

Back to School!

Meadowlark team members share their back-to-school pictures! Schools in the Manhattan area returned to class during the month of August. Meadowlark wishes all students, teachers, and parents a productive, enjoyable and healthy school year. Most of all—have some fun!



[top left] Hannah, Katy, Hailey, and Kiley, children of Amanda Stanzel, Meadowlark Home Health Case Manager. [top middle] Kaehl, Kaghen, Kinsley, and Kelbi, children of Kyra Dettmer, RN in Bramlage House. [top right] Charlie, son of Bridget Larkin, Social Services Leader. [bottom left] Elliott, daughter of Jeff Heidbreder, Fitness Services Leader. [bottom middle] Eilish and Murphy, daughters of Sarah Duggan, Community Relations Director. [bottom right] Cash, son of Abby Cavender, Community Sales Leader.

EVENTS & OPPORTUNITIES

Now is the Time!

submitted by Kay Shanks

Thanks for voting in the Aug. 2 election! If you didn't get a mail-in ballot for the Aug. 2 Primary and want one for the November election, you can pick up the form at the Hospitality Desk, find it on line, or request one by calling (785) 770-5054.

If you have just moved to or within Meadowlark and haven't updated your address on your registration, you must do so to vote on Nov. 2. If you are registered properly, you can request a mail-in ballot with just one more form. Be sure to include your apartment or room number with your address.

Get ready now to have your voice heard in November.

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! 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. the day of the event to be entered. Winners will be contacted on Friday.

The final Spirit Day theme is Sports/Alumni Day on Wednesday, Aug. 31.

Don't forget to play *Guess that Kid*—see page 7 for this week's photos!

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 VIPs (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 or by contacting Michelle or Bridget at (785) 323-3899.

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, Resident Services Leader, at (785) 323-3847.

Speedy Pd Race for Parkinson's Disease *Friday, 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

EVENTS & OPPORTUNITIES

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.

Prairie Star Menu Suggestion Meeting

Friday, Sept. 2, at 9 a.m.

Prairie Star Restaurant offers an open forum for residents to offer menu suggestions. The next meeting is scheduled for 9 a.m. on Friday, Sept. 2, in the Bison Room. This meeting occurs every first Friday of the month.

UFM Lifetime Learning: Lunch & Learn

Friday, Sept. 2, at 11:30 a.m.

The next UFM Lunch and Learn begins at 11:30 a.m. Friday, Sept. 2, in the Event Center and is titled "The Lost Towns and Overview of the Chapman Center." Mary Kohn will lead the program about the Chapman Center, an organization that hopes to document the stories of Kansas' earliest Pioneer communities before they are forgotten entirely. During the lunch and learn, Mary will share some of the more surprising findings, as well as introduce the

most recent projects, including the preservation of historic autograph albums.

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.

Joshua Lightfoot Band

Friday, Sept. 2, at 6 p.m.

Meadowlark welcomes back the Joshua Lightfoot Band at 6 p.m. Friday, Sept. 2, in the Event Center.

Joshua Lightfoot was born in Oklahoma and grew up around music as a natural part of family gatherings. He was taught to play guitar by his father, and later became multi-instrumental learning the banjo, mandolin and fiddle. The banjo he uses today once belonged to his grandfather.

Tove Thunell, Joshua's wife, grew up the Swedish seaport town of Gothenburg. She began her interest in American folk music at the young age of 13. Inspired by musicians such as Woody Guthrie and The Carter Family she took up banjo playing when she was still a teenager.

See EVENTS, page 4



MEADOWLARK
Parkinson's Program

**Parkinson's Education
Group of the Flint Hills**

invites you to the monthly meeting

**Thursday, Sept. 1 • 2 to 3:30 p.m.
Community Room at Meadowlark**

2121 Meadowlark Road / Manhattan, Kansas

**"Current & Future Treatment Options
for Parkinson's Disease"**

*Kelly E. Lyons, PhD, Director of Research & Education at the
KU Parkinson's Disease & Movement Disorder Center*

No registration required. Call Michelle at (785) 323-3899 with questions.

EVENTS, from page 3

KSU Game Day Watch Party

Saturday, Sept. 3, at 6 p.m.

All are invited to watch the KSU Football home-opener at 6 p.m. Saturday, Sept. 3, at Prairie Star Pub, Event Center, and Game Room.

Complimentary snacks will be served.

You can also enjoy a KSU Game Day Favorites Buffet in the Courtyard and Event Center. The buffet is \$12 per person. No registration necessary.

New Yoga Class

Tuesday, Sept. 6, at 12:15 p.m.

A new yoga class will begin on Tuesday, Sept. 6, from 12:15 to 1 p.m. in the Community Room.

Join Heather McCornack every Tuesday for a mat yoga class, which features a combination of standing and floor poses throughout the session.

Yoga can help improve flexibility, range of motion, posture, balance, muscle strength, coordination and more, allowing participants to move and feel better. Yoga mats, blocks, and other equipment will be provided, but participants are welcome to bring their own equipment if preferred.

For individuals not up to the challenge of mat yoga, Heather will still offer chair yoga classes each Tuesday and Thursday at 11:15 a.m. Please contact Jeff Heidbreder, Fitness Services Leader, at (785)341-2995 with any questions.

Ladies Luncheon—September

Thursday, Sept. 8, at 12 p.m.

All Meadowlark and Passport ladies are invited to attend the September Ladies Luncheon on Thursday, Sept. 8.

The luncheon will feature our guest, Nyle Larson, Meadowlark resident and member of Woodturners. Nyle will share his talents of working with wood and show some samples of his finished projects.

Our scrumptious lunch will be chicken pesto panini with a watermelon, strawberry, grape salad. For dessert, we will enjoy chocolate swirl ice cream with a chocolate crinkle cookie. The cost is \$10.

Hostesses are Jan Anders, Carole Fager, and Marilyn Martin. Please sign up in the Blue Book to make your reservation.

Dr. Antonina Broyaka

Friday, Sept. 9, at 7 p.m.

Meadowlark welcomes Dr. Antonina Broyaka at 7 p.m. Sept. 9, in the Event Center. Antonina and her children Max (9) and Sasha (15), left their home in Ukraine, shortly after the war began, bringing only what they could carry with them and very little money. They crossed the border to safety in Poland and then came to the U.S. Antonina's husband, Volodymyr, is still in Ukraine, where he voluntarily drives vulnerable people to safety across the border and assists in defending his country.

Antonina has ties to Manhattan, Kan., from her experience in 2004 and 2005 as a Fulbright/JFDP at Kansas State University, where she established meaningful professional connections and friendships. She left a remarkable career, in university education, to protect her children.

We are excited to welcome Antonina to Meadowlark as she shares her daily experiences as a Ukrainian refugee. All are welcome to attend.

Flint Hills Discovery Center Visit

Thursday, Sept. 15, at 9:10 a.m.

On Thursday, Sept. 15, we will take a bus to the Flint Hills Discovery Center for the Prairie Garden Walks. Enjoy a private tour lasting an hour with a combination of nature exploration in their Prairie Garden and some hands-on learning.

The tour starts at 9:30 a.m., and the bus will depart from the Village Entrance at 9:10 a.m. All garden paths are ADA and wheelchair accessible. Registration is required, and there is no cost to attend. Please sign up in the Blue Book at the Hospitality Desk.

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.



September Birthdays



Skilled Nursing

9/1 Carol Walker
 9/5 Martin Braaten
 9/5 Donald Rickley
 9/10 Shirley Devanney
 9/13 Marlene Brooks
 9/14 Velma Skidmore
 9/15 Evelyn Irvine
 9/24 John Schlup
 9/27 Roberta Gwinner

Assisted Living & Riley House

9/28 Edith Doerry

Independent Living

9/3 Kent Smith
 9/9 Art Chaput
 9/11 Ken Kopp
 9/13 Bob Klemm
 9/14 Dorothy Lufburrow
 9/17 Kay Halazon

9/19 Kathleen Wright
 9/20 Carter Lloyd
 9/22 Irma Sjo
 9/22 Jim Hasler
 9/23 Kathy Towse
 9*23 Edwin Herde
 9/24 Yvonne Crawford
 9/25 Skip Jones
 9/26 John Walters
 9/29 Marilyn Shortt

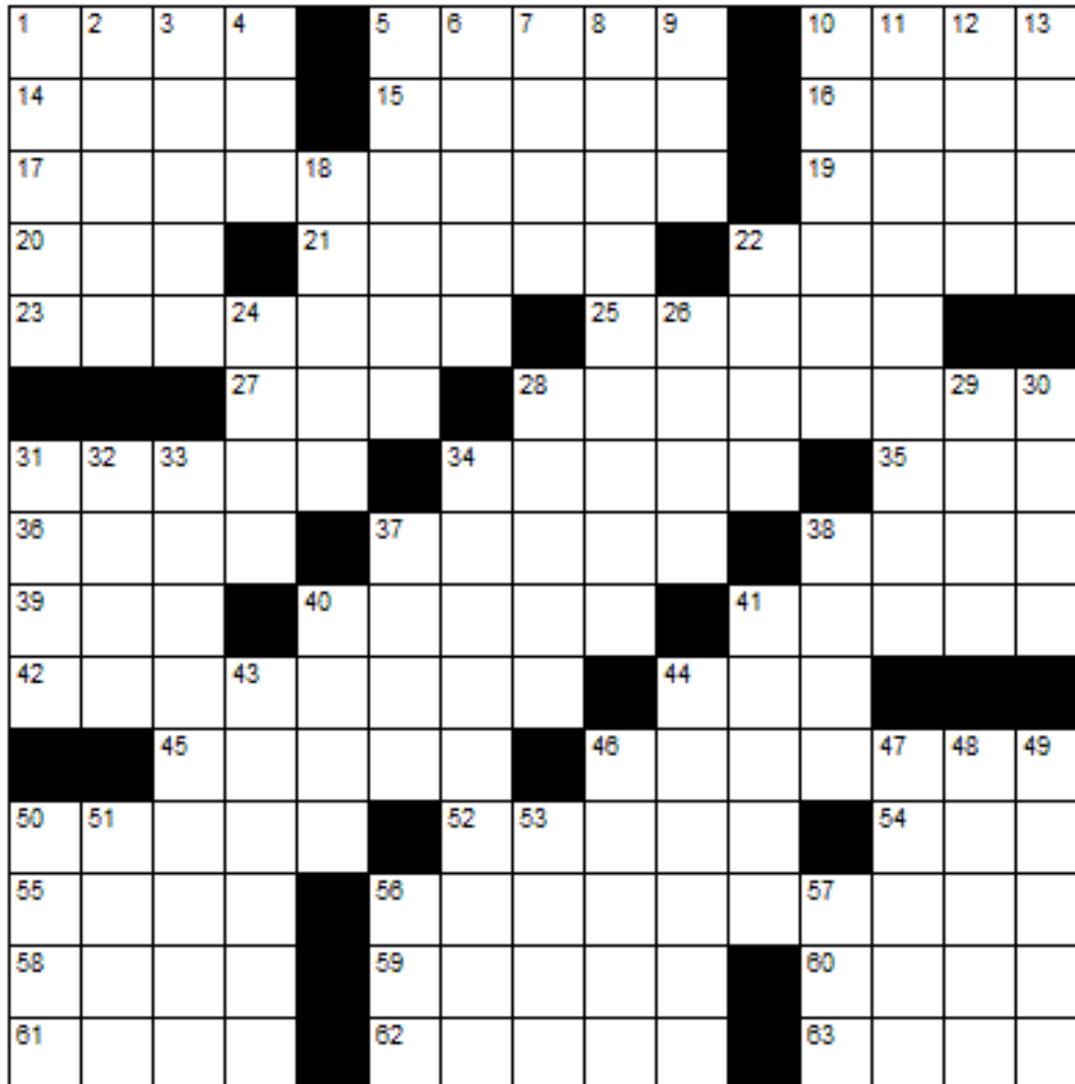
Employees

9/1 Colton Johnson
 9/3 Aleta Esslinger
 9/3 Breanna Vaughn
 9/4 Jess Leder
 9/6 Bethany Schmitz
 9/6 Kaitlyn Scott-Welch
 9/7 Chuck Tannehill
 9/9 Roschell Wilkerson
 9/10 Sarah Roberts
 9/10 Anna Schrader

9/10 Kourtney Williams
 9/11 Chelsea Jacobson
 9/12 Brandy Schippers
 9/14 Joslen Anderes
 9/16 Dave Prockish
 9/18 Audra Jacobs
 9/18 Jayme Minton
 9/19 Karly McGuffin
 9/19 Hannah Wertenberger
 9/20 Yasen Al Ani
 9/20 Ella Ruliffson
 9/21 Christine Norris
 9/22 Payton Baker
 9/22 Tiffany Leballister
 9/22 Kaylin Norris
 9/24 Austin Bradley
 9/24 Josh Delacruz
 9/24 David Sosanya
 9/25 Faith Kramer
 9/26 Devan Christensen
 9/28 Judy Gladow
 9/29 Maddie Roth

Bold denotes milestone birthdays of 70, 80, 90, or 100+ !

Work That Brain!



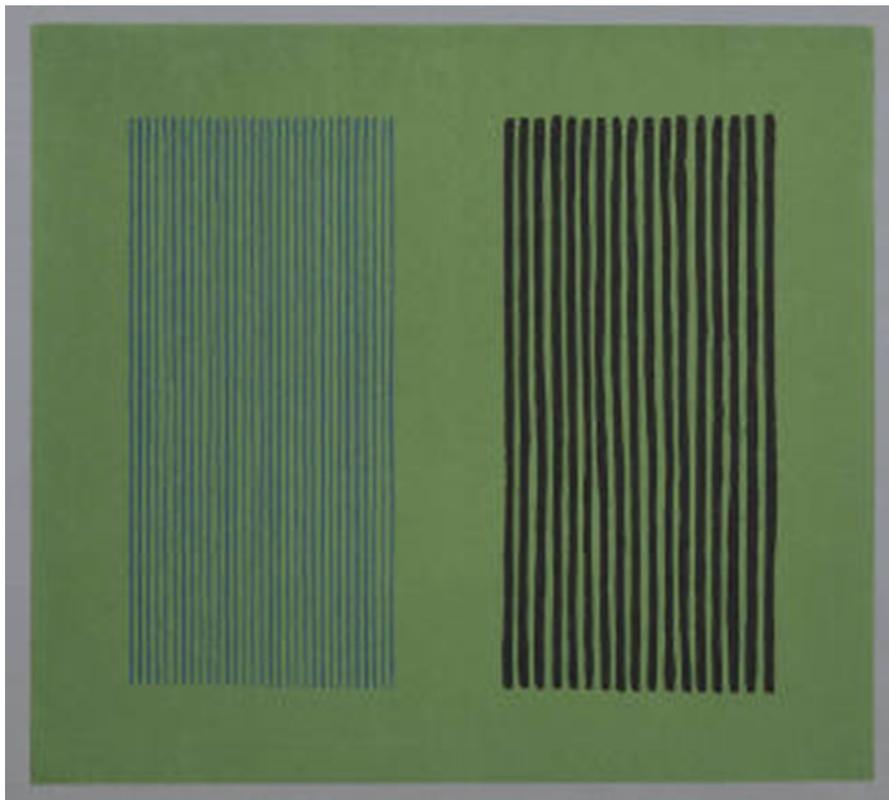
ACROSS

1. Abbey area
5. Avoid
10. Declines
14. Mongrel
15. Fables
16. Adopted son of Claudius
17. Out of breath
19. Alumnus
20. East southeast
21. Metal fastener
22. Noodles
23. Substitute
25. French for "Red"
27. Donkey
28. Wizard
31. Profundity
34. Perhaps
35. Malayan isthmus
36. Mormon state
37. Flying toys
38. Burn the surface of
39. Our star
40. Not over
41. Invoke misfortune
42. Greek goddess
44. Before, in poetry
45. Farewell
46. Dissent
50. Snow house
52. Fool
54. Neither ___
55. Neophyte, in modern slang
56. In an overly proud manner
58. Pitch
59. Late Superman actor, Christopher ___
60. Notices
61. 1 1 1 1
62. Sea eagles
63. Once, long ago

DOWN

- | | | |
|------------------------------|---------------------|-----------------------|
| 1. Yellowish-brown | 18. Garbage | 40. Freshwater mussel |
| 2. Pocketbook | 22. Purple shade | 41. Hag |
| 3. Precipitous | 24. Strip of wood | 43. Sun-dried bricks |
| 4. Estimated time of arrival | 26. Spheres | 44. Wears away |
| 5. High standards | 28. Satisfies | 46. Put to the test |
| 6. Flow controller | 29. Ages | 47. Go in |
| 7. Away from the wind | 30. Scarce | 48. Undersides |
| 8. Type of warship | 31. Detritus | 49. Secret meeting |
| 9. S | 32. Decorative case | 50. Not "Out of" |
| 10. Captivate | 33. Buffoon | 51. Thug |
| 11. Ancient Norse warrior | 34. Summer solstice | 53. Portent |
| 12. Spoiled child | 37. Leg joint | 56. Anger |
| 13. Fizzy drink | 38. Tallow source | 57. South southeast |

Art Engagement *from the* Beach Museum of Art

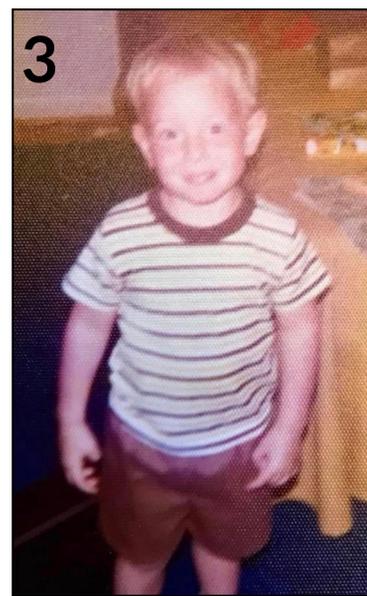
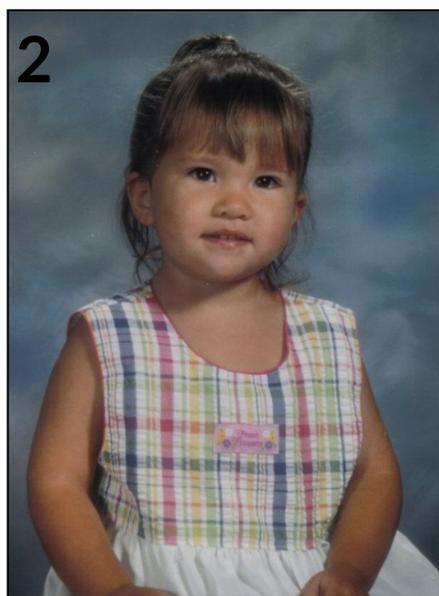
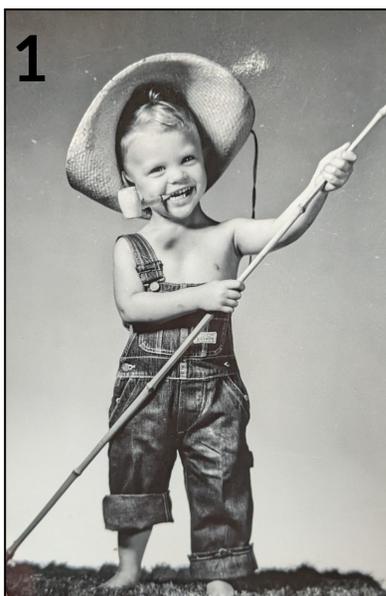


Illusion ... This print shows two rectangles consisting of vertical lines. To create illusion in an artwork, the artist may use several techniques to create the perception of perspective. There may be converging lines that recede to a vanishing point, some objects may be larger than others or items may be darker and brighter than other items. The use of space between elements may be a factor. As you observe this image, do you think one rectangle appears closer to your eye than the other? If yes, what techniques did the artist use to achieve this effect. Are the rectangles the same size or does one appear larger? Is it just an illusion, or do they measure different sizes?

Gene Davis (United States, 1920 - 1985), *Green Giants*, 1980, Color lithograph on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Donald J. Mrozek and R. Scott Dorman, 2010.20

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. 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. Photos 2 and 3 are staff members.)



RESTAURANT **SPECIALS**

Big 12 Themed Specials to Kick Off College Football Season

<p>Sunday, Aug. 28</p>	<p>\$12 Lunch: Iowa State Cyclones Fried Chicken Sliders Garlic Parmesan Fries</p>	<p>\$12 Lunch: Iowa State Cyclones Fried Chicken Sliders Garlic Parmesan Fries</p>
<p>Monday, Aug. 29</p>	<p>\$10 Lunch: Oklahoma State Cowboys Cowboy Burger French Fries</p>	<p>\$17 Dinner: Central Florida Knights 1 lb. Roast Turkey Leg Mashed Potatoes & Gravy Brussel Sprouts</p>
<p>Tuesday, Aug. 30</p>	<p>\$10 Lunch: West Virginia Mountaineers Pepperoni Rolls Side Salad</p>	<p>\$18 Dinner: Texas Longhorns 6 oz. Ribeye <i>topped with mushrooms & onions</i> Baked Potato Broccoli</p>
<p>Wednesday, Aug. 31</p>	<p>\$12 Lunch: Oklahoma Sooners Chuckwagon Meal Cornbread</p>	<p>\$16 Dinner: Baylor Bears Honey-Glazed Salmon Couscous Fresh Green Beans</p>
<p>Thursday, Sept. 1</p>	<p>\$9 Lunch: Cincinnati Bearcats Cincinnati-Style Chili Spaghetti Cheese Topping</p>	<p>\$13 Dinner: TCU Horned Frogs Fried Frog Legs Fried Potatoes & Onions</p>
<p>Friday, Sept. 2</p>	<p>\$10 Lunch: Texas Tech Red Raiders Tex-Mex Sandwich Tater Tots</p>	<p>\$13 Dinner: Houston Cougars Shrimp & Crawfish Etouffee Rice</p>
<p>Saturday, Sept. 3</p>	<p>\$11 Lunch: KU Jayhawks Slow-Roasted Chicken-hawk Mac & Cheese Bowl</p>	<p>\$12 Dinner: Kansas State Wildcats Game Day Favorites Buffet</p>

Verna Belle's Cafe

MONDAY

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

TUESDAY

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

WEDNESDAY

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

THURSDAY

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

FRIDAY

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

SATURDAY

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

MON-FRI, 7 AM - 10:30 AM / SAT, 7 AM. - 11 AM.

Daily Specials

Skill Level: Easy

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

Skill Level: Medium

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

Solutions from 8/18.

Weekly Opportunities Calendar Aug. 28 to Sept. 3

Sunday • Aug. 28 *Put your trash at the curb!*

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

Monday • Aug. 29 *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
2:00 p.m. ~ Change & Loss Support Group, FHR
7:00 p.m. ~ Community Bingo, CR

Tuesday • Aug. 30

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
5:30 p.m. ~ Social Dining, MR

Wednesday • Aug. 31

Back to School Spirit Day: Sports/Alumni 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
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-A-Long, EC

Thursday • Sept. 1

9:00 a.m. ~ Messenger Team, KSU CL
10:00 a.m. ~ Meadowlark Singers Practice, FHR
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ Domestic Science Club, BR
2:00 p.m. ~ Parkinson's Education Group, CR
5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Sept. 2

9:00 a.m. ~ PS Menu Suggestions Meeting, BR
9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Art Committee, FHR
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR

Friday • Sept. 2

11:30 a.m. ~ UFM Lunch & Learn, EC
1:00 p.m. ~ Rock Steady Boxing, **BF**
3:00 p.m. ~ Catholic Mass, CR
6:00 p.m. ~ Joshua Lightfoot Band, EC

Saturday • Sept. 3

5:00 p.m. ~ KSU Game Day Buffet, CY/EC
6:00 p.m. ~ KSU Football Watch Party, PS Pub/EC/GR

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

Blessing Box Drive Success!



**Blessing Box
Donations**

**GRAND TOTAL:
1,116
items**

*Thank you to all
who donated!*





CHANNEL 1960

Entertainment Guide

Monday, Aug. 29

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. 30

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

Wednesday, Aug. 31

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, Sept. 1

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

Friday, Sept. 2

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

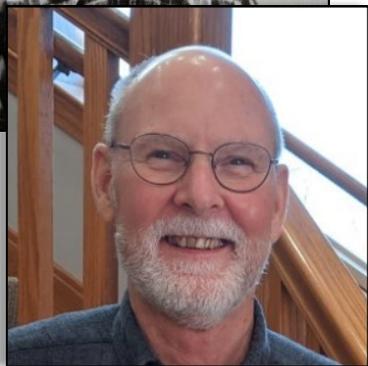
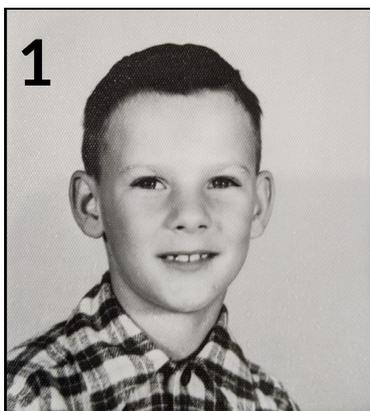
Saturday, Sept. 3

9:30 a.m.	Band Bust Exercise Class
-----------	--------------------------

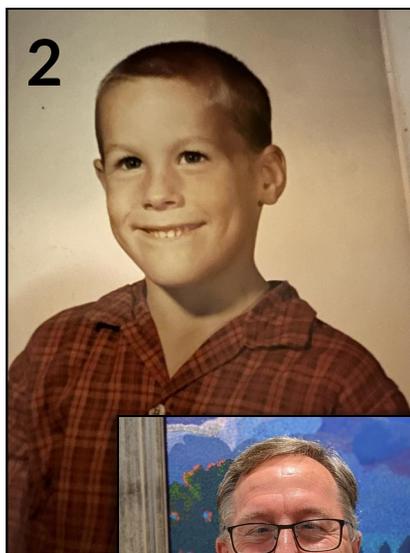
Guess That Kid! REVEALED

Last week's winner for the *Guess that Kid* game is Bridget Larkin, Social Services Leader! She won a \$10 Meadowlark gift card. Congrats, Bridget! Please claim your prize at the Hospitality Desk.

Steve Hall,
IL Resident



Greg Brown,
Transportation Team Member



Elizabeth Thomas,
Sloan Household 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. 28

QUIET VICTORY (1988) TV-PG, 1 hr. 33 min. *Inspiring, Heartfelt, Emotional*

Cast: Pam Dawber, Michael Nouri, & Bess Meyer

When high school football coach Charlie Wedemeyer is diagnosed with Lou Gehrig's disease, he perseveres in leading his team despite becoming disabled.

MUSICAL MONDAY: Aug. 29

STAND UP AND CHEER (1934) PG, 1 hr. 8 min. *Musical, Classic, Comedy*

Cast: John Boles, Shirley Temple, & James Dunn

In an effort to perk up a despondent nation in the throes of the Great Depression, the president of the United States creates a new seat on his cabinet and names a hotshot Broadway producer "Secretary of Amusement." A six-year-old Shirley Temple delivers a star-making rendition of "Baby Take a Bow."

TRUE TUESDAY: Aug. 30

STEVE JOBS (2015) R *for language*, 2 hr. 2 min. *Cerebral, Inspiring, Drama*

Cast: Michael Fassbender, Kate Winslet, & Seth Rogen

By keying in on three crucial points in his career, this biopic shows the human foibles and visionary fearlessness of the man who made the Mac.

WESTERN WEDNESDAY: Aug. 31

SHADOWHEART (2009) PG-13, 1 hr. 54 min. *Western, Drama, Romantic*

Cast: Angus Macfadyen, Justin Ament, & Daniel Baldwin

With his father's untimely death still weighing on his conscience, James Connors rides into his hometown of Legend, N.M., to claim revenge against Will Tunney, the man who masterminded the murder. Once there, he reunites with Mary Cooper, a woman he used to love, and discovers unexplored chambers of his heart.

THEATER THURSDAY: Sept. 1

BIG EYES (2014) PG-13, 1 hr. 45 min. *Emotional, Drama*

Cast: Amy Adams, Christoph Waltz, & Danny Huston

A shy artist struggles to step out of the shadow of her bombastic husband who passes off her exceptional work as his own.

FUNNY FRIDAY: Sept. 2

HOUSESITTER (1992) PG, 1 hr. 41 min. *Feel-Good, Goofy, Romantic*

Cast: Steve Martin, Goldie Hawn, & Dana Delany

After building his dream house, architect Newton Davis proposes marriage to his girlfriend, only to be rejected. He seeks solace in a one-night stand with a kooky waitress, never imagining that he'd soon find her masquerading as his wife.

SWEET SATURDAY: Sept. 3

PERSUASION (2022) PG, 1 hr. 49 min. *Swoonworthy, Witty, Romantic*

Cast: Dakota Johnson, Cosmo Jarvis, & Nikki Amuka-Bird

Eight years after Anne Elliott was persuaded not to marry a dashing man of humble origins, they meet again. Will she seize her second chance at true love?