



*Support nursing scholarships during annual  
24 hours of giving*

**by Becky Fitzgerald, Development Director**

The 11th annual Grow Green Match Day on Friday, April 21, is a tremendous opportunity for the Manhattan community and Meadowlark Foundation. On that day, donations made through the Greater Manhattan Community Foundation to participating nonprofit agencies will receive a 50% match!

Meadowlark Foundation is joining 92 other local organizations in urging our donors to participate. Gifts to Meadowlark Foundation, which appears as Meadowlark Hills on the Grow Green giving form and on GMCF's website, will support scholarships for current Meadowlark employees who would like to further their education to become licensed practical nurses or registered nurses.

Now in its fifth year, Meadowlark's scholarship

program rewards the initiative of talented current employees, while, in the future, providing Meadowlark's licensed care households with highly trained staff in what appears to be a perpetual nurses shortage. Employees who receive a scholarship agree to work at Meadowlark for at least two years following graduation.

Because of the generosity of our Foundation's donors on Match Day in 2022, two current Meadowlark employees recently were offered scholarships. Amounts given by Meadowlark varies, depending on the amount awarded by the Kansas Board of Regents; however, these financial awards will fully fund, or nearly fully fund, each recipient's nursing education program.

Donations made on April 21 will be made available to organizations for immediate needs, while the 50% match will go into endowed funds. Combined

**See GREEN, page 5**

## EVENTS & OPPORTUNITIES

### **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 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!

### **Worship Service**

**Sunday, March 26, at 10:30 a.m.**

Join Rev. Melanie Nord for worship at 10:30 a.m. Sunday, March 26, in the Community Room/Chapel. This Sunday, the message will be "But Now I See" as we examine the Gospel of John for our Lent Sermon Series.

### **UFM Class: Decade of the 1940s**

**Wednesday, March 29, 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. The final session will meet from 6:30 to 8 p.m. Wednesday, March 29, in the Community Room.

The final class will look at the United States home front and highlight subjects such as rationing, wartime entertainment, the draft, and American morale.

### **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.

### **Opening Day**

**Thursday, March 30, at 11 a.m.**

Prairie Star Restaurant invites you celebrate baseball's opening day on Thursday, March 30! Enjoy lunch in the Courtyard featuring hot dogs and potato chips for \$5 per person. Let's play ball!

### **Memory Matters Symposium**

**Thursday, March 30, at 5 p.m.**

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.

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 to learn more: [mhaub@meadowlark.org](mailto:mhaub@meadowlark.org) or (785) 323-3899.

### **Hablé Español**

**Monday, March 27, at 4 p.m.**

Nos vamos en el Lunes, 27 de Marzo para hablar de su viaje favorito.

*Be prepared to talk about your favorite trips and our special planned meal in May at Meadowlark.*

### **ARTFul Making**

**Wednesday, March 29, at 2:30 p.m.**

You're invited to attend ARTFul Making at 2:30

## EVENTS & OPPORTUNITIES

p.m. Wednesday, March 29, in the KSU Classroom with Kim Richards from the Beach Museum of Art. During this relaxing art session, attendees will use the watercolor-resist technique to create texture in our Easter-inspired designs. Inspiration and supplies will be provided.

### **In-A-Chord: A Cappella Concert**

**Friday, March 31, at 7 p.m.**

Meadowlark is excited to welcome In-A-Chord, the premiere auditioned a cappella group from K-State. The group will perform for us at 7 p.m. Friday, March 31, in the Event Center.

In-A-Chord performs a wide variety of pop and contemporary music. In-A-Chord performs several concerts throughout Kansas and surrounding states. They were selected to perform at the National A Cappella Conference in Memphis. Don't miss this entertaining show, which is part of the Bell Family Foundation Music Series.

### **UFM Class: Religions of Southeast Asia**

**Friday, April 1, at 11:30 a.m.**

UFM Lifetime Learning presents *Religions of Southeast Asia* taught by Dr. Michael Wesch, a professor of anthropology at K-State. This three-session course will begin Friday, April 7, at 11:30 a.m. in the Community Room. The second and third sessions will meet April 14 and April 21.

In this class, we will explore the religions of Southeast Asia as they are actually lived and experienced by people in Thailand and Vietnam. We will explore Buddhism, Taoism, Confucianism, and Cao Dai. Cao Dai is a religion that blends all of these together with Christianity. Dr. Wesch has been doing research with Cao Dai for more than two years and will share photos and videos from his experiences there.

Enrollment is now open for *Religions of Southeast Asia*, 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.

### **Ladies Luncheon**

**Thursday, April 13, at 11:30 a.m.**

Harriette Janke and Peg Ziser invite all Meadowlark and Passport ladies to attend the April Ladies Luncheon at 11:30 a.m. Thursday, April 13, in the Event Center.

During the April luncheon, we will share about heirloom quilts. Identify your favorite family heirloom quilt and prepare a one-minute history of the quilt to share with the group. Alternatively, you are invited to write a short paragraph about your family quilt for Harriette or Peg to read to the attendees. Bring your quilt and place it on the display table at 11 a.m. the day of the luncheon.

If you have a small item of sewn or stitched handiwork, such as needlepoint, crochet, or knitting, which would be suitable as a centerpiece, please bring it when you deliver your quilt.

The luncheon will feature a chicken and mushroom crepe, vegetable medley, rolls with butter, raspberry sherbet, and a sugar cookie. Cost is \$11 per person.

Please sign up in the Blue Book at the Hospitality Desk, if you plan to attend, by Monday, April 10.

### **Pig Out for Parkinson's**

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

Mark your calendar for the 13<sup>th</sup> 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

**See EVENTS, page 4**

# EASTER BUFFET

April 9th 11:00-1:30

Meadowlark Event Center \$27<sup>00</sup><sub>+TAX</sub>

## 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



**PRAIRIESTAR**  
Dine • Drink • Gather

## EVENTS, from page 3

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](mailto:mhaub@meadowlark.org) or (785) 323-3899 to learn more.

## Trip to Royals Game

**Friday, May 5, at 3 p.m.**

Residents, staff, and family members are invited to Kansas City's Kaufman Stadium to watch the 2023 Royals. This year's trip is scheduled for Friday, May 5. The game will start at 7:10 p.m. against the Oakland Athletics. The cost of the trip is \$65, which includes a ticket to the game, transportation on a chartered bus, a variety of snacks to enjoy on the way to the game, and a boxed meal. Travelers are responsible for their own food and beverages during the game.

The bus will depart from the visitor parking area in front of the Event Center at 3:30 p.m. Please arrive by 3 p.m. Registration for this event is open, and a sign-up sheet is in the Blue Book located at the Hospitality Desk. The cost can be paid by card, cash, payroll deducted for employees, or applied to residents' statement.

**Please sign up to attend by Saturday, April 1.**  
Go Royals!

## Little Apple Barbershop Chorus Concert

**Saturday, May 6, at 3 p.m.**

You're invited to attend Little Apple Chorus' Spring Show, "A Funny Thing Happened on the Way to the Forum Hall!" The program is scheduled for Saturday, May 6, at 3 p.m. in Forum Hall at the KSU Student Union. The show will feature Little Apple Barbershop Chorus, Heartland Harmony, and The Newfangled Four. The doors will open at 2:30 p.m.

Meadowlark has 28 complimentary tickets available! These will be distributed on a first-come-first-served basis. Please visit the Hospitality Desk to claim a concert ticket.





## Olivia P. Collins

***Full obituary printed at the family's request.***

Olivia P. Collins died Tuesday, Dec. 13, 2022, at the age of 76 in her home of Meadowlark Hills in Manhattan, Kan.

Olivia was born on Oct. 23, 1946, in Weatherford, Texas to

Georgie Layne Potter and Wilson Potter, who preceded Olivia in death in 2007 and 1997, as did the love of her life, Tony Jurich, in 2010.

Olivia graduated with honors from University of Texas at Austin with a bachelor's degree in journalism and was awarded her master's degree in human development and the family from the

University of Nebraska-Lincoln and her Ph.D. in family life education from Kansas State University.

Following her doctoral studies, Olivia remained at K-State serving in 4-H Youth Programs, UFM Community Learning Center, School of Family Studies and Human Services, College of Human Ecology Dean's Office, and retiring from the Staley School of Leadership in 2010, where she served as assistant professor and director of the nonprofit leadership focus, a program she co-founded.

Honoring Olivia's expressed wishes, there is no funeral service. Rather, we will celebrate her life, as she celebrated her friends and loved ones – with coffee and connection, a raised glass, music and dancing – on Sunday, April 2, from 4 to 8 p.m., at the K-State Alumni Center, 1720 Anderson Avenue, Manhattan, Kansas. All are invited.

### **GREEN, from page 1**

donations up to a total of \$20,000 will be matched at 50%, giving a maximum of \$10,000 in matching funds to any one organization.

#### **How you may help attract and retain nurses:**

1. Give in person from 7 a.m. to 6 p.m. at the donation station in the atrium at Colony Square, 555 Poyntz Ave. Donations by cash, check, or credit card will be accepted. Each hour, one donor name from the live event will be drawn to win \$100 for the participating fund of his or her choice.

2. Visit <https://www.growgreenmanhattan.com/> to give online from 12 a.m. through 11:59 p.m. on Friday, April 21.

3. Write a check to Greater Manhattan Community Foundation.

~ If Meadowlark Foundation is the only beneficiary of your gift, you may write "Grow Green-Meadowlark" on the memo line.

~ Complete the giving form included with the April 6 Messenger, indicating the beneficiary/beneficiaries of your gift. (Meadowlark Hills is listed in the Basic Human Needs & Healthcare category.) Even if giving to more than one organization, write only one check for the total amount. The form you submit will indicate to GMCF how you'd like your gift divided.

~ No matter the day a check is written, date it 4/21/2023 and mail it and the giving form on or before 4/21/2023. **Checks must be dated 4/21/2023 and postmarked on or before April 21 to be included in the 2023 Match Day total.**

~ Mail the check and giving form to GMCF, P.O. Box 1127, Manhattan, KS, 66505-1127

~ Meadowlark residents and Passport members may submit donations and donation forms to be delivered by Meadowlark Foundation in a bundle to GMCF. If you have a check and form to submit, please deliver to the Hospitality Desk by noon on Thursday, April 20.

4. Donate by donor-advised fund, grain, or by stock. For details, visit [growngreenmanhattan.com](http://growngreenmanhattan.com) or contact Becky Fitzgerald. Gifts of grain or stock must be initiated by Friday, April 14.

Although gifts of any amount are welcome, individual contributions ranging from \$25 to \$1,000 per organization will receive a local match at \$.50 per \$1, so a \$1,000 gift can receive a \$500 local match! Gifts may be tax-deductible to the extent allowed under applicable law; donors receive a receipt from GMCF. Couples may give only one gift, jointly, to organizations.

If participation in last April's event is any indication, the Nursing Scholarship Program is sure to make cents. During that 24-hour period, Meadowlark Foundation was one of 28 organizations receiving \$20,000 or more, and so earned the maximum match amount of \$10,000.

Thank you for considering this opportunity! If you have questions, please contact Becky Fitzgerald, Development Director, at 323-3843. See the April 6 Messenger for information about current and/or previous nursing scholarship recipients.

## National Nutrition Month: March 2023



# FACT OR FICTION?

**Most Americans get enough dietary fiber.**

*Fiction: Research indicates that most people in the United States do not consume enough fruits, vegetables, and whole grains which provide dietary fiber.*

FACT or FICTION?

**Frozen vegetables and fruits can be as nutritious as fresh produce.**

*Fact: Many fruits and veggies are frozen right after they have been picked, which makes them as nutritious as fresh produce. Look for varieties that have no added sugars, sodium, or saturated fat.*

FACT or FICTION?

**Wheat bread is considered a whole grain.**

*Fiction: Unless the ingredients list states "whole wheat" or "whole grain" as the first ingredient (or second ingredient after water), it is a refined grain and not a whole grain product.*

FACT or FICTION?

**Fish and seafood provide important nutrients.**

*Fact: Fish and seafood provide several important nutrients, including protein, iron, zinc, and omega-3 fatty acids.*

FACT or FICTION?

**Nuts and seeds are sources of plant-based protein.**

*Fact: Nuts, seeds, and butters made from them, are part of the Protein Foods Group.*

FACT or FICTION?

**Three cups from the Dairy Food Group are recommended daily for older children and adults.**

*Fact: A general recommendation for children, ages nine and older, and adults is to consume three cups of dairy per day. This could include low-fat or fat-free milk, yogurt, cheese, cottage cheese, or calcium-fortified soy milk or soy yogurt.*

FACT or FICTION?

**Only exercise counts toward physical activity goals.**

*Fiction: All types of activity are considered to be beneficial and count toward physical activity. Americans are encouraged to move more during the day to aim for at least 30 minutes of physical activity on most days of the week. Sixty minutes or more daily is recommended for school-age children.*

FACT or FICTION?

**Snacking between meals is not recommended.**

*Fiction: Snacking on healthful foods can help manage hunger between meals. The key is to plan what you are going to eat in advance rather than waiting until you are hungry to choose a snack.*

FACT or FICTION?

**Fruits and vegetables provide vitamins and minerals that support our immune system.**

*Fact: Fruits and vegetables contain a variety of vitamins and minerals that support immune health, including vitamins A and C.*

FACT or FICTION?

**Vegetable oils are considered healthier than solid fats.**

*Fact: Oils, including vegetable oil, canola oil, olive oil, and other types that are made from nuts and seeds are higher in unsaturated fat, which is healthier than sources of saturated fat.*

FACT or FICTION?

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

**Texture** in an artwork can be actual or implied (visual). Actual texture is the physical feel of the paint, stone, and textiles used to create the art. The artist establishes implied texture using form, line, shape, and color. The illusion allows the viewer to experience multiple visual textures from a flat surface. In the print shown here, the artist is not working with the luxury of color and must depend on line, shape, and form to relay texture. How many different physical textures do you see implied within the image? How did the artist manipulate line, shape, and form to create them?



E. Hubert Deines (United States, 1894 - 1967), *Mother's Horseshoe Geranium*, 1942, Wood engraving on paper  
KSU, Marianna Kistler Beach Museum of Art, gift of C.E. Denman, 2008.433

# RESTAURANT **SPECIALS**

<b>Sunday, March 26</b>	<b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.	<b>Dinner</b> <b>\$14</b> Beef Tips Mashed Potatoes & Gravy Broccoli
<b>Monday, March 27</b>	<b>\$10</b> <b>Lunch</b> Orange Chicken White Rice Stir Fry Vegetables	<b>\$16</b> <b>Dinner</b> Coconut Shrimp Coconut Rice Grilled Pineapple
<b>Tuesday, March 28</b>	<b>\$10</b> <b>Lunch</b> Chicken & Waffle Sandwich Fruit Salad	<b>\$15</b> <b>Dinner</b> BBQ Ribs Cheesy Potatoes Baked Beans
<b>Wednesday, March 29</b>	<b>\$11</b> <b>Lunch</b> Grilled Salmon Sandwich Sweet Potato Fries	<b>\$14</b> <b>Dinner</b> Fried Pork Cutlet Mashed Potatoes & Gravy Green Beans
<b>Thursday, March 30</b>	<b>\$5</b> <b>Opening Day Lunch</b> <i>in the Courtyard</i> Hot Dogs Potato Chips	<b>\$15</b> <b>Dinner</b> Meatloaf Roasted Garlic Red Potatoes Buttered Carrots
<b>Friday, March 31</b>	<b>\$11</b> <b>Lunch</b> Taco Bar	<b>\$14</b> <b>Dinner</b> Cajun-Braised Chicken Thigh Red Beans & Rice Cornbread
<b>Saturday, April 1</b>	<b>\$9</b> <b>Lunch</b> Cuban Sandwich Pub Chips	<b>\$11</b> <b>Dinner</b> Beef & Noodles Mashed Potatoes Green Beans



# 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
- ◇ Asprin
- ◇ 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 26 to March 31*

<p><b>Sunday • March 26</b>     <i>Put your trash at the curb!</i> 10:30 a.m. ~ Worship Service, CR 10:30 a.m. ~ Transportation to FUMC, VE</p> <hr/> <p><b>Monday • March 27</b>     <i>Trash pick-up</i> 9:30 a.m. ~ Seated Strength, CR 10:30 a.m. ~ Weights 101, CR 11:30 a.m. ~ Sit &amp; 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 &amp; Loss Support Group, FHR 4:00 p.m. ~ Hablé Español, FHR 7:00 p.m. ~ Community Bingo, CR</p> <hr/> <p><b>Tuesday • March 28</b> 7:00 a.m. ~ Rock Steady Boxing, <b>BF</b> 10:00 a.m. ~ Memory Activities Class, 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. ~ Fit 2 Fight Pd, <b>MSC</b> 2:00 p.m. ~ 10-Point Pitch, GR 3:00 p.m. ~ Coffee Corner, EC 4:00 p.m. ~ Meadowlark Singers Practice, CR 5:30 p.m. ~ 3rd Floor Supper, BR</p> <hr/> <p><b>Wednesday • March 29</b> 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 &amp; Be Fit, CR 2:30 p.m. ~ ARTFul Making, KSU CL 3:00 p.m. ~ Rock Steady Boxing, CR 3:00 p.m. ~ Sing-A-Long, EC 6:30 p.m. ~ UFM Class: Decade of the 1940s, CR 7:30 p.m. ~ K-State Clarinet, EC</p> <hr/> <p><b>Thursday • March 30</b> 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 5:00 p.m. ~ Memory Matters Symposium, EC</p>	<p><b>Friday • March 31</b> 9:30 a.m. ~ Seated Strength, CR 10:30 a.m. ~ Weights 101, CR 11:30 a.m. ~ Sit &amp; Be Fit, CR 1:00 p.m. ~ Rock Steady Boxing, <b>BF</b> 7:00 p.m. ~ In-A-Chord: A Cappella Concert, EC</p> <hr/> <p><b>Room Abbreviations</b></p> <table><tr><td><b>BF, Body First</b></td><td>KSU CL, KSU Classroom</td></tr><tr><td>BR, Bison Room</td><td>MR, Manhattan Room</td></tr><tr><td>CR, Community Room</td><td>PR, Patriot Room</td></tr><tr><td>CY, Courtyard</td><td>PS, Prairie Star Restaurant</td></tr><tr><td>EC, Event Center</td><td><b>MSC, Manhattan Sr. Center</b></td></tr><tr><td>FHR, Flint Hills Room</td><td>VBC, Verna Belle's Cafe</td></tr><tr><td>GC, Grosh Cinema</td><td>VE, Village Entrance</td></tr><tr><td>GR, Game Room</td><td></td></tr></table> <hr/> <div></div> <p><b>March Madness Live Stream Schedule</b> <b>Round: Sweet Sixteen</b></p> <p><b>Thursday, March 23</b> ~ K-State (No. 3) vs. Michigan State (No. 7) 5:30 p.m. <i>central time</i> / TBS (WTC channel 515) ~ UConn (No. 4) vs. Arkansas (No. 8) 6:15 p.m. <i>central time</i> / CBS (WTC channel 507) ~ Tennessee (No. 4) vs. Florida Atlantic (No. 9) 8 p.m. <i>central time</i> / TBS (WTC channel 515) ~ UCLA (No. 2) vs. Gonzaga (No. 3) 8:45 p.m. <i>central time</i> / CBS (WTC channel 507)</p> <p><b>Friday, March 24</b> ~ Alabama (No. 1) vs. San Diego State (No. 5) 5:30 p.m. <i>central time</i> / TBS (WTC channel 515) ~ Houston (No. 1) vs. Miami (No. 5) 6:15 p.m. <i>central time</i> / CBS (WTC channel 507) ~ Creighton (No. 6) vs. Princeton (No. 15) 8 p.m. <i>central time</i> / TBS (WTC channel 515) ~ Texas (No. 2) vs. Xavier (No. 3) 8:45 p.m. <i>central time</i> / CBS (WTC channel 507)</p>	<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	
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# CHANNEL 1960

Entertainment Guide

## Monday, March 27

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 28

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

## Wednesday, March 29

9:30 a.m.	Seated Strength Exercise
10:30 a.m.	Weights 101 Exercise Class
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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, April 1

9:30 a.m.	Band Bust Exercise Class
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Solutions from 3/16.

Skill Level: Easy

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

Skill Level: Medium

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



## 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 26

**FATIMA** (2020) PG-13, 1 hr. 52 min. *Drama, Understated, Inspiring*

Cast: Joaquim de Almeida, Goran Visnjic, & Stephanie Gil

In 1917 Portugal, visions of the Virgin Mary come to three children whose message of faith raises doubts in their family and angers authorities.

### MUSICAL MONDAY: March 27

**THE NEWSIES** (1992) PG, 2 hr. 1 min. *Drama, Historical, Musical*

Cast: Christian Bale, David Moscow, & Bill Pullman

In 1899, a courageous group of New York City newsboys become unlikely heroes when they team up to fight an unscrupulous newspaper tycoon. Determined to make their dreams come true, they find the courage to challenge the powerful in this live-action musical.

### TRUE TUESDAY: March 28

**MERCURY 13** (2018) TV-PG, 1 hr. 19 min. *Provocative, Inspiring, Documentary*

After rigorous testing in 1961, a small group of skilled female pilots are asked to step aside when only men are selected for spaceflight.

### WILD WEDNESDAY: March 29

**WILD WILD WEST** (1999) PG-13, 1 hr. 45 min. *Exciting, Western, Action Comedy*

Cast: Will Smith, Kevin Kline, & Kenneth Branagh

Following the Civil War, President Ulysses Grant dispatches two top-notch government agents to track down a diabolical former Confederate scientist in this futuristic Western set in the 1860s.

### THEATER THURSDAY: March 30

RESIDENT REQUEST

**KISS THE GIRLS** (1997) R *for terror, violence & language*, 1 hr. 57 min. *Crime, Thriller, Mystery*

Cast: Morgan Freeman, Ashley Judd, & Cary Elwes

Forensic psychologist Alex Cross travels to North Carolina and teams up with escaped kidnapping victim Kate McTiernan to hunt down “Casanova,” a serial killer who abducts strong-willed women and forces them to submit to his demands.

### FUNNY FRIDAY: March 31

**LEGAL EAGLES** (1986) PG, 1 hr. 55 min. *Charming, Witty, Romantic*

Cast: Robert Redford, Debra Winger, & Daryl Hannah

Two rival attorneys wind up on the same side of a high-profile murder case involving a young woman accused of stealing art belonging to her late father.

### SWEET SATURDAY: April 1

**FOOLS RUSH IN** (1997) PG-13, 1 hr. 49 min. *Romantic, Comedy, Feel-Good*

Cast: Matthew Perry, Salma Hayek Pinault, & Jon Tenney

When uptight New Yorker Alex and blithe-spirited Isabel spend one passionate night together in Las Vegas just hours after meeting, they go their separate ways and don't see each other until three months later—when Isabel realizes she's pregnant.