



File picture from the 2022 Memory Matters Symposium. More than 100 people attended the event last March.

Memory Matters Symposium

by Bridget Larkin, Social Services Leader

This year's Memory Matters Symposium begins at 5 p.m. Thursday, March 30, in Prairie Star's Event Center at Meadowlark. The annual event will feature two keynote speakers: Dr. Ryan Townley with KU Alzheimer's Disease Center and Aimee Fox, Ph.D. Fox is an assistant professor with the K-State Center on Aging. The evening will start with time to socialize, eat brain-healthy refreshments, and learn about Meadowlark Memory Program. Dr. Townley will present virtually at 5:30 p.m. followed by a short break. Fox will attend in-person and she will speak at 6:45 p.m. The event is free and reservations are not required. Attending by Zoom is an option for those unable to be at Meadowlark.

Since its inception, the symposium has been a popular event for individuals affected by dementia, as well as community members interested in learning

more about current research and strategies for living well with the disease. Close to 100 attendees joined us for the symposium last year, and we expect a large turnout again this year. Meadowlark Memory Program leadership believes it is important to give individuals in the Flint Hills Region the opportunity to hear about the latest advancements in dementia research and treatment from leading professionals in the field.

Meadowlark Memory Program is designed to help those dealing with memory and cognitive changes, as well as their caregivers. This program is open to anyone affected by memory and/or cognitive changes in the Flint Hills Region. All classes and groups are free of charge. Please contact Michelle Haub or Bridget Larkin to learn more: mhaub@meadowlark.org or (785) 323-3899.

EVENTS & OPPORTUNITIES

Schedule changes for week of March 13

Please see below for program changes for the week of March 13.

- ~ Parkinson's Voice Class will not meet Monday, March 13.
- ~ Mat Yoga will not meet Tuesday, March 14.
- ~ Rock Steady Boxing will not meet at Meadowlark on Wednesday, March 15.
- ~ Rock Steady Boxing will meet at 3 p.m. Wednesday, March 15, at Body First.
- ~ Rock Steady Boxing will not meet Friday, March 17.

Volunteer Opportunity: Special Olympics

Over spring break, Special Olympics is hosting a massive basketball tournament in Manhattan, attracting more than 70 teams and 750 athletes. The tournament is split between the Anthony and Eisenhower rec centers for two full days, Friday, March 17, and Saturday, March 18.

Many volunteers are needed to pull off this big event. To volunteer, visit soks.org/volunteer. Scroll down to a big red box that says *Click here for upcoming volunteer opportunities*. The first box is for Hays. Go to the second box which says "2023 basketball and cheerleading, Manhattan."

Heartstrings Band

Friday, March 10, at 7 p.m.

Meadowlark welcomes back the Heartstrings Band at 7 p.m. Friday, March 10, in the Event Center! Joe and Kathy Hopeck are a husband-wife duo who have been performing in the Topeka, Kansas City, Manhattan, and Wichita areas for more than 10 years. They play a variety of songs from the 1950s, '60s, and '70s, including favorites from the Beatles, Elvis, Eagles, Jimmy Buffet, and many other artists. They provide a wonderful listening experience, and if you love to dance, Heartstrings is for you.

Worship Service

Sunday, March 12, at 10:30 a.m.

Join Rev. Jim Reed for worship at 10:30 a.m. Sunday, March 12, in the Community Room/Chapel. As we await Easter, we're reminded of the amazing grace of God and the power it has in our daily lives. This Sunday, the message will be "At a Samaritan Well."

Hablé Español

Monday, March 13, at 4 p.m.

Hablé Español clase se reunirá Lunes 13 de Marzo en la tarde a las 4.

La Team para su presentación: Su comida favorito. Si tienes unas recetas traígalos a la clase.

Vamos a hacer un Proyecto para tener una comida en el restaurante. Guízas para la clase en el 27 de Marzo.

Nos vemos en el 13 de Marzo!

FUMC Communion

Wednesday, March 15, at 9:30 a.m.

Join Pastor Barry Dundas from First United Methodist Church at 9:30 a.m. Wednesday, March 15, in the Bison Room to receive communion. The opportunity is open to anyone wanting to invite Christ into his or her heart.

UFM Education in March

Decade of the 1940s

Wednesday, March 15, at 6:30 p.m.

UFM Lifetime Learning presents *The Decade of the 1940s: America at War and Winning the Peace* taught by Dr. Robert Smith, Director of the Fort Riley Museums Complex. This three-session course will begin at Wednesday, March 15, from 6:30 to 8 p.m. in the Community Room. The second and third sessions will meet March 22 and March 29.

The first session will focus on America's plans to prepare for war and examine such topics as the expansion of the U.S. Military, the Lend-Lease Program, and the nation's gearing for wartime economy.

History of the History Keepers

Thursday, March 16, at 6:30 p.m.

UFM Lifetime Learning presents *History of the History Keepers* from 6:30 to 8 p.m. Thursday, March 16, in the Community Room.

In the world of museums, we often forget that those who preserve our heritage are at the same time, making their own history. The Riley County Historical Society and Museum have more than a century's worth of their own unique history which started with their incorporation in 1914. Learn about the last 108 years of the society's legacy,

EVENTS & OPPORTUNITIES

their involvement in the community, their contributions, their mission, and their path forward as Katharine Hensler, the new museum director, takes you on a trip through the past.

Enrollment is now open for *Decade of the 1940s* and *History of the History Keepers* and can be completed by calling (785) 539-8763. 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.

Technology Help Drop-In

Thursday, March 16, at 9 a.m.

Are you new to technology or need answers to existing computer questions? Wandeen Rivers from the Manhattan Public Library offers one-on-one help with tablets, laptops, and mobile phones every third Thursday from 9 to 11 a.m. in the Flint Hills Room. Registration is not required to attend.

Card Making with Michelle Lehmer

Thursday, March 16, at 2:30 p.m.

The next Card Making with Michelle Lehmer class will occur on Thursday, March 16, at 2:30 p.m. in the Flint Hills Room.

Spring Flowers

Friday, March 17, at 7 p.m.

Are you ready for a breath of spring? If so, mark your calendar for Friday, March 17, at 7 p.m. in the Community Room to see photos of wildflowers native to this area and a few bugs. This program, sponsored by the Outdoor Committee, is presented by Valarie Wright, past director of the Konza Prairie's docent program.

Shopping at Hobby Lobby & Dollar Tree

Saturday, March 18, at 10:30 a.m.

The next scheduled trip is Saturday, March 18, with transportation going to Hobby Lobby and Dollar Tree East. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

Next month's trip will travel to Target and Dollar Tree West on Saturday, April 15. Please sign up in

the Blue Book to participate in these opportunities.

Meadowlark Page Turners Book Club

Wednesday, March 22, at 11:30 a.m.

Meadowlark Special Programs is working with Resident Services Leader, Monte Spiller, to facilitate a book club. We invite all to participate in this bi-monthly gathering to socialize, engage, and discuss a popular book that became a movie. We are reading *Where the Crawdads Sing* by Delia Owens.

The movie will be shown in Grosh Cinema at 1 p.m., 4 p.m., and 7 p.m. Tuesday, March 21. After watching the movie in the cinema, we will talk about the differences between the book and the movie during our regularly scheduled meeting at 11:30 a.m. Wednesday, March 22, in the Patriot Room. Whether you have completed the book or not, please join us for discussion and food that is featured in the book. For questions contact Michelle, Bridget, or Monte. If you need assistance obtaining a book, please contact Monte.

Artist Discussion with the Beach

Wednesday, March 22, at 4 p.m.

Join Kim Richards from Beach Museum of Art for "Judith Leyster: A Painter Erased from History," at 4 p.m. Wednesday, March 22, in the Bison Room. The search for women artists in art history uncovered Judith Leyster painting during the Dutch Golden Age. We will explore her rich oil paintings and come to understand how her work remained unattributed to her.

Yellow Brick Rock Band

Friday, March 24, at 7 p.m.

We are excited to welcome Yellow Brick Rock Band for the first time at 7 p.m. Friday, March 24, in Prairie Star's Event Center. The band is a combined youth/instructor band that performs live music for the community and local events, allowing youth music students live performance opportunities.

The Flint Hills Academy started Yellow Brick Rock Band in 2019 with four members. The band has now grown to seven members. The band members include 15-year-old vocalist Abi Shearer of Council Grove and 13-year-old guitarist Keeley McJunkin

See EVENTS, page 4

EASTER BUFFET

April 9th 11:00-1:30

Meadowlark Event Center \$27⁰⁰+TAX

HOT

Carved Prime Rib
Omelet Bar
Sole in Dill Sauce
Shrimp Etouffee
Beef Stroganoff
Chicken Drumsticks
Chicken Rigatoni with Prosciutto
Scalloped Potatoes
Buttered Noodles
Wild Rice
Buttered Carrots
Green Beans
Assorted Bread Display

COLD

Poached Salmon
Salad Waterfall
Fruit Display
Raspberry Marinated Asparagus
Jell-o Molds
Deviled Eggs
Seafood Salad
Chicken Salad
Cucumbers, Red Onions and Peppers
Cheese & Meat Tray
Ambrosia
Pasta Salad
Waldorf Salad

DESSERT

Chocolate Cheesecake	German Chocolate Cake
Carrot Cake	Strawberry Pie
Mixed Berry Cobbler	Coconut Cream Pies
Tiramisu	Cherry Pie
Lemon Meringue Pie	Brownie Pie
Coca-Cola Cake	Apple Cheddar Pie

RESERVE YOUR SPOT AT PRAIRIE STAR



PRAIRIE STAR
Dine • Drink • Gather

EVENTS, from page 3

from Wamego. The instructors in the band are Ryan Rouke, Brandon Collins, Daryl Mastune, Alan Bell, and Andrew Bell. The group covers songs from all genres, providing an eclectic mix of music for all to enjoy. All are welcome!

K-State Clarinet Concert

Wednesday, March 29, at 7:30 p.m.

Meadowlark is in for a mid-week treat! We are excited to welcome the K-State Clarinet Studio group at 7:30 p.m. Wednesday, March 29, in Prairie Star's Event Center. The philosophy of the clarinet studio is to strike a balance between creating a competitive environment with high standards of performance and maintaining a friendly and supportive atmosphere between all students.

Pig Out for Parkinson's

Thursday, April 20, from 11 a.m. to 10 p.m.

Mark your calendar for the 13th annual Pig Out for Parkinson's! Pig Out is set for Thursday, April 20, at Rockin K's restaurant. The event, presented by CenterPointe Physicians, features food specials, music from DJ Dan, and appearances by K-State celebrities, including former K-State Football Coach Bill Snyder. There also will be opportunities to learn about Meadowlark Parkinson's Program resources and treatment for Parkinson's disease (Pd) from team members and vendors.

Pig Out for Parkinson's happens every April in conjunction with Parkinson's Disease Awareness Month. The goal of the event is to educate the community about Pd and opportunities offered by Meadowlark Parkinson's Program. All the activities offered by the program are free of charge thanks to the generosity of program participants, local businesses, and community members. Attending Pig Out for Parkinson's is one opportunity to show support, as 10 percent of Rockin K's sales for the day benefit Meadowlark Parkinson's Program. In addition to eating in person, residents are welcome to place to-go orders by completing forms that will be available with a future edition of the Messenger or at the Hospitality desk.

Please contact Michelle Haub at mhaub@meadowlark.org or (785) 323-3899 to learn more.

Severe Weather Season: What To Do

With a thunderstorm or tornado in the forecast, do Meadowlark residents know how to respond? Here are some definitions to remember and procedures to follow when a thunderstorm or tornado is in the forecast.

Thunderstorms

Thunderstorm watch — No actual storm exists, but conditions make a dangerous storm likely.

Thunderstorm warning — High winds and dangerous hail are in the area, with the possibility for major damage.

Procedure for all residents during a thunderstorm watch or warning: Stay indoors until severe weather passes. Stay away from windows, if there are high winds or hail. Turn on a weather radio if you have one.

Tornado

Tornado watch — No actual tornado exists, but weather conditions make severe thunderstorms likely, with the possibility of creating a tornado.

Tornado warning — A funnel cloud has been spotted or an actual tornado is on the ground. Take cover immediately.

Procedures for weathering a tornado differ, depending on the location of one's home at Meadowlark. All independent living residents should go into a building immediately. Do not use an elevator.

Residents in a **West Tower apartment** should take stairs to the first floor and sit out the storm on the first floor near Prairie Star Restaurant. If you cannot get to the first floor, go to the center hallway of the 2nd, 3rd, 4th, or 5th floor. If you cannot get to these locations, stay in

your apartment with the door to the hallway closed. Proceed to a bathroom and close the door.

Residents in an **East Village apartment** should sit out the storm in the first floor hallway near Prairie Star Restaurant or walk to the 2nd or 3rd floor hallway of the West Tower. Do not take the stairs.

If an **East Village** resident is unable to walk to any of these locations, stay in the apartment in a bathroom with the door closed.

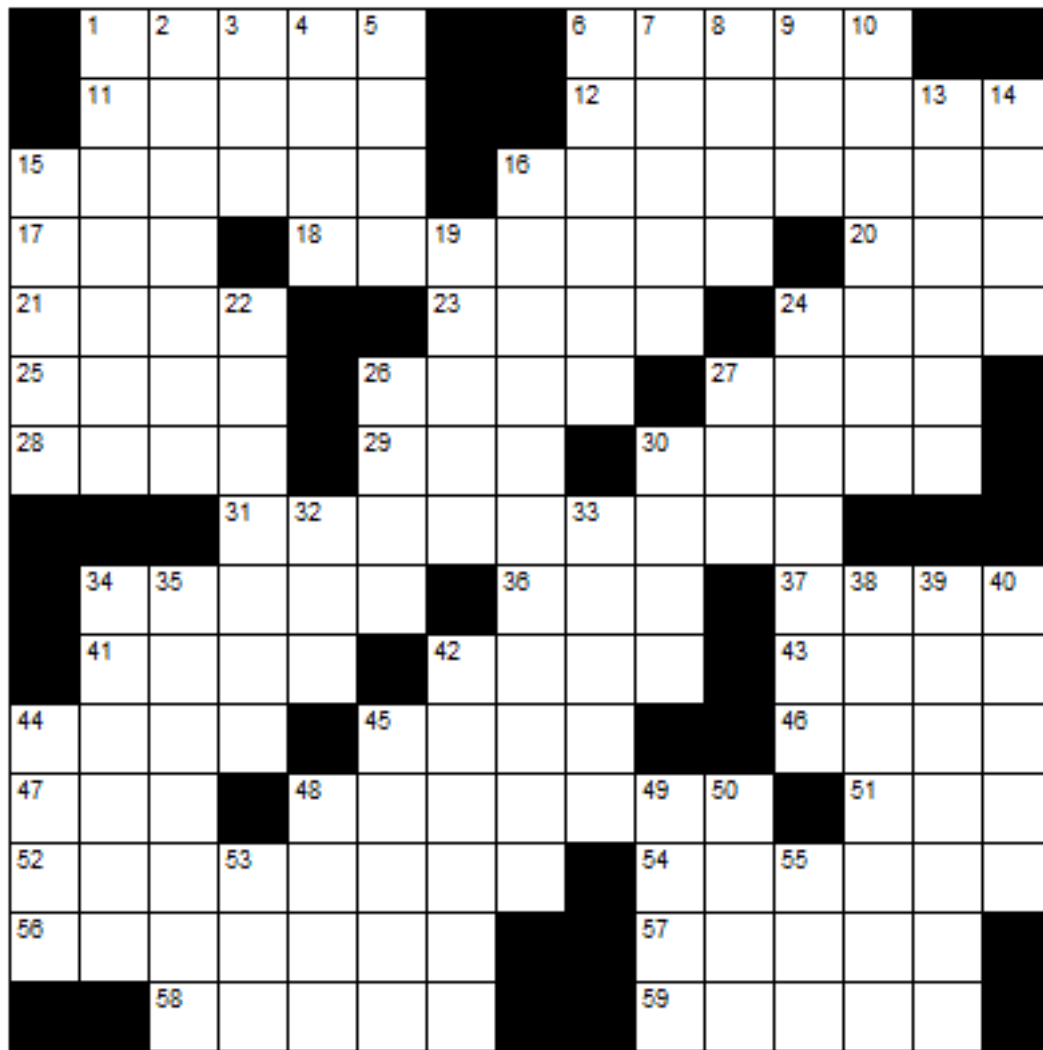
Both **East and West Village** residents should wait for an "all clear" to be given before returning to their apartments.

Residents in a **cottage or garden apartment** should not try to reach the Community Center. Stay in your home and close doors and curtains.

If you live in a **garden apartment or classic cottage**, proceed to a room that does not have an exterior wall, such as a bathroom or hallway. If you live in a **Prairie Crest cottage** and have a safe room, proceed to the safe room and turn on a weather radio. Listen for the "all clear" announcement.

For details related to your location, consult the Resident Handbook. During a storm situation, anyone who has a weather radio or regular radio should keep it on. Residents also are invited to turn their TVs to a local station for weather updates.

Work That Brain!



ACROSS

1. Mud volcano
6. Contemptuous look
11. Threesome
12. Bouquet
15. Fable
16. Try out for a role
17. Large flightless bird
18. Stand-ins for actors
20. Unhappy
21. Dogfish
23. Dots on dice
24. Mental keenness
25. Dispatch
26. Scheme
27. Accomplished
28. Border
29. 18-wheeler
30. Upswell
31. Defender
34. Group of eight
36. Modern
37. False god
41. Inner surface of the hand
42. Harvest
43. Roof overhang
44. Declare untrue
45. Throw
46. Remnant
47. Hotel
48. Forbearing
51. Malayan isthmus
52. Snobs
54. Tough going
56. Nerve junction
57. Existence
58. Color of most grasses
59. Perception

DOWN

- | | | |
|-----------------------------|----------------------------|----------------------|
| 1. Arose (from) | 14. Stops | 35. Preserving food |
| 2. Bickering | 15. Rent | 38. Dims |
| 3. Falsehood | 16. Spontaneous | 39. Extra |
| 4. Found on most beaches | 19. Illuminated from below | 40. Lawful |
| 5. Poi source | 22. Proficiently | 42. Damaged by decay |
| 6. Carve | 24. Apprehensive | 44. Perishes |
| 7. Connecting points | 26. Goad | 45. Thigh armor |
| 8. Greek goddess of discord | 27. Twosome | 48. Tube |
| 9. Estimated (abbrev.) | 30. Cease | 49. Heads |
| 10. Elevating | 32. Butt | 50. Tall woody plant |
| 13. A small chin beard | 33. Stop | 53. Driveway surface |
| | 34. Candidly | 55. Cacophony |

Art Engagement *from the Beach Museum of Art*

What is going on? Let's do some slow and careful looking.
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.
What do you see that gives you these ideas?
See page 11 for artist credits.



LEADER OF THE PACK

Meadowlark's Leader of the Pack for March is Linda Montgomery, a social worker at Meadowlark! Linda goes above and beyond to help ensure residents' psychosocial needs are met. Her warm and caring nature helps residents and their families feel comfortable during challenging situations. Linda is excellent at helping connect residents to needed resources and often takes the extra step of initiating referrals or accompanying residents to appointments. Linda facilitates Change and Loss Support Group and Memory Café. We are so lucky to have Linda as a member of the Meadowlark team!

RESTAURANT **SPECIALS**

<p>Sunday, March 12</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>Dinner \$14 Homemade Chicken Tenders Herb-Roasted Potatoes Honey-Garlic Carrots</p>
<p>Monday, March 13</p>	<p>\$10 Lunch Egg Salad Sandwich <i>served on a Croissant</i> Fruit Salad</p>	<p>\$13 Dinner Carnitas Tacos Cilantro Lime Rice Black Beans</p>
<p>Tuesday, March 14</p>	<p>\$10 Lunch Spiedie Sandwich <i>marinated meat cut into cubes</i> <i>served on a long bread roll</i> Potato Soup</p>	<p>\$14 Dinner Chicken Cacciatore Spaghetti Caesar Side Salad</p>
<p>Wednesday, March 15</p>	<p>\$11 Lunch Supreme Stromboli Zucchini Fries</p>	<p>\$14 Dinner Grilled Pesto Shrimp Couscous Squash Medley</p>
<p>Thursday, March 16</p>	<p>\$10 Lunch March Madness Pizza Bar</p>	<p>\$15 Dinner Fried Catfish Cornbread Pudding Coleslaw</p>
<p>Friday, March 17</p>	<p>\$11 Lunch Potato Bar</p>	<p>\$18 Dinner Corned Beef & Cabbage Boiled Potatoes Irish Trifle</p>
<p>Saturday, March 18</p>	<p>\$10 Lunch Beef Stew <i>served in a Bread Bowl</i> Asparagus Fries</p>	<p>\$15 Dinner Chicken Fried Steak Mashed Potatoes & Gravy Corn</p>

BREAKFAST MENU

Breakfast service, featuring specials and a regular menus, available in Prairie Star Restaurant from 7 to 11 a.m.

Daily Specials

Monday

Biscuits & Gravy
\$2.50 / \$4.50

Tuesday

Breakfast Pizza, \$5.50

Wednesday

French Toast, \$4

Thursday

Biscuits & Gravy
\$2.50 / \$4.50

Friday

Pancake Stack, \$4

Friday

Monte Cristo with
Hashbrowns, \$8

Breakfast Burrito, \$7

flour tortilla stuffed with scrambled eggs and your choice of add-ins

Omelet, \$6

three-egg omelet made with your choice of add-ins

Egg Scramble, \$6

three eggs scrambled with your choice of add-ins

Breakfast Sandwich*, \$5

egg your way with bacon, sausage or ham served with cheese on
toasted white, wheat, or English muffin

Classic Breakfast*, \$6.50

two eggs served your way with bacon or sausage, and two slices of
toast

Belgian Breakfast*, \$8.50

two Belgian waffles, two eggs your way with bacon or sausage

All menu items listed above served with hashbrowns or fresh fruit.

GROCERY STORE

The following items are available for purchase at the Hospitality Desk. Charges for these items can be added to resident accounts and billed through resident meal plans. **Orange juice, bread, milk, and eggs** are available for purchase through Prairie Star Restaurant. The Hospitality team members can assist residents with on-line grocery orders through Hy-Vee, which will be delivered directly to the cottage or apartment. A minimum spend of \$24.95 is required for Hy-Vee grocery delivery, and residents will need to use their personal credit card.

◇ Acetaminophen

◇ Anti-Diarrheal

◇ Aspirin

◇ Cheerios

◇ Chips Ahoy

◇ Cough Drops

◇ Folgers Coffee

◇ Ibuprofen

◇ Puffs Facial Tissue

◇ Listerine

◇ Meadowlark Honey

◇ Napkins

◇ Oreos

◇ Paper Towels

◇ Raisin Bran

◇ Toilet Paper

◇ Toothpaste

◇ Tums

Weekly Opportunities Calendar March 12 to March 18

Sunday • March 12 *Put your trash at the curb!*
 10:30 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE

Monday • March 13 *Trash pick-up*
 9:30 a.m. ~ Mindful Memories, **MSC**
 9:30 a.m. ~ Seated Strength, CR
 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
 7:00 p.m. ~ Community Bingo, CR

Tuesday • March 14
 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. ~ 4th Floor Luncheon, MR
 1:00 p.m. ~ Fit 2 Fight Pd, **MSC**
 2:00 p.m. ~ 10-Point Pitch, GR
 3:00 p.m. ~ Coffee Corner, EC
 4:00 p.m. ~ Meadowlark Singers, CR
 6:30 p.m. ~ UFM Class: Decade of the 1940s, CR

Wednesday • March 15
 9:30 a.m. ~ FUMC Communion, BR
 9:30 a.m. ~ Seated Strength, CR
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ Mem. Care Partners Supp. Grp, 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. ~ Sing-A-Long, EC
 3:00 p.m. ~ Rock Steady Boxing, **BF**

Thursday • March 16
 9:00 a.m. ~ Technology Help Drop-In, FHR
 9:00 a.m. ~ Messenger Team, KSU CL
 10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 12:05 p.m. ~ Mat Yoga, CR
 1:00 p.m. ~ Parkinson's Exercise Class, CR
 2:30 p.m. ~ Card Making with Michelle Lehmer, FHR

Thursday • March 16
 5:30 p.m. ~ Meadowlark Circle Dinner, MR
 6:30 p.m. ~ UFM Class: History Keepers, CR

Friday • March 17
 9:30 a.m. ~ Seated Strength, CR
 10:30 a.m. ~ Weights 101, CR
 11:30 a.m. ~ Sit & Be Fit, CR
 3:00 p.m. ~ Catholic Rosary, CR
 7:00 p.m. ~ Spring Flowers with Valerie Wright, CR

Saturday • March 18
 10:30 a.m. ~ Saturday Shopping Trip, VE

Room Abbreviations

BF, Body First	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	MSC, Manhattan Sr. Center
FHR, Flint Hills Room	VBC, Verna Belle's Cafe
GC, Grosh Cinema	VE, Village Entrance
GR, Game Room	

Gifts to Meadowlark Foundation

Gifts benefiting campus improvements, the Falls Prevention Program, Good Samaritan Fund, Helping Hands Fund, Meadowlark Clean Air campaign, Meadowlark Home Health, Meadowlark Memory Program, and Meadowlark Parkinson's Program were received by Meadowlark Foundation during the month of February.

Memory of

Gary Bergmeier
 Angie Fryer
 Janet Groninga
 Carolyn Pulford
 John K. "Jack" Vanier

Contact Becky Fitzgerald at (785) 323-3843 to learn more about Meadowlark Foundation.



CHANNEL 1960 Entertainment Guide

Monday, March 13

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, March 14

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

Wednesday, March 15

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, March 16

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

Friday, March 17

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, March 18

9:30 a.m.	Band Bust Exercise Class
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Solution from 3/2 (Easy).

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

Solution from 3/2 (Medium).

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

Artist credits from page 7.

Patricia Scobey, *Night Scenes: Windstorm*, ca. 1984, Relief rolled etching on paper
KSU, Marianna Kistler Beach Museum of Art, 1985.42



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: March 12

THE WONDER (2022) R *for some sexuality*, 1 hr. 49 min. *Mystery, Cerebral, Emotional*

Cast: Florence Pugh, Tom Burke, & Kila Lord Cassidy

Haunted by her past, a nurse travels from England to a remote Irish village in 1862 to investigate a young girl who stops eating but remains miraculously alive and well.

MUSICAL MONDAY: March 13

RESIDENT REQUEST

THE GREATEST SHOWMAN (2017) PG, 1 hr. 45 min. *Musical, Drama, Family*

Cast: Hugh Jackman, Michelle Williams, & Zac Efron

Hugh Jackman stars in this bold and original musical—inspired by the ambition and imagination of P.T. Barnum—celebrating the birth of show business and dreams coming to life.

TRUE TUESDAY: March 14

RESIDENT REQUEST

SEABISCUIT (2003) PG-13, 2 hr. 20 min. *Sentimental, Inspiring, Drama*

Cast: Tobey Maguire, Jeff Bridges, & Chris Cooper

An ungainly looking colt becomes a winning thoroughbred in this Depression-era drama based on the true story of champion racehorse Seabiscuit.

WILD WEDNESDAY: March 15

WILD HORSES (2015) R *for some violent images & language*, 1 hr. 40 min. *Crime, Drama, Western*

Cast: Robert Duvall, James Franco, & Darien Willardson

Aging rancher Scott Briggs must confront his past when a Texas Ranger resurrects a 15-year-old cold case and unearths family secrets involving a hate crime and a missing-persons mystery connected to the Briggs clan.

THEATER THURSDAY: March 16

ROCKY (1976) PG, 1 hr. 59 min. *Inspiring, Heartfelt, Classic*

Cast: Sylvester Stallone, Talia Shire, & Burt Young

Rocky is a small-time Philadelphia boxer going nowhere, until an unbelievable shot to fight the world heavyweight champion lights a fire inside him.

FUNNY FRIDAY: March 17

THE LUCK OF THE IRISH (2001) PG, 1 hr. 26 min. *Comedy, Fantasy*

Cast: Paul Kiernan, Timothy Omundson, & Ryan Merriman

When Kyle loses his golden pot-of-gold charm, he discovers that he is actually part leprechaun. He must find the thief who took the charm before he takes control of all the leprechauns. Along the way, Kyle discovers that he is capable of making his own luck.

SWEET SATURDAY: March 18

RESIDENT REQUEST

OUT OF AFRICA (1985) PG, 2 hr. 40 min. *Sentimental, Emotional*

Cast: Meryl Streep, Robert Redford, & Klaus Maria Brandauer

A wealthy Danish woman moves to Nairobi to marry a baron, but she soon falls for a dashing big-game hunter who won't be tied down.