



## Class Collaboration

Meadowlark Special Programs is kicking off 2023 with a new collaboration! The team will offer two classes at Manhattan Senior Center starting next week.

Meadowlark Parkinson's Program and Body First will provide weekly exercises for people affected by Parkinson's disease. Along with proper medication management, exercise is one of the most beneficial things people with Pd can do to decrease symptoms. Each week will feature a variety of exercises to combat Parkinson's symptoms. Fit 2 Fight Pd classes will include strength training, stretching, yoga, boxing, dance, balance, and functional movements. The class will be offered from 1 to 1:45 p.m. every Tuesday at the Senior Center.

Meadowlark Memory Program will provide a monthly opportunity at Manhattan Senior Center to those affected by dementia. Mindful Memories is a session for individuals experiencing memory and cognitive challenges to reminisce, share stories, and participate in a variety of activities to encourage engagement and socialization. The group meets the second Monday of the month from 9:30 to 10:30 a.m.

The monthly session of Mindful Memories occurs at the same time as the Dementia Caregivers Support Group to allow both the individual with dementia and the caregiver to experience support in safe environments.

Manhattan Senior Center, formerly known as Riley County Senior Center, is located at 301 N. 4th Street in Manhattan. The Center's Board of Directors voted in December to accept the name change effective Jan. 1, 2023.

If you have questions about these new opportunities, please contact Michelle or Bridget at (785) 323-3899. A meet-and-greet with program leaders will be at 9 a.m. Monday, Jan. 9, and 12:30 p.m. Tuesday, Jan. 10, at the Senior Center.

## Outdoor Encounters

*submitted by Nathan Bolls*

While mired in the wintry doldrums of the post-holiday season, let's shift gears and take a look at another level of Outdoor Encounters: an international view of Climate Change. I wish to present four **questions** studied by the Food and Agriculture Organization, a division of the United Nations. And four **answers** follow, the learned conclusions from a large international panel of some sixty experts on the subject of climate change. This group reports out about the **probabilities** concerning what we may experience somewhere in the world (or all over the world) between now and 2050. The answers will add a much firmer sense to the dire predictions for our future that we hear bandied about.

I wish to thank Sunny Watts and J.B. Hoover of the ILeap Program for offering the Zoom Seminar that made available to me the report mentioned above.

The plan is, in today's article, to present the four questions and discuss the first question and the experts' conclusions for that question. I will, in the next three monthly Outdoor Encounters articles, present one of the remaining questions and the expert's answers (conclusions) to that question.

All of us know that the weather around our planet has varied over geologic time. But few people have bothered to look seriously at the data present in thousands of years of samples from ice cores and tree growth rings. The fact is, the speed with which our atmosphere has both gained carbon dioxide and warmed up are totally unlike anything shown by ancient data.

Humans are notoriously poor at reacting smartly to a slowly developing crisis. Thus, it

**See OUTDOOR, page 9**

## EVENTS & OPPORTUNITIES

### **Recycling Flower Vases & Pots**

*submitted by Kay Shanks*

Recycling is an ongoing Meadowlark project. If you have one or many vases, straw baskets, or ceramic planter pots that you'd like to stop storing, please call the Hospitality Desk at (785) 323-3847 or call (785) 770-5054 and someone will pick them up at your apartment or cottage.

This offer includes healthcare and assisted living households, also.

A select variety of vases are stored in the cabinet over the sink in the Community Room and in the cupboard above the cubbies nearest to the Courtyard entrance in the Game Room. Please feel free to use them whenever you need a vase.

Recycling is one way we can help.

### **Meadowlark Singers rehearsal**

Meadowlark Singers will resume rehearsals at 4 p.m. Tuesday, Jan. 24. The singers meet in the Community Room.

### **Prairie Star Menu Suggestion Meetings**

*Friday, Jan. 6, 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, Jan. 6, in the Bison Room.

### **Gospel Bluegrass Music Group**

*Friday, Jan. 6, at 7 p.m.*

Meadowlark welcomes back the Gospel Bluegrass Music Group at 7 p.m. Friday, Jan. 6, in the Event Center! If you enjoy a good mix of gospel and bluegrass, then this is the group for you! Performing some original and not-so-original songs, either way, you will be entertained. All are welcome!

### **Sermon Series begins Jan. 8**

*Sunday, Jan. 8, at 10:30 a.m.*

Many of us have just celebrated the birth of Jesus - the Son of God... but who really was this man and why has he had an impact in our world greater than any other?

Join Reverend Melanie Nord as she begins a special sermon series titled, "Who is This Man?" at 10:30 a.m. Sunday, Jan. 8, in the Community

Room/Chapel. The series will examine the teaching of Jesus and their ripple effect into 2023. We'll look closely at Jesus' message on the welfare of children, healthcare and gender.

The series will run through Sundays in January. On Jan. 15 we will observe a Special Martin Luther King Jr. Sunday Worship focused on race to coincide with our series.

### **Town Meeting & WTC updates**

*Monday, Jan. 9, at 9:30 a.m.*

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, Jan. 9, in the Event Center. Hear updates from Lonnie Baker, CEO, and other Meadowlark leaders about the upcoming events and news for our campus, including the cable and internet service transition to WTC. This transition will begin Tuesday, Jan. 10.

You are strongly encouraged to attend Town Meeting to hear news regarding the WTC transition. A representative from WTC will be available following Town Meeting to answer questions regarding the upcoming switch of cable and internet services.

If you are unable to attend Town Meeting, printed agendas will be available for pick up at the Hospitality Desk after the meeting concludes.

### **Hablé Español**

*Monday, Jan. 9, at 4 p.m.*

Hablé Español session at 4 p.m. Monday, Jan. 9, in the Flint Hills Room. Bring your presentation on your favorite New Year's Eve festivities. (Su favorito Neuvo Ano festividades o actividades.) Feliz Ano Nuevo 2023!

### **Ladies Luncheon**

*Thursday, Jan. 12, at 11:30 a.m.*

*submitted by Beth Pannacker*

All Meadowlark ladies, including Passport members, are invited to the January Ladies Luncheon at 11:30 a.m. Thursday, Jan. 12, in the Bison Room at Meadowlark. Beth Pannacker is this month's hostess.

Kansas State University First Lady Sally Linton will be the guest speaker. Mrs. Linton is a certified wine judge, so the group will have wine with lunch.

The group will be served three different wines

## EVENTS & OPPORTUNITIES

during the meal. Mrs. Linton will teach us about each wine as it is served, and we will learn how to evaluate it. The menu will include butternut squash soup served with white wine; seared salmon over mixed greens with artichoke hearts, goat cheese, and cabernet vinaigrette served with red wine; and dark chocolate cheesecake served with a sweet dessert wine.

The cost to attend is \$10 per person. Sign up in the Blue Book at the Hospitality Desk if you plan to attend.

It is an honor to have Mrs. Linton as our speaker and former resident Olivia Collins was instrumental in scheduling her. It is with much sadness we note that Olivia passed away before the event occurred.

### **Dementia Friendly Manhattan meeting**

*Friday, Jan. 13, at 9 a.m.*

There will be a Dementia Friendly Manhattan meeting at 9 a.m. Friday, Jan. 13, in the KSU Classroom. Anyone interested in learning more about Dementia Friendly Manhattan is invited to attend.

### **Music by Dave Zervas**

*Friday, Jan. 13, at 7 p.m.*

Meadowlark is happy to welcome back Dave Zervas! Come out on at 7 p.m. Friday, Jan. 13, in the Event Center. Dave never disappoints with his rock ballads, acoustic songs, and country music. Don't miss this fun entertainment!

### **Kitchen Restore Drive, Jan. 17**

*Tuesday, Jan. 17, at 10 a.m.*

Ready, set, donate! Kitchen Restore is a local outreach program that provides starter household kits containing gently used or new household kitchen tools and equipment to families and individuals in need. Meadowlark Ambassadors will be hosting a household needs drive to help support this program.

Donate between 10 a.m. and 1 p.m. Tuesday, Jan. 17, in the Flint Hills Room. Please consider donating your gently used or new kitchen items to this community donation initiative! Items such as measuring spoons, cups, mixing bowls, baking dishes, cookie sheets, plates, utensils, glasses, and mugs, are all items that will be accepted.

Please contact the Hospitality Desk in advance at (785) 323-3847 to sign up for donation pick-up. If you can drop off donations yourself, please do! For a complete list of accepted items, please contact Jana at (785) 323-3890, or by email at [jarmfield@meadowlark.org](mailto:jarmfield@meadowlark.org).

### **Magician Jack Reid**

*Friday, Jan. 20, at 7 p.m.*

Meadowlark is excited to host the Manhattan Magician, Jack Reid! From mind reading and crafty card tricks to potential friendly pickpocketing, this is a fun experience you won't want to miss.

The 25-year-old local began doing magic professionally about six years ago, deciding to pursue his passion for magic rather than take a college route. You are in for a treat, so come to the show at 7 p.m. Friday, Jan. 20, in the Event Center.

### **Ed Skidmore 90th Birthday Party**

*Saturday, Jan. 21, at 2 p.m.*

You're invited to Ed Skidmore's 90th birthday celebration! Join the Skidmore family between 2 and 4 p.m. Saturday, Jan. 21, in the Community Room. To RSVP, please e-mail [alanskidmore247@gmail.com](mailto:alanskidmore247@gmail.com).

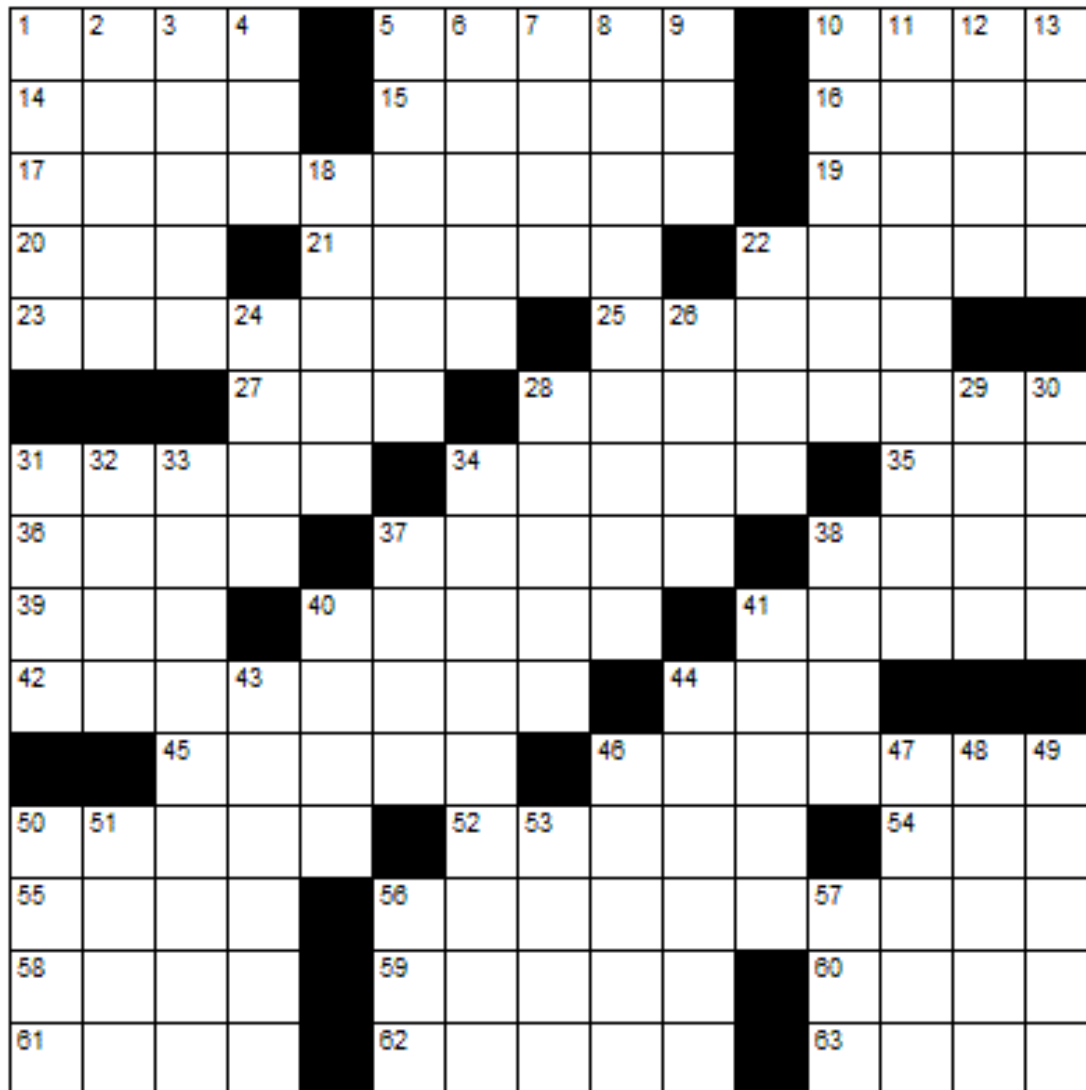
### **Happy Birthday, Orlan!**

Orlan Buller recently celebrated his 95th birthday with friends and neighbors.

*Photo submitted by Karen Matthews.*



# Work That Brain!



## ACROSS

1. Wall upright
5. Milker's seat
10. Formal dance
14. Sea eagle
15. Transitional state
16. A Great Lake
17. Jungle trees
19. Think or believe (archaic)
20. Big fuss
21. Occurrence
22. Get to one's feet
23. Focused on (Br. sp.)
25. Pale
27. Hotel
28. Flagellates
31. Sleighs
34. A fruit of the gourd family
35. Frozen water
36. Small
37. Safe place
38. One single time
39. Large flightless bird
40. Goes ballistic
41. Striped wild cat
42. Pear-shaped instrument
44. Snake-like fish
45. Digital compression device
46. Appeals to God
50. Instant
52. Detest
54. Morsel
55. Marinate
56. Heliotrope
58. Toy with a tail
59. Companionless
60. Seaweed
61. Sleigh
62. Funeral piles
63. Luxuriate

## DOWN

- |                          |                         |                           |
|--------------------------|-------------------------|---------------------------|
| 1. Glacial ice formation | 18. Flowerless plants   | 40. Was a passenger       |
| 2. Exchange              | 22. Blackball           | 41. Rips                  |
| 3. Labor organization    | 24. Neat                | 43. Wharfed               |
| 4. Lair                  | 26. Any time now        | 44. Wears away            |
| 5. Being untidy          | 28. One more than six   | 46. Call                  |
| 6. Weary                 | 29. Behold, in old Rome | 47. Deadly virus          |
| 7. Portent               | 30. Fortune teller      | 48. Finger jewelry        |
| 8. Obstructions          | 31. Flower stalk        | 49. Hearty entree         |
| 9. Fate                  | 32. Capital of Peru     | 50. Sounds of disapproval |
| 10. Not worse            | 33. State clearly       | 51. Aggravate             |
| 11. Organizing           | 34. Supernaturally      | 53. Rude person           |
| 12. King of the jungle   | 37. Healthy             | 56. A roll of soft bread  |
| 13. Bawdy                | 38. Greasy              | 57. Bar bill              |

## 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?

See page 8 for artist information.



Notes ...

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# RESTAURANT **SPECIALS**

<p><b>Sunday, Jan. 8</b></p>	<p>Lunch \$14 Fried Chicken Mashed Potatoes &amp; Gravy Fresh Green Beans</p>	<p>Dinner \$14 BBQ Meatballs Scalloped Potatoes Roasted Broccoli</p>
<p><b>Monday, Jan. 9</b></p>	<p>\$11 Lunch French Dip Sandwich Garlic Parmesan Fries</p>	<p>\$13 Dinner Smothered Pork Chop <i>with Mushroom-Onion Gravy</i> Mashed Potatoes Honey Carrots</p>
<p><b>Tuesday, Jan. 10</b></p>	<p>\$10 Lunch Honey-Dijon Chicken Sandwich Waldorf Salad</p>	<p>\$13 Dinner Beef &amp; Italian Sausage Lasagna Garlic Toast Asparagus</p>
<p><b>Wednesday, Jan. 11</b></p>	<p>\$10 Lunch Meatloaf Sandwich Pub Chips</p>	<p>\$13 Dinner Chicken Cordon Bleu Rice Pilaf Roasted Broccoli</p>
<p><b>Thursday, Jan. 12</b></p>	<p>\$8 Lunch Hot Ham &amp; Cheese Tomato Soup</p>	<p>\$15 Dinner Penne in Sherry Garlic Sauce <i>with chicken, shrimp, mushrooms, spinach &amp; sundried tomatoes</i> Garlic Bread</p>
<p><b>Friday, Jan. 13</b></p>	<p>\$10 Lunch Baked Potato Bar</p>	<p>\$16 Lunch Braised Short Ribs Loaded Mashed Potatoes Fresh Green Beans</p>
<p><b>Saturday, Jan. 14</b></p>	<p>\$11 Lunch Pulled Pork Sandwich Pickle Spear Coleslaw</p>	<p>\$10 Dinner Boneless Wings French Fries</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 *Jan. 8 to Jan. 13*

**Sunday • Jan. 8** *Put your trash at the curb!*  
 10:30 a.m. ~ Worship Service, CR  
 10:30 a.m. ~ Transportation to FUMC, VE

**Monday • Jan. 9** *Trash pick-up*  
 8:30 a.m. ~ IL Resident Council, BR  
 9:30 a.m. ~ Town Meeting, EC  
 9:30 a.m. ~ Seated Strength, CR  
 9:30 a.m. ~ Mindful Memories, **MSC**  
 10:30 a.m. ~ Weights 101, CR  
 11:30 a.m. ~ Sit & Be Fit, CR  
 11:30 a.m. ~ Meadowlark Valley Luncheon, MR  
 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  
 4:00 p.m. ~ Hablé Español, FHR  
 5:30 p.m. ~ Tuttle Creek Dinner, BR  
 7:00 p.m. ~ Community Bingo, CR

**Tuesday • Jan. 10**  
 7:00 a.m. ~ Rock Steady Boxing, **BF**  
 10:00 a.m. ~ Memory Activities Class, KSU CL  
 10:30 a.m. ~ Steady Yourself, CR  
 11:00 a.m. ~ Memory Act. Book Club, KSU CL  
 11:15 a.m. ~ Chair Yoga, CR  
 12:00 p.m. ~ 4th Floor Luncheon, MR  
 12:05 p.m. ~ Mat Yoga, CR  
 1:00 p.m. ~ Fit 2 Fight Pd, **MSC**  
 2:00 p.m. ~ 10-Point Pitch, GR  
 3:00 p.m. ~ Coffee Corner, EC

**Wednesday • Jan. 11**  
 9:30 a.m. ~ Seated Strength, CR  
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE  
 10:00 a.m. ~ Memory Care Partners Support 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  
 12:30 p.m. ~ Associated Audiologist, FHR  
*Audiologist visits are by appointment only.*  
 3:00 p.m. ~ Rock Steady Boxing, CR  
 3:00 p.m. ~ Sing-A-Long, CR  
 5:30 p.m. ~ Eastside Supper, MR

**Thursday • Jan. 12**  
 9:00 a.m. ~ Messenger Team, KSU CL  
 10:30 a.m. ~ Steady Yourself, CR  
 11:15 a.m. ~ Chair Yoga, CR

**Thursday • Jan. 12**  
 11:30 a.m. ~ Meadowlark Ladies Luncheon, EC  
 12:05 p.m. ~ Mat Yoga, CR  
 1:00 p.m. ~ Parkinson's Exercise Class, CR  
 2:00 p.m. ~ Parkinson's Care Partners Support Group, FHR

**Friday • Jan. 13**  
 9:00 a.m. ~ Dementia Friendly Manhattan, KSU CL  
 9:30 a.m. ~ Outdoor Committee, FHR  
 9:30 a.m. ~ Seated Strength, CR  
 10:30 a.m. ~ Weights 101, CR  
 11:30 a.m. ~ Sit & Be Fit, CR  
 1:00 p.m. ~ Rock Steady Boxing, **BF**  
 7:00 p.m. ~ Music by Dave Zerfas, EC

## Room Abbreviations

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



**Forget those New Year's resolutions and order dessert!**

John Gasser is now whipping up handmade desserts as the Pastry Chef at Prairie Star Restaurant.

*Check with a restaurant server for the daily dessert menu.*

**Artist info from page 5.**

William Meade Prince (United States, 1893 - 1951)

*Illustration for "The Killer," by Lowell Otus Reese, The Saturday Evening Post, September 10, 1921*

Oil on canvas

KSU, Marianna Kistler Beach Museum of Art, gift of Peggy L. Sondergard & Samuel H. Logan, 2021.16





# CHANNEL 1960 Entertainment Guide

## Monday, Jan. 9

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, Jan. 10

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

## Wednesday, Jan. 11

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, Jan. 12

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

## Friday, Jan. 13

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, Jan. 14

9:30 a.m.	Band Bust Exercise Class
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### OUTDOOR, from page 1

is far past time for us—and other industrialized countries circling the globe north of the equator—to admit that our actions have brought the problem onto ourselves. The whole world knows that the USA ranks high on the list of worst polluters, a fact we need to accept emotionally. After all, we already are seeing some effects of climate change (e.g., more frequent and more severe storms and droughts). Things will get worse; probably much worse!

Here are the questions alluded to above: what **do we know** about the **future of air quality**; what **do we know** about the **future of sea levels**; what **do we know** about the **future of storms**; and what **do we know** about the **future of food**?

The question for today is: **What do we know about the future of air quality?**

The investigators formulated the following four scenarios:

1. Air quality will not change much.
2. One or two weeks per year we will need to be careful about physical activity outside. Old and sick people should stay inside.
3. Everyone will need to stay inside 1-2 weeks per year due to poor air quality.
4. More than one month each year we will not

be able to see clearly for more than some 25 yards in the distance, and even healthy people can only go outside for short periods of time **with masks** during that month

Here are the probabilities of climate change reaching each of the four levels: Number 1 – 0%; Number 2, 20 – 40%; Number 3, 30 – 50%; Number 4, 30 – 50%.

The experts considered number 3 to be most likely, with number 4 almost as likely. Climate change will affect air quality in numerous ways, including more forest fires which will result in increased smoke and particulates in the air, increased pollen counts from local trees, increased surface levels of ozone, and increased stagnation levels which slow air movement, thus allowing pollutants to build up, worsening their impact.

The most impacted by air quality will be the poorest folks, because they are less likely to be able to control their environment by such as living in a tight house with good air filters; they may have to use public transportation, thus have more exposure; or they may have an outside job.

But we must not feel too safe and secure; 50% also means that we have a chance of 1 out of two that that option will develop. Those are not good odds.



## 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: Jan. 8

**LIKE MIKE** (2002) PG, 1 hr. 40 min. *Sports, Family, Comedy*

Cast: Lil Bow Wow, Morris Chestnut, & Jonathan Lipnicki

When a hoops-loving fourteen-year-old with a dream to play in the NBA finds a mysterious pair of old sneakers, he makes the leap from playground hijinks to stardom.

### MOB MONDAY: Jan. 9

RESIDENT REQUEST

**THE GODFATHER** (1972) R for violence, language, & sexuality, 2 hr. 57 min. *Classic, Drama, Crime*

Cast: Marlon Brando, Al Pacino, & James Caan

When organized-crime family patriarch Vito Corleone barely survives an attempt on his life, his youngest son steps in to take care of the would-be killers, launching a campaign of bloody revenge.

### TRUE TUESDAY: Jan. 10

**JIM & ANDY: THE GREAT BEYOND** (2017) TV-MA, 1 hr. 33 min. *Offbeat, Intimate, Biographical*

Cast: Jim Carrey

Through the lens of his stunningly immersive performance as Andy Kaufman, Jim Carrey ponders the meaning of life, reality, identity, and career.

### WESTERN WEDNESDAY: Jan. 11

**IN A VALLEY OF VIOLENCE** (2016) R for violence & language, 1 hr. 43 min. *Western, Violent*

Cast: Ethan Hawke, John Travolta, & Taissa Farmiga

After a quiet drifter is met with violence and bullying in a small town, he finds himself enmeshed in a vengeful struggle with the local marshal.

### THEATER THURSDAY: Jan. 12

RESIDENT REQUEST

**WHERE THE CRAWDADS SING** (2022) PG-13, 2 hr. 5 min. *Mystery, Emotional, Romantic*

Cast: Daisy Edgar-Jones, Taylor John Smith, & Harris Dickinson

A woman who grew up alone in the wild North Carolina marshes becomes a suspect in the murder of a well-to-do young man from the nearby town.

### FUNNY FRIDAY: Jan. 13

**FREAKY FRIDAY** (1977) G, 1 hr. 38 min. *Comedy, Family, Fantasy*

Cast: Barbara Harris, Jodie Foster, & John Astin

On Friday the 13th, a girl switches bodies with her straitlaced mother and finds herself responsible for running the entire household. In turn, Mom now faces the daunting challenges of school, typing tests, field hockey, and much, much more!

### SWEET SATURDAY: Jan. 14

**THE BAD GUYS** (2022) PG, 1 hr. 40 min. *Family, Comedy, Action*

Cast: Sam Rockwell, Marc Maron, & Awkwafina

After a heist gone wrong, a wily wolf and his infamous crew of animal accomplices agree to become model citizens—or at least try to.