

Time for Flu Shots



The leaves are changing, the air is turning crisp, and the next stop is flu season, and even better, flu shots! If you are a current patient of CenterPointe Physicians at the Meadowlark Clinic, you're invited to call (785) 537-1900 and schedule a time to receive your flu shot.

If you aren't a CenterPointe patient, please contact your primary care doctor to schedule a flu shot. Immunizations also are available at many local pharmacies.

In addition to receiving your flu shot, it's important to remember what to look for and how to take extra care of ourselves to avoid getting sick.

The flu spreads from person to person, up to about six feet away. Many experts believe the flu is spread mainly by droplets made from people with the flu when they sneeze, cough or talk. To avoid this, stay home if you are sick and stay away from others who are ill. It is important to wash your hands often with soap and water and disinfect surfaces and objects that may be contaminated with germs such as the flu.

The flu often comes on suddenly, and people who have the flu experience all or some of the following symptoms: fever, or feeling feverish/chills; cough; sore throat; runny or stuffy nose; muscle or body aches; headaches; and/or fatigue.

If you are sick with flu-like illness, stay home for at least 24 hours after your fever is gone except for medical care or for other necessities. Your fever should be gone without the use of a fever-reducing medicine. When sick, limit your contact with others as much as possible.

Trail Project Update

by Becky Fitzgerald, Development Dir.

Because of many generous donations to assist with paving Meadowlark's loop trail, a section stretching from Stillman Cemetery to the woods of Donner's Way is scheduled to be paved. This summer, grading and paving was completed from the west side of the bridge near the CenterPointe Physicians office to Donner's Way. This work also included walkways north of the community garden and from the trail to the physicians office parking lot.

The next phase to be completed this year spans the area from the cemetery to the east side of the bridge. Bayer Construction has been hired to grade the trail, preparing a surface onto which the concrete will be poured. This work is expected to begin in mid-October. BHS Construction is standing by to pour the concrete as soon as the grading is complete. In addition, concrete pathways inside the community garden space also are scheduled to be poured. It's BHS's intention to have the work complete by the end of October, weather permitting.

The Paving the Way project was sparked by tribute gifts in honor of former residents the Rev. H. Wayne Fink and Ed Call and current Lyle House resident Jo Call. The project will continue as donations allow. If you'd like to know more, or would like to contribute to this project, please contact Becky Fitzgerald, Development Director, at (785) 323-3843.

EVENTS & OPPORTUNITIES

Employee Gift Fund

submitted by Resident Employee Gift Committee

Meadowlark is a friendly and caring community. Staff members are a major part of our community. The staff is important and longevity of staff is important. Residents and friends of Meadowlark can help support the staff through giving to the Employee Gift Fund. Please know that the committee receives no information about the amount anyone gives. How much you give is your choice. We encourage everyone to contribute until it feels good. Please place your give in a lockbox at the Hospitality Desk, gifts also may be mailed to the Employee Gift Fund at 2121 Meadowlark Road, Manhattan, KS, 66502.

It is Election Time Again: Are You Ready?

submitted by Kay Shanks

The General Election will be held on Tuesday, Nov. 8, 2022. If you have moved to Meadowlark or to a new apartment or cottage on campus since the Primary Election in August 2022, you must re-register to vote by Tuesday, Oct. 18.

If you would like to vote by mail and have not yet filled out the form to do so, contact Meadowlark's Hospitality Desk for a form. IF you need to re-register, your mail-in ballot will automatically switch to your new address upon re-registering, so you don't need to complete an additional form.

If you received a mail-in ballot for the August 2022 Primary Election and you have not moved, you will receive one for the General Election.

If you are unsure of your status, please call the County Clerk's office at (785) 537-6300. For other questions about voting, call Kay Shanks at (785) 770-5054.

Movie Night in the Courtyard: TONIGHT!

Thursday, Sept. 29, at 7 p.m.

It's time for outdoor movie night! Come to the Meadowlark Courtyard to watch *Something's Gotta Give* at 7 p.m. today, Sept. 29. Complimentary s'mores and popcorn will be provided from 7 to 7:30 p.m. The movie will begin 7:30 p.m.

Something's Gotta Give was released in 2003 and stars Jack Nicholson and Diane Keaton. Harry Sanborn is an aged music industry executive with

a fondness for younger women such as Marin, his latest trophy girlfriend. Things get a little awkward when Harry suffers a heart attack at the home of Marin's mother, Erica. Left in the care of Erica and his doctor, a love triangle starts to take shape.

Pickering Family Piano Studio Recital

Friday, Sept. 30, at 7 p.m.

The Pickering Family Piano Studio will present a piano recital at 7 p.m. Friday, Sept. 30, in the Community Room. The recital will feature several students of different ages. All are invited to attend!

KSU Game Day Watch Party

Saturday, Oct. 1, at 11 a.m.

Come watch the K-State Wildcats take on the Texas Tech Raiders at 11 a.m. Saturday, Oct. 1, at Prairie Star Pub, Event Center, and Game Room. Complimentary snacks will be available.

Town Meeting

Monday, Oct. 3, at 9:30 a.m.

You're invited to Meadowlark's monthly Town Meeting at 9:30 a.m. Monday, Oct. 3, in the Event Center. Come hear about the campus news and upcoming events!

Music by Barbara Rees

Tuesday, Oct. 4, at 2 p.m.

All are invited to enjoy piano music from the 1930s and 1940s played by IL resident Barbara Rees at 2 p.m. Tuesday, Sept. 27, in the Flint Hills Room.

The Wizard of Oz: UFM Class

Tuesday, Oct. 4, at 6:30 p.m.

UFM Lifetime Learning and Meadowlark present *The Wizard of Oz*. This three-session course will begin Tuesday, Oct. 4, from 6:30 to 8 p.m. in the Community Room. The second and third sessions will meet Tuesday, Oct. 11, and Tuesday, Oct. 18.

The Wizard of Oz has been inextricably linked with our culture since 1900. It is the world's favorite fairytale. The Wonderful Wizard of Oz was written by L. Frank Baum, illustrated by W.W. Denslow, and published in 1900. The book gave rise to an official series containing 40 novels. Immediately, after the publication, the story was

EVENTS & OPPORTUNITIES

picked up by the stage and then by the movie industry beginning with silent films. MGM's 1939 film, *The Wizard of Oz*, is ranked number 10 in the American Film Institute's top 100 films. The popularity of this story has given rise to numerous animated films, graphic novels, spin-off novels, films, and musicals. The class will explore the history of this wonderful franchise with instructor Chris Glasgow.

Enrollment is now open and can be completed by calling (785) 539-8763. If the office is not open, leave a message, and a staff member will call you back. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount. Reminder: Meadowlark does not have a partnership agreement with Osher Lifetime Learning; therefore, Osher classes are not available at a discount to Meadowlark affiliates.

Farewell Celebration for Chaplain Patty *Wednesday, Oct. 5, at 2 p.m.*

Join us as we thank Chaplain Patty Brown-Barnett for her years of service and wish her farewell and good fortune in the future. The party will begin at 2 p.m. Wednesday, Oct. 5, in Prairie Star's Event Center. Coffee, tea, lemonade, and cookies will be provided.

Meadowlark Men's Social Supper *Wednesday, Oct. 5, at 5:30 p.m.*

Prairie Star Restaurant invites the Meadowlark Men to attend a Social Supper at 5:30 p.m. Wednesday, Oct. 5, 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 at the host stand when arriving. This is a casual dining opportunity, and it will not feature a program.

Pd Education Group *Thursday, Oct. 6, at 2 p.m.*

You're invited to the monthly meeting of the Pd Education Group at 2 p.m. Thursday, Oct. 6, in the Community Room. This month features "Is it Parkinson's: What's Your Gut Telling You?"

This month, the group begins a series of education topics focusing on symptoms that people may not know can accompany Parkinson's

disease. Join Meadowlark Parkinson's Program staff and participants in a panel discussion about how Parkinson's can affect digestive abilities differently in individuals.

Dinner with the League *Thursday, Oct. 6, at 6 p.m.*

You're invited to join Dinner with the League of Women Voters at 6 p.m. Thursday, Oct. 6, in Prairie Star Restaurant's Event Center. The guest speaker will be Karla Hagemister, co-founder of *True Colors*, a community center for LGBTQIA+ youth and their allies.

Residents are invited to attend the program and/or meal. Dinner will cost \$13 per person. There is no cost to attend the program only, which begins at 6:30 p.m. Please sign up in the Blue Book by Monday, Oct. 3, to participate.

Prairie Star Menu Suggestion Meetings *Friday, Oct. 7, 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, Oct. 7, in the Bison Room. This meeting occurs every first Friday of each month.

Sweet Sounds of Al *Friday, Oct. 7, at 7 p.m.*

You're invited to enjoy the Sweet Sounds of Al at 7 p.m. Friday, Oct. 7, in the Courtyard. Gather around and listen to the sweet sounds of Al St. Cyr. He is a little bit country, some folk, but not rock and roll. Al has played in several different venues and locations including a small Tempura in Tokyo, and the Opera House in Junction City. The event will be moved inside if weather does not cooperate.

KSU Game Day Watch Party *Saturday, Oct. 8, at 6:30 p.m.*

Come watch the K-State Wildcats take on the Iowa State Cyclones at 6:30 p.m. Saturday, Oct. 8, at Prairie Star Pub, Event Center, and Game Room. Complimentary snacks will be available.

See EVENTS, page 4

MURDER MYSTERY

Dinner Theater

Thursday, Oct. 27

Seating opens at 5 p.m. / Meal begins at 6 p.m.

Meadowlark Event Center / \$60 per ticket

For reservations, call (785) 323-3821.

Amuse Bouche

Boursin cheese topped with caramelized onions and bacon served with herbed flat bread

Salad

Mixed greens, crispy prosciutto, & candied nuts served with apple-cider vinaigrette

Entree

Chicken Pot Pie

Roasted chicken and vegetables with a flaky pastry crust served in an individually-sized acorn squash

Green Beans

Fresh green beans tied together with leeks

Dessert

Pumpkin cheesecake served with homemade caramel sauce

Program featuring Levity Players Group

The Story: The Doctor has made a fortune treating those afflicted with Zombieitis. He is speaking to enlighten people regarding his unusual treatment methods. Someone goes to that great doctor's waiting room in the sky and a psychiatrist-police detective is called in to make sense of the situation.

This show is comedic and satirical, but not gory.

EVENTS, from page 3

Around the World in 1800: UFM Class

Thursday, Oct. 13, at 6:30 p.m.

UFM Lifetime Learning and Meadowlark present *Around the World in 1800*. This three-session course will begin Thursday, Oct. 13, from 6:30 to 8 p.m. in the Community Room. The second and third sessions will meet Thursday, Oct. 20, and Thursday, Oct. 27.

In 1800, the world had become more closely interconnected and was experiencing significant and noteworthy change. The whirlwind tour begins with the first session and an examination of the United States. This new nation was just a mere 17-years-old and the first real democracy in the world. The U.S. had to prove to the monarchs of the world that it could adjust to an electorate of the people and the peaceful transition of power. This first session also will focus on seismic changes in Latin American from being a group of colonies to several independent states. The second class will look at the events in Europe, and the third session moves eastward to the once-mighty Ottoman Empire.

Enrollment is now open and can be completed by calling (785) 539-8763. If the office is not open, leave a message, and a staff member will call you back. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

Walk to End Alzheimer's

Saturday, Oct. 15, at 9 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 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 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. 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. If you have questions about registering for the Walk, please contact Sarah Duggan at (785) 323-3878.

Annual Clothing Drive

Tuesday, Oct. 18, at 10 a.m.

It's time for the Ambassadors' Annual Clothing Drive! Meadowlark Ambassadors will be available to sort and package clothing and greet donors from 10 a.m. to 1 p.m. Tuesday, Oct. 18, in the Flint

Hills Room. This year, donations will benefit The Budget Shop. This organization is one of four local community not-for-profit thrift stores that accepts vouchers given to clients by other social service agencies in town.

The Budget Shop disperses the funds that are generated from its sales to local community organizations such as the Flint Hills Community Clinic, Shepherd's Crossing, Manhattan Emergency Shelter, and The Crisis Center.

Residents who live in the apartment towers are encouraged to drop off clothing donations in the Flint Hills Room on the day of the event, as well as any interested Passport members and employees. Cottage/duplex residents may call the Hospitality Desk in advance to arrange a time to pick up their item(s) on the day of the event. Items must be clean and in either new or gently-used condition. Contact Jana, Engagement Specialist, for any questions at (785) 323-3890.



October Birthdays



Skilled Nursing

10/2 James Leitch
10/7 Evelyn Russell
 10/10 Carol Winslow
 10/14 Peggy Dettmer
 10/16 Teresa Foreman
 10/17 David Bowers
 10/26 Frances Stout

Assisted Living & Riley House

10/1 Elizabeth Kelley
 10/2 Barbara Hackbart
 10/4 Eleanor Morlong
10/6 Madlyn Rietcheck
 10/11 Mary Lou Gibbs

Independent Living

10/3 Betty Love
 10/6 Terri Pacumbaba
 10/8 Ed Olson
 10/9 Carol Balding
 10/13 David Vanderbilt
10/15 Ed Lindly

10/16 Pat Dunaway

10/18 Charlotte Ly
 10/19 Ruth McKissick
 10/19 Ann Erickson
 10/21 Mike Sekal
 10/23 Max Bayer
 10/23 Olivia Collins
 10/24 Polly Ferrell
10/25 Pat Freeman
 10/26 Charles Bussing
 10/27 Jane Swofford
 10/27 Dottie Blacker
10/30 Sandy Bussing
 10/30 Pat Vogt
 10/31 Opal Phillips

Employees

10/2 Aubrey Edds
 10/3 Carrie Schlesinger
 10/4 Mary Jo Eichman
 10/4 Mary Swanson
 10/6 Avery Taylor
 10/6 Keaton Whetzal
 10/7 Maci Dunlavy

10/8 Katelin Parker
 10/9 Danae Adams
 10/9 Caroline Davis
 10/9 Molly Haymaker
 10/12 Alexis Gano
 10/13 Andrew Morton
 10/14 Carie Scott
 10/15 Bridget Larkin
 10/15 Taniya Young
 10/16 Alex Horak
 10/18 Ella Conaway
 10/19 Myles Braxton
 10/19 Kaisei Nagai-Velasquez
 10/21 Kate Cashman
 10/21 Nathalia Da Silva
 10/22 Lisa Lawton
 10/23 Alayna Wamsley
 10/24 Emma Bocquin
 10/26 Cathy Bristol
 10/26 Santana Raub
 10/27 Kimberly Ensley
 10/27 Donald Gaspar
 10/29 Cecilia Pratt
 10/30 Michael Fey
 10/31 Haley Haines

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

Work That Brain!

Skill Level: Easy

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

Skill Level: Medium

9					8	5		
	5	3		9				
	1			5	6	4		3
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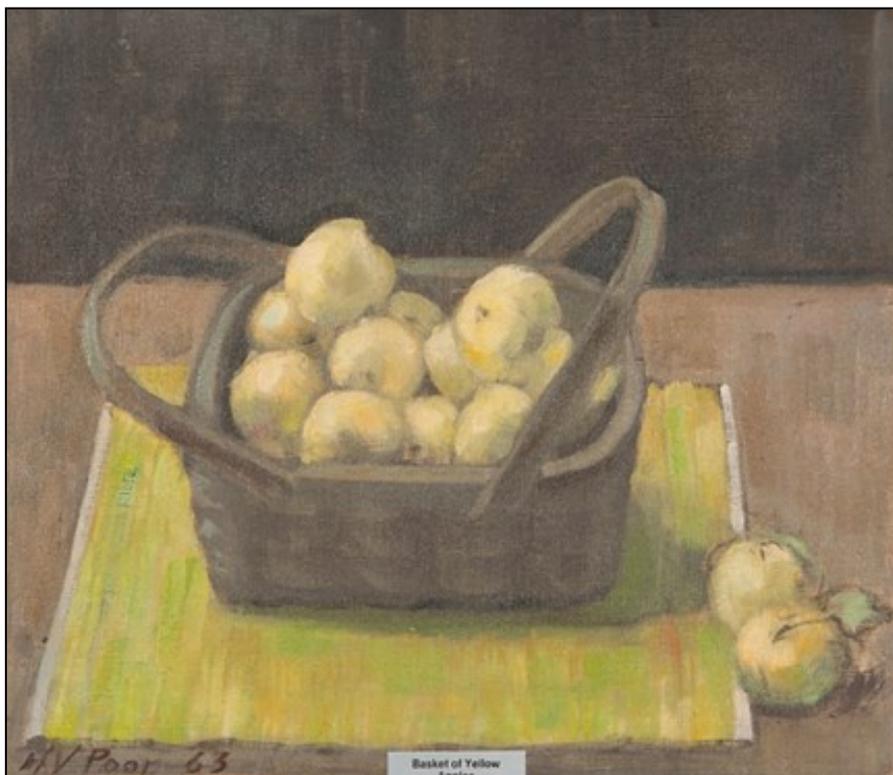
Feelings

U	A	G	A	D	E	S	U	F	N	O	C	P	E
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U	A	B	T	O	U	O	U	G	T	R	A	X	I
O	I	D	E	D	S	I	E	R	E	E	S	N	R
R	D	S	D	T	E	S	P	U	T	R	D	A	D

CONFUSED
 DISAPPOINTED
 HURT
 JEALOUS
 GOOD
 BAD
 ANGRY
 FRIENDLY
 PROUD
 FRUSTRATED
 ANXIOUS
 NERVOUS
 CARING
 HAPPY
 GENEROUS
 BORED
 CALM
 LONELY
 STRONG
 EXCITED
 NICE
 EAGER
 AFRAID
 UPSET

Art Engagement *from the* Beach Museum of Art

Still Life ... A work of art that shows inanimate objects from the natural or fabricated world is called a still life. This genre has been around since ancient Egypt, and the most famous still life paintings are from the Dutch Golden Age (1575-1675). An artist may use this genre to convey mood, improve and display skill, invoke symbolism, or it may be the only things they had available to draw or paint. As you compare these two paintings, what observations do you make regarding mood and skill level? Consider each artist's use of line, shape, form, texture, color, space, light, perspective, and composition. What symbolism do you think of when reflecting on the objects chosen for these compositions?



Henry Varnum Poor (United States, 1888 - 1970)
Basket of Yellow Apples, 1963
Oil on canvas over plywood
KSU, Marianna Kistler Beach Museum of Art, Ninth Biennial Exhibition of Regional Art (1967), gift of the artist, 1967.2



Gustaf Cleyman (Belgium)
Copper Kettle with Apples, 20th century
Oil on canvas
KSU, Marianna Kistler Beach Museum of Art, bequest of Raymond & Melba Budge, 1992.244

RESTAURANT **SPECIALS**

<p>Sunday, Oct. 2</p>	<p>\$14 Lunch Turkey & Dressing Mashed Potatoes & Gravy Green Beans</p>	<p>\$12 Dinner Turkey & Dressing Mashed Potatoes & Gravy Green Beans</p>
<p>Monday, Oct. 3</p>	<p>\$9 Lunch Tamale Pie Chips & Salsa</p>	<p>\$14 Dinner Apple-Stuffed Pork Tenderloin Scalloped Potatoes Apple Slaw Salad</p>
<p>Tuesday, Oct. 4</p>	<p>\$11 Lunch Fish & Chips Coleslaw</p>	<p>\$13 Dinner Beef Enchiladas Mexican Rice Refried Beans</p>
<p>Wednesday, Oct. 5</p>	<p>\$5 Lunch Corndog French Fries</p>	<p>\$14 Dinner Creamy Garlic-Herb Chicken Cheese Ravioli Caesar Side Salad</p>
<p>Thursday, Oct. 6</p>	<p>\$10 Lunch Southwest Chicken Wrap Fruit Salad</p>	<p>\$13 Dinner Salisbury Steak Mashed Potatoes Green Beans</p>
<p>Friday, Oct. 7</p>	<p>\$10 Lunch Pasta Bar</p>	<p>\$13 Dinner Orange Chicken White Rice Snap Peas</p>
<p>Saturday, Oct. 8</p>	<p>\$9 Lunch Polish Hot Dog Calico Beans</p>	<p>\$9 Dinner Ham & Beans Cornbread</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: Chili & Cinnamon Roll, \$5 / \$7

Traditional homemade chili served with a cinnamon roll

FRIDAY

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

Lunch: Quesadilla, \$5 / \$7

Custom-made quesadillas with any 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 Oct. 2 to Oct. 8

Sunday • Oct. 2 *Put your trash at the curb!*

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

Monday • Oct. 3 *Trash & recycling pick-up*

8:30 a.m. ~ IL Resident Council, BR
9:30 a.m. ~ Town Meeting, EC
9:30 a.m. ~ Seated Strength, CR
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ God Talk, KSU CL
1:45 p.m. ~ Parkinson's Voice Class, CR
2:00 p.m. ~ Change & Loss Support Group, FHR
5:30 p.m. ~ Tuttle Creek Supper, BR
7:00 p.m. ~ Community Bingo, CR

Tuesday • Oct. 4

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. ~ 10-Point Pitch, GR
2:00 p.m. ~ Prairie Star Writers Group, PR
2:00 p.m. ~ Music with Barbara Rees, FHR
3:00 p.m. ~ Ambassador Meeting, BR
4:00 p.m. ~ Meadowlark Singers Practice, CR
5:30 p.m. ~ Social Dining, MR
6:30 P.M. ~ UFM Class: Wizard of Oz, CR

Wednesday • Oct. 5

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
2:00 p.m. ~ Farewell Celebration for Patty Brown-Barnett, EC
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-A-Long, EC
5:30 p.m. ~ Men's Social Dining, MR

Thursday • Oct. 6

9:00 a.m. ~ Messenger Team, KSU CL
10:30 a.m. ~ Steady Yourself, CR

Thursday • Oct. 6

11:15 a.m. ~ Chair Yoga, CR
1:00 p.m. ~ Parkinson's Exercise Class, CR
2:00 p.m. ~ Parkinson's Education Group, CR
5:30 p.m. ~ Meadowlark Circle Dinner, MR
6:00 p.m. ~ Dinner with the League, EC

Friday • Oct. 7

9:00 a.m. ~ Prairie Star Menu Suggestion Mtg, BR
9:30 a.m. ~ Seated Strength, CR
10:30 a.m. ~ Weights 101, CR
11:30 a.m. ~ Sit & Be Fit, CR
1:00 p.m. ~ Rock Steady Boxing, BF
3:00 p.m. ~ Catholic Mass, CR
7:00 p.m. ~ Sweet Sounds of Al St. Cyr, CY

Saturday • Oct. 8

6:30 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

Solution from 9/22.

	C	E	N	T	S		S	T	O	A	T			
	A	L	O	H	A		C	A	B	B	A	G	E	
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CHANNEL 1960

Entertainment Guide

Monday, Oct. 3

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, Oct. 4

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

Wednesday, Oct. 5

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, Oct. 6

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

Friday, Oct. 7

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, Oct. 8

9:30 a.m.	Band Bust Exercise Class
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It's a Girl!

Welcome to the world, baby! Congratulations to Bridget Larkin, Social Services Leader, and her husband, Mike, on the birth of their third child. **Nora Lynn Larkin** was born Wednesday, Sept. 21. She weighed 7 pounds, 7 ounces, and measured 20 inches long. Mom, Dad, big brother, and big sister are already in love with their beautiful addition!

"You know what the great thing about babies is? They are like little bundles of hope. Like the future in a basket."

- Lish McBride





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: Oct. 2

SLEEPY HOLLOW (1999) R *for horror, violence, & gore*, 1 hr. 45 min. *Horror, Supernatural, Fantasy*

Cast: Johnny Depp, Christina Ricci, & Miranda Richardson

New York detective Ichabod Crane is sent to Sleepy Hollow to investigate a series of mysterious deaths in which the victims are found beheaded. The locals believe the culprit to be none other than the ghost of the legendary Headless Horseman.

MUSICAL MONDAY: Oct. 3

WIZARD OF OZ (1939) G, 1 hr. 43 min. *Classic, Musical, Family*

Cast: Judy Garland, Frank Morgan, & Ray Bolger

There's no place like home for young Dorothy, who's been swept away from her farm in Kansas to a wonderland of munchkins, flying monkeys, and different-colored horses. She must follow the Yellow Brick Road to the all-knowing Wizard of Oz to find her way home.

TRUE TUESDAY: Oct. 4

ELIZABETH & MARGARET LOVE AND LOYALTY (2020) TV-PG, 1 hr. 30 min. *Investigative*

Cast: Kate Fleetwood

This documentary takes an intimate look at the complex, widely misunderstood relationship between Queen Elizabeth II and her sister, Princess Margaret.

WACKY WEDNESDAY: Oct. 5

MURDER MYSTERY (2019) PG-13, 1 hr. 37 min. *Irreverent, Goofy, Exciting*

Cast: Adam Sandler, Jennifer Aniston, & Luke Evans

On a long-awaited trip to Europe, a New York City cop and his hairdresser wife scramble to solve a baffling murder aboard a billionaire's yacht.

THEATER THURSDAY: Oct. 6

OPERATION MINCEMEAT (2022) PG-13, 2 hr. 7 min. *Suspenseful, Military, Spy*

Cast: Colin Firth, Matthew MacFayden, & Kelly Macdonald

Two British intelligence officers hatch an outlandish scheme to trick the Nazis and alter the course of World War II. Based on a true story of deception.

FUNNY FRIDAY: Oct. 7

PAUL (2011) NR, 1 hr. 44 min. *Comedy, Sci-Fi, Witty*

Cast: Simon Pegg, Nick Frost, & Seth Rogan

Two science-fiction freaks are on a quest to discover what lies at the heart of Nevada's infamous Area 51, and they cross paths with a smart aleck alien on the run from earthly authorities.

RESIDENT REQUEST

SWEET SATURDAY: Oct. 8

THE BRIDGES OF MADISON COUNTY (1995) PG-13, 2 hr. 14 min. *Romantic, Sentimental*

Cast: Clint Eastwood, Meryl Streep, & Annie Corley

A lonely Iowa housewife begins a passionate affair with a National Geographic photographer, who offers her a vision of a different life.