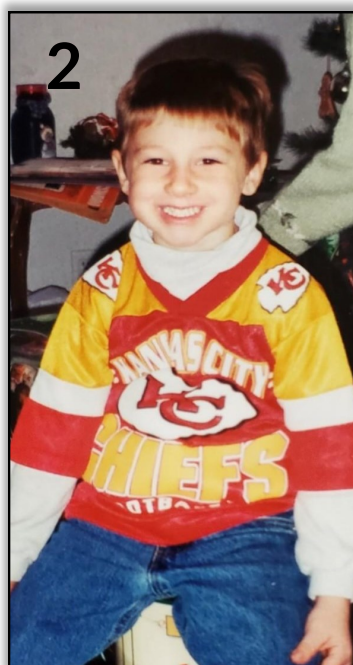
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Skill Level: Medium

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# Guess That Kid!

Can you guess each of the kids pictured below? 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](mailto: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 members.)



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

Rhythm/Movement ... is a design principle that artists use to transform elements of art into an artwork. In this print the artist has repeated the elements of line, color, and organic shape to initiate movement. The repetition creates the rhythm that guides the viewer's eye throughout the entire composition. As you spend a few moments enjoying this Fall scene, where do you notice the repetitive use of line, color, and shape within the landscape?



John Frederick Helm, Jr. (United States, 1900 - 1972), *Autumn Rhythms*, 1945  
Color screen-print on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Mary Brownell Helm, 1985.129



## LEADER OF THE PACK

Congratulations to the Meadowlark's Leader of the Pack for August 2022 – Mariah Clark, CMA in Bramlage House! Mariah is an outstanding CMA. When she walks into work, you know that expectations will be exceeded. Mariah is wonderful with the guests in Bramlage House, and she understands the importance of anticipating their needs. She embodies the customer-service-oriented experience that Meadowlark strives to provide. We're glad to have you on our team, Mariah!

# RESTAURANT SPECIALS

<p><b>Sunday, Aug. 14</b></p>	<p><b>\$14 Lunch</b> Ham with Brown Sugar Glaze Mashed Sweet Potatoes Brussel Sprouts</p>	<p><b>\$14 Dinner</b> Ham with Brown Sugar Glaze Mashed Sweet Potatoes Brussel Sprouts</p>
<p><b>Monday, Aug. 15</b></p>	<p><b>\$11 Lunch</b> Beef Burgundy Crepes Wild Rice Peas</p>	<p><b>\$13 Dinner</b> Salisbury Steak Mashed Potatoes &amp; Gravy Buttered Carrots</p>
<p><b>Tuesday, Aug. 16</b></p>	<p><b>\$10 Lunch</b> Chicken, Bacon, &amp; Spinach Quesadilla Corn Salad</p>	<p><b>\$14 Dinner</b> Grilled Chicken Ravioli with Mushroom Cream Asparagus</p>
<p><b>Wednesday, Aug. 17</b></p>	<p><b>\$10 Lunch</b> Hot Ham &amp; Cheese Sandwich <i>with Mornay Sauce</i> Pub Chips</p>	<p><b>\$13 Dinner</b> Bangers &amp; Mash Stout Gravy Broccoli</p>
<p><b>Thursday, Aug. 18</b></p>	<p><b>\$10 Lunch</b> Catfish Po'Boy Sandwich Potato Salad</p>	<p><b>\$14 Dinner</b> Orange Salmon Bowl <i>with Brown Rice, Carrot Raisin Slaw, &amp; Snow Peas</i></p>
<p><b>Friday, Aug. 19</b></p>	<p><b>\$10 Lunch</b> Mac &amp; Cheese Bar</p>	<p><b>\$13 Dinner</b> Fried Pork Cutlet Mashed Potatoes &amp; Gravy Corn</p>
<p><b>Saturday, Aug. 20</b></p>	<p><b>\$11 Lunch</b> Boneless Garlic-Parmesan Wings French Fries</p>	<p><b>\$15 Dinner</b> Coconut Shrimp Roasted Red Potatoes Green Beans</p>



# Verna Belle's Cafe

## MONDAY

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

**Lunch:** Baked Potato or Sweet Potato, \$7

(Your choice of potato topped with any items from the salad bar)

## TUESDAY

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

**Lunch:** Taco Tuesday, \$5 / \$7

(Choose any of the salad bar items to top your ground beef tacos or create a taco salad)

## WEDNESDAY

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

**Lunch:** Mac & Cheese, \$5 / \$7

(Homemade mac & cheese custom-made with any items from the salad bar)

## THURSDAY

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

**Lunch:** Rice Bowls, \$5 / \$7

(Cilantro lime rice topped with any items from the salad bar, including seasoned chicken and

## FRIDAY

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

**Lunch:** Quesadilla, \$5 / \$7

(Custom-made quesadillas with any of the items 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. 14 to Aug. 20

## Sunday • Aug. 14 *Put your trash at the curb!*

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

## Monday • Aug. 15 *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 • Aug. 16

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  
2:00 p.m. ~ Prairie Star Writers Group, PR  
2:15 p.m. ~ Speedy Pd Training Walk, VE  
2:30 p.m. ~ Watermelon Feed, CY  
5:30 p.m. ~ 2nd Floor Supper, BR  
5:30 p.m. ~ Social Dining, MR

## Wednesday • Aug. 17

*Back to School Spirit Day: Hawaiian Shirt 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  
11:30 a.m. ~ Sit & Be Fit, CR  
1:15 p.m. ~ Speedy Pd Training Walk, VE  
2:00 p.m. ~ ML Travelers Meeting, EC  
3:00 p.m. ~ Rock Steady Boxing, CR  
3:00 p.m. ~ Sing-A-Long, EC  
4:00 p.m. ~ Artist Discussion with the Beach, BR

## Thursday • Aug. 18

9:00 a.m. ~ Messenger Team, KSU CL  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
1:00 p.m. ~ Parkinson's Exercise Class, CR

## Thursday • Aug. 18

2:30 p.m. ~ Card Making with Michelle Lehmer, FHR  
5:30 p.m. ~ Meadowlark Circle Dinner, MR

## Friday • Aug. 19

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 Rosary, CR  
7:00 p.m. ~ Flint Hills Band, EC

## Saturday • Aug. 20

10:30 a.m. ~ Saturday Shopping Trip, VE

### Room Abbreviations

BF, Body First	GR, Game Room
BR, Bison Room	KSU CL, KSU Classroom
CR, Community Room	MR, Manhattan Room
CY, Courtyard	PR, Patriot Room
EC, Event Center	PS, Prairie Star Restaurant
FHR, Flint Hills Room	VBC, Verna Belle's Cafe
GC, Grosh Cinema	VE, Village Entrance

### Solution from 8/4.

H	O	S	T	S		F	A	L	L		M	A	C	E
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# CHANNEL 1960 Entertainment Guide

## Monday, Aug. 15

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. 16

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

## Wednesday, Aug. 17

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. 18

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

## Friday, Aug. 19

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

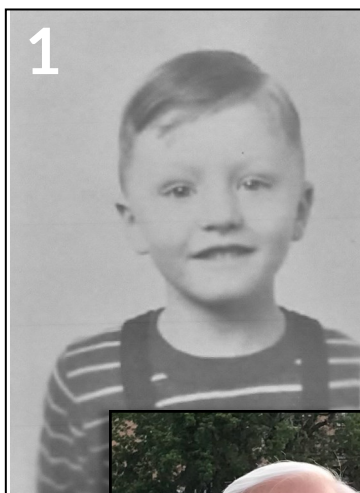
## Saturday, Aug. 20

9:30 a.m.	Band Bust Exercise Class
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# Guess That Kid! REVEALED

Last week's winner for the *Guess that Kid* game is IL resident Vicky Auman! She won a \$10 Meadowlark gift card. Congrats, Vicky! Please claim your prize at the Hospitality Desk.

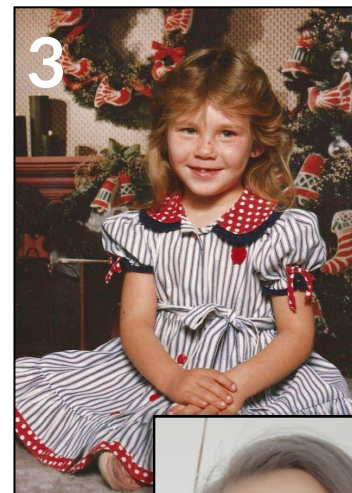
**Roger Brannan,**  
*IL Resident*

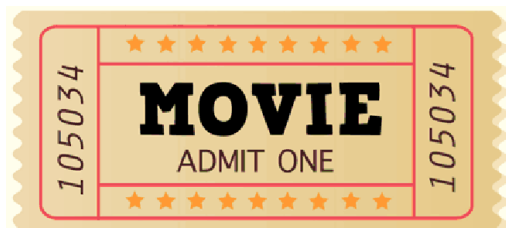


**Bridget Larkin,**  
*Social Services Leader*



**Katelyn Coker,**  
*Honstead Clinical Coordinator*





## 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: Aug. 14

***JACK*** (1996) PG-13, 1 hr. 53 min. *Drama, Comedy*

Cast: Robin Williams, Diane Lane, & Brian Kerwin

Robin Williams stars as a mischievous 10-year-old who acts like any other boy his age, except he's in a grown-up's body. It's nonstop laughs as Jack embarks on the greatest adventure of his young life ... the fifth grade!

### MUSICAL MONDAY: Aug. 15

***BEGIN AGAIN*** (2013) R *for language*, 1 hr. 44 min. *Quirky, Heartfelt, Understated*

Cast: Keira Knightley, Mark Ruffalo, & Catherine Keener

When a down-on-his-luck music producer discovers a promising singer-songwriter in a bar, he resolves to launch her career—and save his own.

### TRUE TUESDAY: Aug. 16

***THE SPEED CUBERS*** (2020) TV-PG, 40 min. *Inspiring, Feel-Good, Heartfelt*

This documentary captures the extraordinary twists and turns in the journeys of Rubik's Cube-solving champions Max Park and Felix Zemdegs.

### WESTERN WEDNESDAY: Aug. 17

***RED RIVER*** (1948) NR, 2 hr. 10 min. *Western, Classic*

Cast: John Wayne, Montgomery Clift, & Joanne Dru

In one of his landmark roles, John Wayne plays a taciturn Texas cattle rancher who adopts a young boy orphaned by a native raid on a wagon train. After coming of age, the son finds himself compelled to challenge his father during a long cattle drive.

RESIDENT REQUEST

### THEATER THURSDAY: Aug. 18

***ENEMY OF THE STATE*** (1998) R *for language & violence*, 2 hr. 12 min. *Thriller, Suspense, Action*

Cast: Will Smith, Gene Hackman, & Jon Voight

Hotshot lawyer Robert Dean becomes a victim of high-tech identity theft when a hacker slips an incriminating video into his pocket. Soon, a rogue National Security agent sets out to recover the tape and destroy Dean.

RESIDENT REQUEST

### FUNNY FRIDAY: Aug. 19

***THE HOME TEAM*** (2022) PG, 1 hr. 39 min. *Feel-Good, Comedy*

Cast: Kevin James, Taylor Lautner, & Rob Schneider

Suspended as head coach of the Super Bowl-winning New Orleans Saints after an NFL scandal, Sean Payton volunteers as the offensive coordinator for his son Connor's hapless youth football team in Texas. As the team starts to build confidence and turn things around on the field, Payton rediscovers his love for the game—and begins to repair his relationship with Connor.

### SWEET SATURDAY: Aug. 20

***THE KID*** (2000) PG, 1 hr. 44 min. *Drama, Comedy, Family*

Cast: Bruce Willis, Spencer Breslin, & Emily Mortimer

An unhappy and disliked image consultant gets a second shot at life when he is mysteriously confronted by an eight-year-old version of himself.