

# Blessing Box Success

*by Jana Armfield, Engagement Specialist*

Last week, Meadowlark Ambassadors hosted a campus-wide food and hygiene drive to benefit the Blessing Boxes of Manhattan/Riley County.

The drive was inspired by Meadowlark team member Michelle Lawson, who had seen a recent news article that mentioned how numerous Blessing Boxes were turning up empty due to rising food costs and continuing effects from the pandemic.

Her idea inspired a call to action! Residents, employees, and passport members were invited to contribute to the event. Donations were collected between 10 a.m. to 1 p.m. Tuesday, Aug. 23, in the Game Room in Meadowlark's Community

Center. Meadowlark Ambassadors were available to sort, box, and tabulate donations. The Ambassadors counted each item and by the end of the day a total of 1,116 goods were donated!

An abundance of cereal, oatmeal, canned vegetables, canned fruit, deodorant, shampoo, conditioner, and toothbrushes/toothpaste were just a few of the many items donated during the drive. The drive exceeded our goal and Meadowlark was able to fill a total of 12 boxes around the city of Manhattan, and the box located at Riley Presbyterian Church in Riley, Kan.

Staff representatives from several service areas volunteered to take donations to their assigned Blessing Box or boxes and filled them later that day. Two representatives mentioned during their outing to fill their assigned box, the boxes were empty when they arrived. Individuals came to collect the donations they were placing in the box as they were finishing up. A woman filled up a box of items to take home and she thanked us for the help we were providing her, as she was new to town and does not have much.



As word spread, we heard back from a few churches that sponsor Blessing Boxes around Manhattan. Reverend Caela Simmons Wood at First Congregational United Church of Christ said, "On behalf of our congregation and all in the neighborhood who regularly use our Blessing Box THANK YOU for this gift. We are so grateful that you were able to complete this project and raise awareness about the Blessing Boxes throughout our community. It's true that the boxes are visited many, many times every day and it really is a community-wide effort to keep them stocked."

Kathy Smith at Manhattan First Free Methodist Church said, "Initiatives from the community like this make the community better and continue to show how much love and compassion each person has for the other."

Thank you, all, who volunteered or contributed during the drive. It's always a joy to see the Meadowlark community come together and contribute to a worthy cause!

## EVENTS & OPPORTUNITIES

### **Kimball Entrance opening**

The Kimball entrance will open today, Sept. 1. This entrance has been modified to be a right-only exit from campus. Vehicles can still enter campus from the Kimball entrance with a right or left turn.

### **Exercise classes, canceled**

All group exercise classes are canceled for Monday, Sept. 5. See page 11 for the exercise program schedule on Channel 1960. In-person classes will resume Tuesday, Sept. 6.

### **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. 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.

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. 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. Inspired by musicians such as Woody Guthrie and The Carter Family, she began her interest in American folk music and banjo playing as a teenager.

### **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.

### **New Class: Mat Yoga**

*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.

### **Meadowlark Men's Social**

*Wednesday, Sept. 7, at 5:30 p.m.*

Prairie Star Restaurant invites the Meadowlark Men to attend a Social Supper at 5:30 p.m.

Wednesday, Sept. 7, in the Manhattan Room.

Dinner can be purchased from the Prairie Star menu or enjoy the daily special. Registration is not required, but please check in with the host when arriving. This a casual dining opportunity and it will not feature a program.

### **Ladies Luncheon—September**

*Thursday, Sept. 8, at 11:30 a.m.*

Hostesses Jan Anders, Carole Fager, and Marilyn



## EVENTS & OPPORTUNITIES

Martin invite all Meadowlark and Passport ladies to attend the September Ladies Luncheon at 11:30 a.m. 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, and grape salad. For dessert, we will enjoy chocolate swirl ice cream with a chocolate crinkle cookie. The cost is \$10. Please sign up in the Blue Book to make your reservation.

### **Ice Cream Social**

**Thursday, Sept. 8, at 3 p.m.**

You're invited to enjoy ice cream with friends in the Courtyard at 3 p.m. Thursday, Sept. 8. No registration required.

### **Dinner with the League**

**Thursday, Sept. 8, at 6 p.m.**

You're invited to Dinner with the League of Women Voters at 6 p.m. Thursday, Sept. 8, in Prairie Star Restaurant's Event Center. The presenter will be Dr. Brianne Heidbreder, faculty member of KSU's Policial Society Department. Dr. Heidbreder will be speaking about the upcoming Kansas Constitutional Amendment regarding electing Supreme Court Justices.

Residents are invited to attend the program and/or meal. Dinner will feature chicken fiesta salad in a fried taco shell with southwest dressing for \$15 per person. There is no cost to attend the program only. Please sign up in the Blue Book by Monday, Sept. 5, to participate.

### **Dr. Broyaka Program & Reception**

**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.

Residents are invited to have dinner with the Broyaka family, hosted by Forrest Chumley and Barbara Valent, before the presentation. Gather for dinner in the Manhattan Room at 5:30 p.m. Reservations are required and can be secured by calling Prairie Star Restaurant at (785) 323-3820 or stopping by the host stand during business hours. Attendees are expected to cover the cost of their own dinner, which can be ordered from the Prairie Star menu or enjoy the daily special.

A reception will follow Antonina's presentation in the Event Center. Cookies, coffee, tea, and water will be provided.

### **KSU Game Day Watch Party**

**Saturday, Sept. 10, at 11 a.m.**

All are invited to watch KSU Wildcat Football take on the Missouri Tigers at 11 a.m. Saturday, Sept. 10, at Prairie Star Pub, Event Center, and Game Room. Complimentary snacks will be served.

### **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.

### **Film Viewing: *land and flower***

**Thursday, Sept. 15, at 5:30 p.m.**

The Marianna Kistler Beach Museum of Art and The Prairie Studies Initiative at K-State invite you to an evening of art, music, poetry, and prairie

See EVENTS, page 4

## EVENTS, from page 3

mysticism at 5:30 p.m. Thursday, Sept. 15, in the UMB Theater at The Beach.

*land and flower* is a short film by David Wayne Reed about tallgrass prairie remnants and the de-prairie-ization of the Great Plains. The film is a eulogy to the prairie landscape that has been uprooted and lost to the till of settlers, westward expansion, and the relentless sprawl of development.

The film is adapted from a poem by Megan Kaminski. Following the film, Megan will share the making of her book *Prairie Divination* and the accompanying oracle deck, both illustrated by Lesley Ann Wheeler. This event is free and open to the public. For questions, please contact the museum at (785) 532-7718.

## Riley County Historical Society

**Thursday, Sept. 15, at 7 p.m.**

Katharine Hensler, the new director of the Riley County Historical Museum, will be the featured speaker for the Riley County Historical Society quarterly meeting at 7 p.m. Thursday, Sept. 15. Hensler's presentation — "Behind the Scenes of Your Riley County Historical Museum: The VIP Tour" — will be in Prairie Star's Event Center, 2121 Meadowlark Road, Manhattan, Kan. There is no charge and the public is invited to attend. Cookies, coffee, tea, and lemonade will be served.

Museums are wonderful places of learning, exploration, conservation, preservation, and research. They come in many different forms and include artistic, cultural, historical, scientific, hands-on, immersive, and other types. Usually, one's experience with museums is that of being

the visitor and encountering the public side of the institution. On Sept. 15, come to a special "behind-the-scenes" experience on the other side of the Riley County Historical Museum with a VIP (Virtual Interactive Program) tour.

Join Hensler as she takes you down the corridors of your local museum to experience that ever-present mystery of what really goes on behind the scenes. You'll meet the talented staff who keep the operations running and hear about their roles. You'll encounter the friendly faces who greet our visitors every day, and you'll get to learn about some of the exciting projects they have going on, along with the challenges staff members are always striving to solve. Get a peek into the everyday world of a museum professional beyond the doors that are usually marked "staff only."

## 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.

The Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser for Alzheimer's care, support, and research.

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](http://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.

If you have questions about registering for the Walk, please contact Sarah Duggan at (785) 323-3878.

## Joanne Barkyoumb *Celebration of Life*

**Saturday, Sept. 10, at 3 p.m.  
Event Center**

All are invited to attend an ice cream social in honor of the late Joanne Barkyoumb.

Call Hall ice cream and cookies will be provided.



# Outdoor Encounters

by Nathan Bolls

One of the many discouraging facts of our time is that several authorities agree that of the number of birds present across our country in 1970, three-out-of-four of them no longer exist, an average of a seventy-five decline for all species—more for some species, less for others. And this includes two species once very common and familiar to us: the eastern (pictured left) and western meadowlarks.

My dear late father-in-law was a MLH resident from fall 1985 until Christmas day 1986. He loved to have me push him outside in his wheelchair to see and listen to meadowlarks, and bobwhite quail. Both were common—“all over the place.” Oh, how he enjoyed that unrehearsed choreography of Nature! Probably just like for you.

So, it was also with the original “Committee Concerned about Retirement Facilities for Residents of Manhattan,” formed in 1974. This group did the primary organizational work and lined up funding. And the Committee evolved into the Manhattan Retirement Foundation, whose formal Articles of Incorporation were written, amended, and accepted by the Kansas Secretary of State, and signed by all parties early in 1976. The next big item was selection of a building site. The second site inspected, a 32-acre site just north of Kimball Avenue and west of Tuttle Creek Boulevard, an area of tallgrass hills and of wooded slopes and ravines, “electrified” the committee with its beauty. A written history of MLH mentioned that during the tour “meadowlarks in abundance flew from the grasses. . . , and that it was a joyous occasion.” The Foundation ultimately purchased 23.18 acres of that tract for the future retirement community.

When the subject of naming the future community came up, one gentleman tentatively

offered the suggestion of “Hobble Inn.” Committee members questioned the public relations value of that name. Another member of the committee, our own Margaret Wheat, author of the history I am quoting, remembered the meadowlarks and

suggested “Meadowlark Hill.” This name appealed to committee members, and with the suggestion from another committee member that an “s” be added to Hill, a legend was born.

Both western and eastern meadowlarks occur in this area, and their ranges overlap broadly across central Kansas, where they sometimes interbreed. They are so similar that the best way to tell them apart is their songs. Eastern—song 2

-8 high pitched whistles, “sceoo seeyeer;” call a “dzeert.” Western—song a short phrase of lower-pitched flute-like notes; call is low “chup.”

Experts claim that habitat loss, climate change, and pesticides are among the main reasons for the decline in numbers of many birds, and of other animal types. But habitat loss can happen in many ways in addition to plowing land under or paving it over. Let’s look at this at the species level. A piece of land or water can become too warm or too cold for a certain species—thus, it can be lost to them. Some particular preferred food source, micro-habitat type, or preferred nest sites become scarce or non-existent. Or maybe a particular species cannot stand up competitively to another newly invasive species—for any one of a number of reasons. The weather in that area can become too wet or dry for a species. A particular species is hunted to near extinction in a particular area by wild and/or human predators. A species’ preferred cover may become too thick or thin, or absent. And on-and-on!

But any of the changes mentioned above may also make some area desirable for another species. What a merry-go-round is the matching by Nature



See OUTDOOR, page 6



# Work That Brain!

*Skill Level: Easy*

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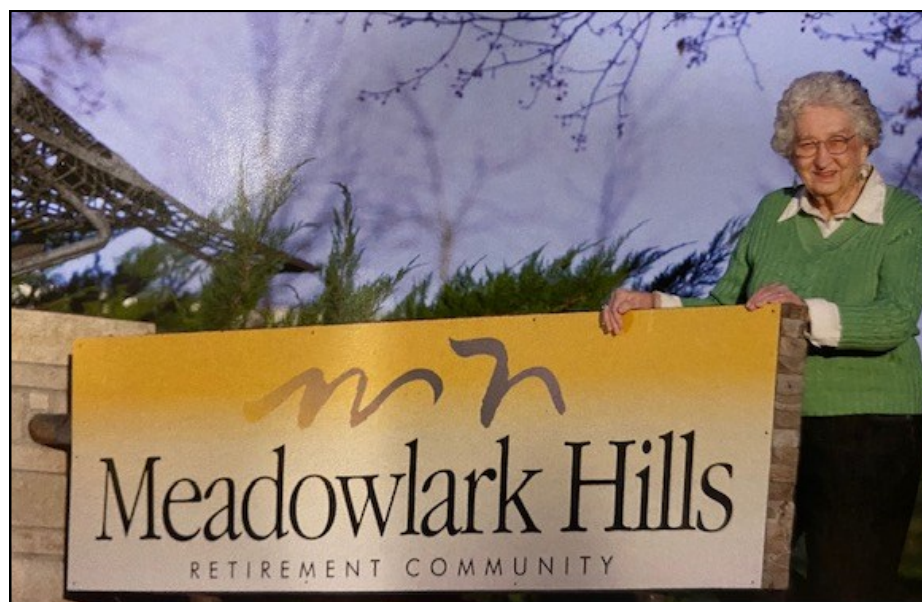
*Skill Level: Medium*

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## OUTDOOR, from page 5

of a particular species to a particular habitat. And all of our general tinkering with and misuse of the land and natural waters have resulted in many species moving into or out of some “ancestral” habitat—or moved into extinction! Talk about an activity where “We know not what we do.”

The jury is still out as to what specifically is behind the sharp decline in meadowlark numbers, but researchers are engaged in studies to answer that question. Whatever, it will be a sad moment when some new MLH resident looks around but still has to ask why her or his new home bears the name it does. And, if from out-of-state, this same new resident has to ask what prompted the state of Kansas to choose its particular state bird.

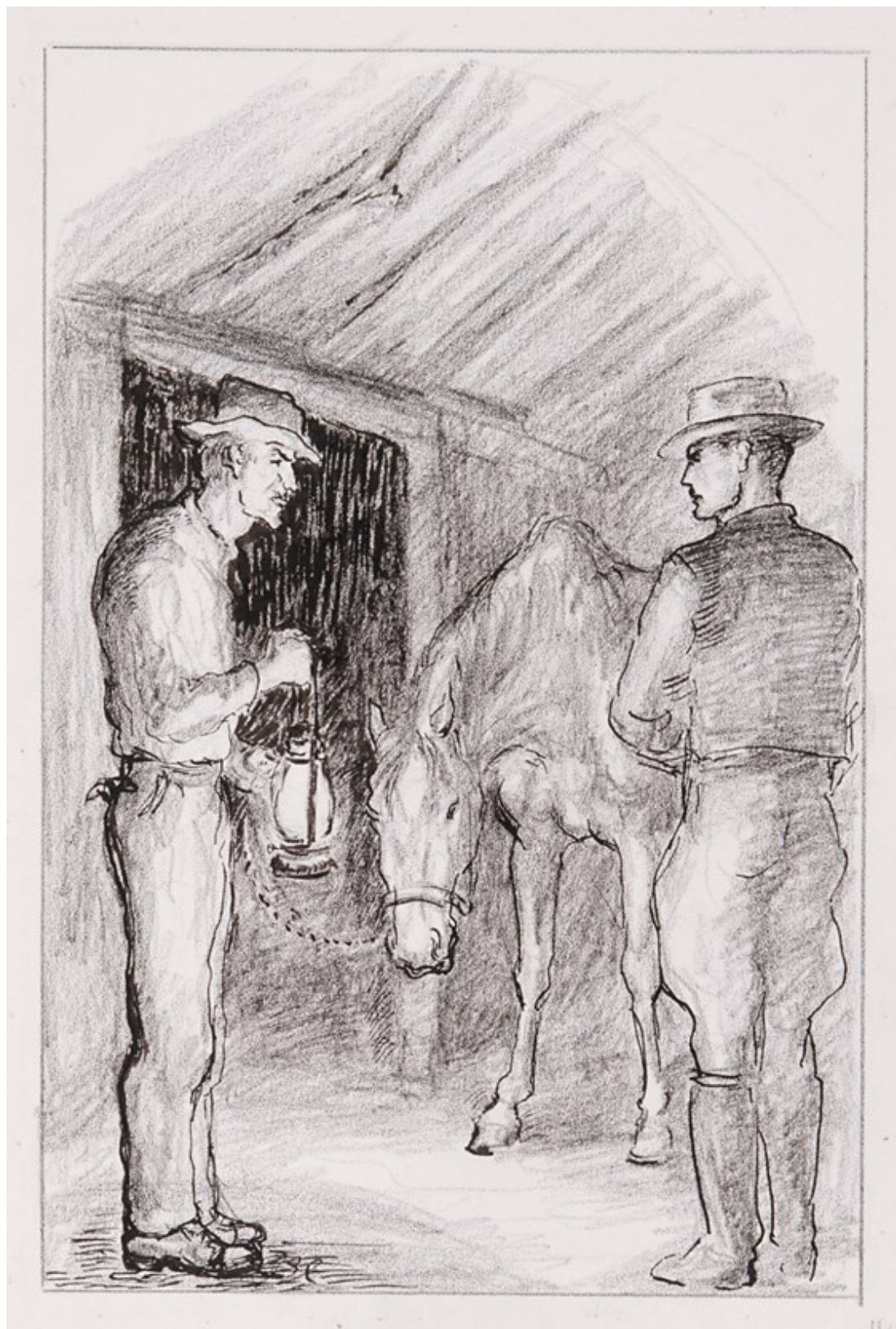


*File photo.* The late Margaret Wheat pictured with an sign that marked the entrance of Meadowlark’s campus from Kimball Avenue. Margaret joined the Meadowlark Hills board in 1976 and is credited for suggesting the community’s name. She is quoted in the written history of Meadowlark: “To look back at our starting point, when all the meadowlarks flew up out of the grasses—I could have never dreamed how it would all work out.”

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

What is going on? Take a long moment to look closely at this image. Ask yourself, what is going on in this picture? Any thoughts you have about this image are worth mentioning. Ask yourself, what do you see that gives you these ideas?

*Artist information listed on page 10.*



# RESTAURANT **SPECIALS**

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<p><b>Sunday, Sept. 4</b></p>	<p><b>\$14</b> Lunch Fried Chicken Mashed Potatoes &amp; Gravy Fresh Green Beans</p>	<p><b>\$14</b> Dinner Fried Chicken Mashed Potatoes &amp; Gravy Fresh Green Beans</p>
<p><b>Monday, Sept. 5</b></p>	<p><b>\$13</b> Labor Day Lunch Buffet Burgers, Brats, Baked Beans, Chips, Watermelon, &amp; Dessert</p>	<p><b>\$13</b> Dinner Smothered Pork Chop <i>with Mushroom-Onion Gravy</i> Mashed Potatoes Honey Carrots</p>
<p><b>Tuesday, Sept. 6</b></p>	<p><b>\$11</b> Lunch Turkey Melt Pub Chips Coleslaw</p>	<p><b>\$13</b> Dinner Beef &amp; Italian Sausage Lasagna Garlic Toast Asparagus</p>
<p><b>Wednesday, Sept. 7</b></p>	<p><b>\$10</b> Lunch Smoked Sausage Sandwich Sweet Potato Fries</p>	<p><b>\$13</b> Dinner Chicken Cordon Bleu Rice Pilaf Roasted Broccoli</p>
<p><b>Thursday, Sept. 8</b></p>	<p><b>\$8</b> Lunch Hot Ham &amp; Cheese Sandwich Tomato Soup</p>	<p><b>\$14</b> Dinner Pork Loin Mac &amp; Cheese Brussel Sprouts</p>
<p><b>Friday, Sept. 9</b></p>	<p><b>\$10</b> Lunch Baked Potato Bar</p>	<p><b>\$12</b> Dinner Chicken Enchiladas Mexican Rice Black Beans</p>
<p><b>Saturday, Sept. 10</b></p>	<p><b>\$11</b> Lunch Pulled Pork Sandwich Pickle Spear Coleslaw</p>	<p><b>\$11</b> Dinner BBQ Boneless Chicken Wings Tater Tots</p>



# Verna Belle's Cafe

## **MONDAY**

**Closed for Labor Day**

## **TUESDAY**

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

**Lunch:** Taco Tuesday, \$5.00 / \$7.00

(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, \$5.00 / \$7.00

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

## **THURSDAY**

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

**Lunch:** Rice Bowls, \$5.00 / \$7.00

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

## **FRIDAY**

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

**Lunch:** Quesadilla, \$5.00 / \$7.00

(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 Sept. 4 to Sept. 10

## Sunday • Sept. 4 *Put your trash at the curb!*

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

## Monday • Sept. 5 *Trash & recycling pick-up*

11:30 a.m. ~ Labor Day Lunch Buffet, PS  
7:00 p.m. ~ Community Bingo, CR

## Tuesday • Sept. 6

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  
12:00 p.m. ~ Kimball Luncheon, BR  
12:15 p.m. ~ Mat Yoga, CR  
2:00 p.m. ~ Prairie Star Writers Group, PR  
2:00 p.m. ~ 10-Point Pitch, GR  
3:00 p.m. ~ Ambassador's Meeting, BR  
5:30 p.m. ~ Social Dining, MR

## Wednesday • Sept. 7

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  
5:30 p.m. ~ Meadowlark Men's Social, MR

## Thursday • Sept. 8

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  
11:30 a.m. ~ Meadowlark Ladies Luncheon, EC  
12:00 p.m. ~ Caring Conversations for People with Pd, CR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
2:00 p.m. ~ Fiber Arts Club, BR  
3:00 p.m. ~ Ice Cream Social, CY  
6:00 p.m. ~ Dinner with the League, EC

## Friday • Sept. 9

9:30 a.m. ~ Outdoor Committee, FHR  
9:30 a.m. ~ Seated Strength, CR  
10:30 a.m. ~ Weights 101, CR

## Friday • Sept. 9

11:30 a.m. ~ Sit & Be Fit, CR  
1:00 p.m. ~ Rock Steady Boxing, BF  
5:30 p.m. ~ Dinner with Broyaka Family, MR  
7:00 p.m. ~ Dr. Antonina Broyaka Program & Reception, EC

## Saturday • Sept. 10

11:00 a.m. ~ KSU Football Watch Party, PS  
Pub/EC/GR  
3:00 p.m. ~ Joanne Barkyoumb Celebration of Life: Ice Cream Social, 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 8/25.

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### Artist information from page 7.

John Steuart Curry (United States, 1897 - 1946)  
Series: *Thunderhead, Mary O'Hara* (J.B. Lippincott Co., 1943), ca. 1941  
Lithographic crayon and ink on gray illustration board  
KSU, Marianna Kistler Beach Museum of Art, bequest of Kathleen G. Curry, 2002.847



# CHANNEL 1960 Entertainment Guide

## Monday, Sept. 5

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, Sept. 6

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

## Wednesday, Sept. 7

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. 8

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

## Friday, Sept. 9

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

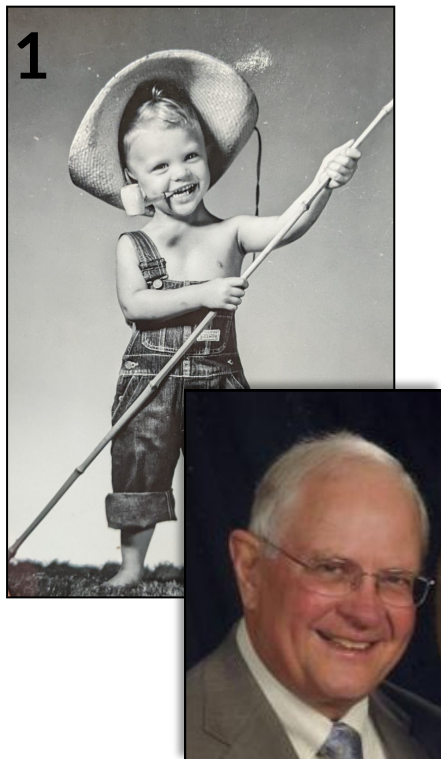
## Saturday, Sept. 10

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 Jessica Mies, HR Assistant! She won a \$10 Meadowlark gift card. Congrats, Jess! Please claim your prize at the Hospitality Desk.

**Robert Reeves,**  
*IL Resident*



**Brooke Williams,**  
*Wroten House Nurse*



**Will Gold,**  
*Information Technology Leader*







## 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: Sept. 4

***DRAFT DAY*** (2014) PG-13, 1 hr. 50 min. *Drama, Cerebral, Sports*

Cast: Kevin Costner, Jennifer Garner, & Denis Leary

On the day of the NFL player draft, Cleveland general manager Sonny Weaver trades up to get the first pick in this breezy sports drama. And while his decision may save football in his city, it just might cost him his girlfriend ... and his team.

### MUSICAL MONDAY: Sept. 5

***GOING MY WAY*** (1944) NR, 2 hr. 10 min. *Classic, Musical, Comedy*

Cast: Bing Crosby, Risë Stevens, & Barry Fitzgerald

When young Father O'Malley arrives a St. Dominic's, aging and cantankerous Father Fitzgibbon doesn't think much of the church's newest member.

### TRUE TUESDAY: Sept. 6

***A CALL TO SPY*** (2019) PG-13, 2 hr. 4 min. *Suspenseful, Crime, Drama*

Cast: Sarah Megan Thomas, Stana Katic, & Radhika Apte

After France falls to the Nazis, two women seek to support the war effort by apying for a secret agency under Churchill. Based on a true story.

### WESTERN WEDNESDAY: Sept. 7

***LEGENDS OF THE FALL*** (1994) R *for violence, some sexuality & language*, 2 hr. 12 min. *Emotional*

Cast: Brad Pitt, Anthony Hopkins, & Aidan Quinn

The three sons of a Montana rancher are swept up in the violence of World War I and their love for the same woman in this epic family saga.

### THEATER THURSDAY: Sept. 8

RESIDENT REQUEST

***WHITE HOUSE DOWN*** (2013) PG-13, 2 hr. 17 min. *Exciting, Action, Thriller*

Cast: Channing Tatum, Jamie Foxx, & Jason Clarke

When a paramilitary group engineers a violent takeover of the White House, the president must try to hide from the attackers until he can be rescued. Caught up in the chaos, Secret Service agent John Cale ends up becoming his sole protection.

### FUNNY FRIDAY: Sept. 9

***THE WAR WITH GRANDPA*** (2020) PG, 1 hr. 34 min. *Family, Comedy, Drama*

Cast: Robert DeNiro, Uma Thurman, & Rob Riggle

Upset that he has to share the room he loves with his grandfather, Peter decides to declare war in an attempt to get it back.

### SWEET SATURDAY: Sept. 10

***WATER FOR ELEPHANTS*** (2011) PG-13, 2 hr. 1 min. *Drama, Romantic*

Cast: Reese Witherspoon, Robert Pattinson, & Christoph Waltz

In this captivating Depression-era melodrama, impetuous veterinary student Jacob Jankowski joins a celebrated circus as an animal caretaker but faces a wrenching dilemma when he's transfixed by angelic married performer Marlana.