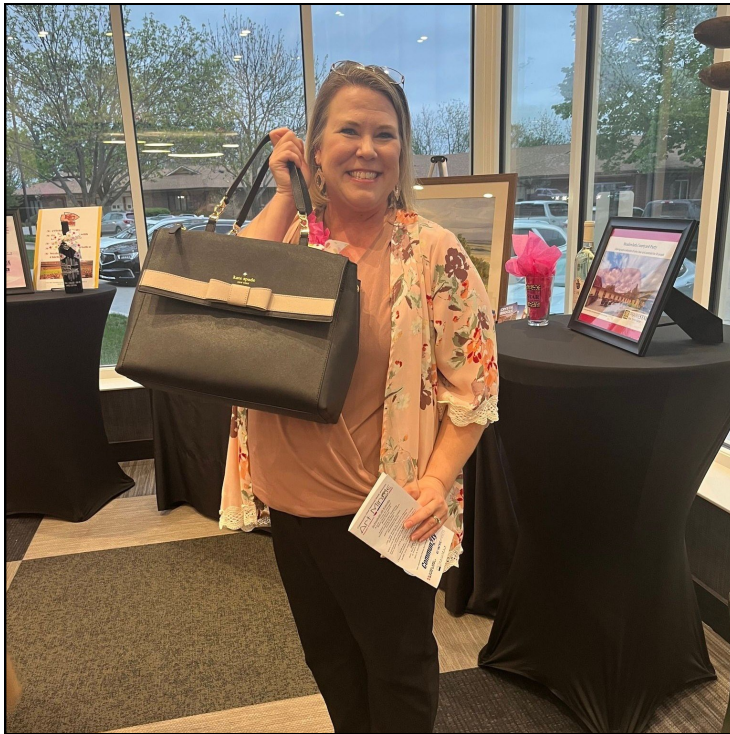


Art Appreciation

WONDERful event boosts Memory Program



[above, left] Linda Montgomery, Social Services Leader at Meadowlark, won the raffle prize featuring a Kate Spade bag with goodies inside! [above, right] Event attendees enjoyed many culinary delights, including a mouth-watering carving station.

by Becky Fitzgerald

After an absence in 2022, Art Mingle, the primary fundraiser for Meadowlark Memory Program, returned to Meadowlark Foundation's opportunities calendar this spring. Prairie Star Restaurant and Event Venue was lively with the sounds of music, conversation, and laughter during a 5th event on April 28.

Art Mingle: Wonder & Whimsy attracted about 140 guests and volunteers, several of whom had not seen the event venue and/or had not been to a prior Art Mingle.

In addition to high praise for the venue and Prairie Star-catered food, the event seemingly ranked high on the good-times scale. Kristin Goering, one of the two painters whose work was showcased, wrote the

following to event organizers on May 4:

"I just wanted to thank you all for last Friday evening. I was honored to be a featured artist and part of such a wonderful event. Matthew (Goering) and I both had a great time!

More good news comes when reviewing the event's financial spreadsheet. Total revenue surpassed \$55,000, which is \$1,122 higher than income from 2021's event. This total is a combination of sponsorships, live and silent auction proceeds, Artist Showcase purchases, ticket sales, raffle ticket sales, and donations. The total does not include gift-in-kind contributions, such as goods and services that were offered in the live and silent auctions.

See APPRECIATION, page 4

EVENTS & OPPORTUNITIES

Celebration of Life: John Young

submitted by the Young Family

John Raymond Young, age 86, of Manhattan, Kan., died peacefully on April 23, 2023, at Foundation Park at Colbert Hills in Manhattan. Prior to moving to Foundation Park in February 2023, John resided in an independent living apartment at Meadowlark.

A Celebration of John's life will be held at 1:30 p.m. Friday, May 19, at the First United Methodist Church, 612 Poyntz Ave., Manhattan, with Pastor Melanie Nord officiating. Inurnment with military honors will follow at the Kansas Veteran's Cemetery at Fort Riley, immediately followed by a reception at Meadowlark at 3:30 p.m. in Prairie Star's Event Center.

The family will receive friends from 5 to 6:30 p.m. Thursday, May 18, at the Yorgensen-Meloan-Londeen funeral home.

Memorial contributions may be made to the Museum of the Kansas National Guard or the K-State Gardens in care of the Yorgensen-Meloan-Londeen Funeral Home, 1616 Poyntz Ave., Manhattan, Kan. 66502. John's full obituary may be found at www.ymlfuneralhome.com.

Mat Yoga, canceled for May 25

Mat Yoga will not meet Thursday, May 25. Class will meet at 12:05 p.m. Tuesday, May 30.

Rock Creek Middle School Choir

Friday, May 19, at 12:30 p.m.

The Rock Creek Middle School Choir will perform their 2023 Spring Tour at 12:30 p.m. Friday, May 19, in the Event Center. The RCMS consists of 7th- and 8th-grade students of which several were accepted in this year's district and state choirs.

Songs & Stories with Michael Eichten

Friday, May 19, at 7 p.m.

Meadowlark welcomes Michael Eichten for Songs & Stories at 7 p.m. Friday, May 19, in the Courtyard, weather permitting. A self-admitted history buff and master storyteller, Mike will play a few of his favorite Johnny Cash, John Prine, and Don Williams tunes, then mix in a few well-told stories that shed new insights into classics such as "Sunday Morning Coming Down." Mike also will

include a few originals and a crowd-pleasing parody, "Covid Blues." All are invited to attend!

Forest Bathing 101

Saturday, May 20, at 9 a.m.

Forest Bathing is a practice gaining popularity in our society. It comes from the Japanese meditation technique called "Shinrin-Yoku," which means to absorb or take-in the forest. Join Forest Guide Melanie Nord as we learn about this practice at 9 a.m. in the Courtyard before trying Forest Bathing from 9:30 to 11 a.m. on the beautiful Meadowlark trails. Forest Bathing is an excellent way to experience nature in a new and relaxing way.

Shopping at Hobby Lobby & Dollar Tree

Saturday, May 20, at 10:30 a.m.

The next scheduled trip is Saturday, May 20, 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, June 17. Please sign up in the Blue Book to participate in these opportunities.

Worship Service

Sunday, May 21, at 10:30 a.m.

Join Rev. Melanie Nord for worship at 10:30 a.m. Sunday, May 21, in the Community Room/Chapel. We will wrap up our sermon series titled "Call Stories."

Hable Espanol

Monday, May 22, at 4 p.m.

The Hable Espanol group will meet at 4 p.m. Monday, May 22, in the Flint Hills Room.

Diabetic Wellness Group

Wednesday, May 24, at 1:30 p.m.

The Diabetic Wellness Group will meet at 1:30 p.m. Wednesday, May 24, in the Flint Hills Room. All who are interested are invited to attend.

College Ave. UMC Communion

Thursday, May 25, at 10 a.m.

You're invited to attend communion with College Avenue United Methodist Church at 10 a.m. Thursday, May 25, in the Bison Room. Communion

will be given by Rev. John Collins. All are welcome to attend.

Blue Skies Brass Quartet

Friday, May 26, at 7 p.m.

Meadowlark is excited to welcome back the Blue Skies Brass Quartet at 7 p.m. Friday, May 26, in Prairie Star's Event Center! The quartet includes Fred Burrack on trumpet, Brian Hardeman on trumpet, Carol Sevin on horn, and Brent Maner on trombone. This foursome is a very entertainment colorful group you don't want to miss!

Beer & Hymns

Friday, June 2, at 7 p.m.

There is a grand tradition within the Christian church of bringing together hymn-singing and pub culture. In the nineteenth century, William Booth's Salvation Army put Christian words to popular music sung in pubs and taverns. Come enjoy a soda or alcoholic beverage... or even water... and join together in song for fellowship, song and merriment at Prairie Star's Pub.

Celebration of Life: Faith Roach

Tuesday, June 6, at 4 p.m.

Please join family and friends for a celebration of Faith Roach's life from 4 to 7 p.m. Tuesday, June 6, at the Flint Hills Discovery Center on the patio. We'll move indoors if the weather is not beautiful.

In accordance with her spirit, there will be food and drink. Come and share stories and tall tales!

Symphony in the Flint Hills

Saturday, June 10

Meadowlark is headed to the prairie for Symphony in the Flint Hills! The Signature Event is an annual gathering on the prairie celebrating art, music, and the ecology of the Flint Hills. The 2023 Event will take place at Wade Pasture in Wabaunsee County, near Eskridge, Kan., on Saturday, June 10, and will feature a sunset concert by the

See **EVENTS**, page 7

2023  MID-MONTH
MUSIC SERIES

WAYNE GOINS
BEST OF
CHICAGO GUITAR

Thursday, May 25
6 to 8 p.m.

Prairie Star Restaurant

Meadowlark / 2121 Meadowlark Road / Manhattan, Kansas

No reservations required.

featuring a **FAJITA BUFFET**

\$20+tax/per person



 **PRAIRIESTAR**
Dine • Drink • Gather

The Importance of Brain Exercise

by G. Kent Stewart

Those of us in retirement and perhaps approaching our dotage are constantly admonished by physicians, nurses, exercise scientists, social workers, physical therapists, and other caregivers to understand the importance of regular physical and mental exercise. WE are urged by these professionals “to exercise your body, challenge your brain, socialize regularly, watch movies, attend events, read, study, reflect, and think.” Actually, such advice is to our advantage. It’s part of the commitment professional caregivers bring to their jobs. Following is an account of an experience in brain exercise I underwent during the past 13 months. It was particularly revealing, and seems worthy of sharing with friends and peers.

When I came to K-State in 1973, I brought with me a well-honed skill helping school superintendents predict future student enrollment in their respective school districts and determine if additional classrooms or buildings would be needed to house increasing numbers of students. Looking back at how quickly I became busy providing that service for the next 40 years, I surely was at the right place at the right time. There are about 300 school districts in Kansas, and I worked in almost half performing the same service over and over, finally retiring from KSU in 2005 and from the consulting service in 2015.

Now fast forward seven years. The

superintendent of a nearby school district called and simply said, “I know you aren’t doing enrollment and school building adequacy studies anymore, but I need your help.” My parents taught me to respond when a friend needed help, so last April at age 87 I went back to work. Now, here comes the point of the story—I found myself quite rusty from lack of brain exercise, and unable to perform the work as quickly and routinely as I had so easily done in the past. Surprisingly, I had only been away from the work for seven years. When I retired from KSU, I wrote a book about my consulting work. It is titled, *Avoiding School Facility Issues—A Consultant’s Guide to School Superintendents*. I hesitate to say, but I found myself reading from my own book to recall formulas, charts, and processes to again do what I had so routinely done for so long.

As that study progressed, so did my old skills and knowledge. Soon I was at work again in another school district and before that involvement ended, I was invited to perform the same service in a third school district. Now that the work is completed at all three locations, I look back over the year and realize that the silver lining to the year-long experience was not in doing once again what I had loved doing so many times before. The much greater importance was that the year of effort sharpened my brain and renewed ability to think, speak, and write with confidence and precision.

That’s my story illustrating the critical importance and the huge benefit of brain exercise.

APPRECIATION, from page 1

Here’s a look at the event by the numbers:

Featured artists: 2

Donated or provided items: 100+

Winning bidders: 30

Memory Program donors during live auction: 22

Live auction revenue: \$11,675

Silent auction revenue: \$7,100

Artist Showcase revenue: \$6,210

Donations during the live auction: \$5,550

Additional donations prompted by Art Mingle: \$4,022

Sponsorships: \$12,000

Raffle tickets: \$840

Gift-in-kind contributions: \$16,520+ (several donated experiences have indeterminate value)

Gift-in-kind contributors: 42

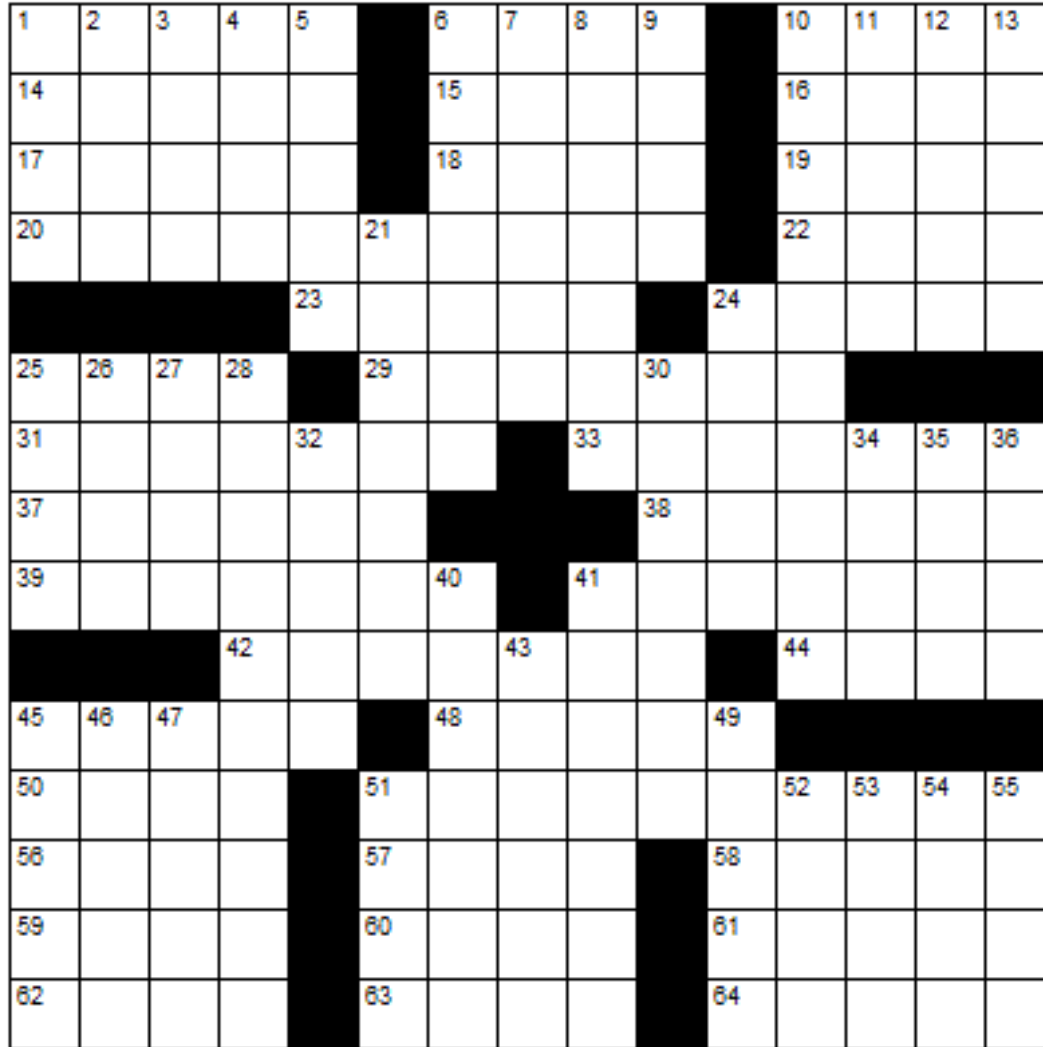
Thank you to those represented in the numbers

above who helped ensure the success of Art Mingle, especially the event guests and sponsors: Community First National Bank, Steel & Pipe Supply, WTC Fiber, BHS Construction, and SNW Gallery & Custom Frames.

The event committee -- Sarah Duggan, Community Relations Director; Becky Fitzgerald, Development Director; Michelle Haub, Special Programs Leader; Brook Marcotte, Dining Services Leader; Jayme Minton, Support Services Director; Kim Richards, Education Specialist at K-State’s Marianna Kistler Beach Museum of Art; Alyn West, owner of SNW, and Ginny Young, a local artist—also gratefully acknowledge auctioneer Mike Temaat, the Prairie Star Restaurant team, and many volunteers.

If you have a suggestion for a future Art Mingle, please contact a committee member.

Work That Brain!



ACROSS

1. Horde
6. Taxis
10. Annoyance
14. Infantile paralysis
15. Affirm
16. Assess
17. Grain disease
18. Hindu princess
19. You bake with it
20. Enduring
22. Liquefy
23. Grin
24. Public transit vehicles
25. Terminates
29. "Hush!"
31. Spotted feline
33. Cuddle
37. Ravel classic
38. Trader
39. Intestinal
41. Type of pony
42. Heat-related
44. Poi source
45. Thick-growing
48. They connect points
50. Nitpicky to a fault
51. In a slow, laborious manner
56. 5280 feet
57. Allows
58. Red Sea peninsula
59. Sounds of disapproval
60. Curved molding
61. Economic down time
62. Hotels
63. Flippant
64. Affirmatives

DOWN

- | | | |
|------------------------------|-------------------------------|------------------------------|
| 1. Gush forth | 13. Canvas dwellings | 40. Place of higher learning |
| 2. Had on | 21. Involve deeply | 41. Way of thinking |
| 3. Seaweed | 24. Music genre | 43. Violent troublemaker |
| 4. Violent disturbance | 25. River to the North Sea | 45. Famous baby deer |
| 5. Wool eaters | 26. Used in advertising signs | 46. Labor organization |
| 6. Toted | 27. Buffoon | 47. Beauty parlor |
| 7. Services | 28. Too shocked for words | 49. Pantywaist |
| 8. Types of hat | 30. Brought on | 51. Raindrop sound |
| 9. Large and hurried swallow | 32. Impressive display | 52. Egyptian river |
| 10. Proclaim | 34. Happy | 53. Wildebeests |
| 11. Roof overhangs | 35. Extend credit | 54. Hardly believable |
| 12. Inscribed pillar | 36. Therefore | 55. Puppy sounds |

RESTAURANT **SPECIALS**

<p>Sunday, May 21</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>Dinner \$14 Swedish Meatballs <i>served over Egg Noodles</i> Buttered Carrots</p>
<p>Monday, May 22</p>	<p>\$11 Lunch Maple-Bacon Chicken Sandwich <i>on a Croissant</i> Watergate Salad</p>	<p>\$14 Dinner Ham Loaf Roasted Red Potatoes Creamed Peas</p>
<p>Tuesday, May 23</p>	<p>\$11 Lunch Shrimp Po' Boy Sandwich Broccoli Salad</p>	<p>\$14 Dinner Pot Roast <i>with Carrots, Onions, & Celery</i> Mashed Potatoes & Gravy Fresh Green Beans</p>
<p>Wednesday, May 24</p>	<p>\$10 Lunch Everything Bagel Sandwich <i>Ham, Turkey, & Swiss Cheese</i> Potato Salad</p>	<p>\$13 Dinner Smothered Beef & Bean Burrito Mexican Rice Refried Beans</p>
<p>Thursday, May 25</p>	<p>\$12 Lunch Chicken Pot Pie Roasted Parmesan Zucchini</p>	<p>\$20 Mid-Month Music Series Fajita Bar <i>See page 3 for more details.</i></p>
<p>Friday, May 26</p>	<p>\$11 Lunch Mac & Cheese Bar</p>	<p>\$14 Dinner Swiss Steak Mashed Potatoes Honey-Glazed Carrots</p>
<p>Saturday, May 27</p>	<p>\$13 Lunch Fish & Chips Coleslaw</p>	<p>\$15 Dinner Honey-Glazed Ham Mashed Sweet Potatoes Brussel Sprouts</p>

Weekly Opportunities Calendar *May 21 to May 27*

Sunday • May 21 *Put your trash at the curb!*

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

Monday • May 22 *Trash pick-up*

9:30 a.m. ~ Seated Strength, CR *or 1960*
10:30 a.m. ~ Weights 101, CR *or 1960*
11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
1:00 p.m. ~ Parkinson's Exercise Class, CR *or 1960*
2:00 p.m. ~ Change & Loss Support Group, FHR
4:00 p.m. ~ Hable Espanol, FHR
7:00 p.m. ~ Community Bingo, CR

Tuesday • May 23

7:00 a.m. ~ Rock Steady Boxing, BF
10:00 a.m. ~ Memory Activities Class, KSU CL
10:30 a.m. ~ Steady Yourself, CR *or 1960*
11:15 a.m. ~ Chair Yoga, CR *or 1960*
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
5:30 p.m. ~ 3rd Floor Supper, BR

Wednesday • May 24

9:30 a.m. ~ Seated Strength, CR *or 1960*
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 *or 1960*
11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
1:30 p.m. ~ Diabetic Wellness Group, FHR
3:00 p.m. ~ Rock Steady Boxing, CR
5:30 p.m. ~ 1st Floor Supper, MR

Thursday • May 25

9:00 a.m. ~ Messenger Team, KSU CL
10:00 a.m. ~ College Ave. UMC Communion, BR
10:30 a.m. ~ Steady Yourself, CR *or 1960*
11:15 a.m. ~ Chair Yoga, CR *or 1960*
12:00 p.m. ~ Caring Conversations for People with Pd, FHR
1:00 p.m. ~ Pd Care Partners Support Group, FHR
1:00 p.m. ~ Parkinson's Exercise Class, CR
6:00 p.m. ~ Mid-Month Music Series, PS

Friday • May 26

9:30 a.m. ~ Seated Strength, CR *or 1960*
10:30 a.m. ~ Weights 101, CR *or 1960*
11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
1:00 p.m. ~ Rock Steady Boxing, BF
7:00 p.m. ~ Blue Skies Brass Quartet, EC

Saturday • May 27

9:30 p.m. ~ Band Bust Exercise Class, 1960

Room Abbreviations

1960, TV Channel 1960	GR, Game Room
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

EVENTS, from page 3

80-piece Kansas City Symphony. The day and evening will also be full of inspired talks, stargazing, music, storytelling, and dancing.

The cost of the trip is \$135, which includes the ticket to the event, reserved seating in the chair-sitting area, and transportation from Meadowlark.

The event takes place in a remote pasture with rocks, uneven surfaces, and unpaved dirt pathways. Walking is required. Wear comfortable, closed-toed walking shoes. Upon arrival in the parking lot, allow time to access the main event site. In some designated areas, golf cart rides are available, however, the wait time may be long.

Access from the ticket gate to the main event site is by a walking trail, wagon rides, or ADA bus. Walking is required at the main event site.

If you would like to attend with Meadowlark, there is a sign-up sheet in the Blue Book at the Hospitality Desk. There is a no-refund policy for the ticket purchased if the event takes place. In the event of weather postponement on June 10, the Signature Event will take place on the rain date of June 11. If weather cancels the weekend events completely, GA ticket-holders will be eligible for a refund. If you are interested, please sign up or contact Monte Spiller at 323-3801.



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: May 21

SEVEN YEARS IN TIBET (1997) PG-13, 2 hr. 16 min. *Inspiring, Drama, Adventure*

Cast: Brad Pitt, David Thewlis, & BD Wong

An Austrian mountain climber's escape from a WWII POW camp brings him to Tibet, where he builds a transformative friendship with the young Dalai Lama.

MUSICAL MONDAY: May 22

HIGH SCHOOL MUSICAL 2 (2007) TV-G, 1 hr. 55 min. *Musical, Coming-of-Age*

Cast: Zac Efron, Vanessa Hudgens, & Ashley Tisdale

School is out for the Wildcats of East High, and the teens are having summer fun like never before after landing jobs at a ritzy country club. With the club's Talent Night looming, will the kids allow their problems to get the best of them or let their artistic brilliance shine on stage?

TRUE TUESDAY: May 23

FACING NOLAN (2022) TV-14, 1 hr. 41 min. *Heartfelt, Documentary, Sports*

Cast: Nolan Ryan

This documentary examines the life, family, and ups and downs of the Baseball Hall of Fame pitcher Nolan Ryan's legendary 27-year-long career.

CLASSIC MOVIE WEDNESDAY: May 24

RESIDENT REQUEST

MARNIE (1964) PG, 2 hr. 10 min. *Classic, Suspenseful, Thriller*

Cast: Tippi Hedren, Sean Connery, & Diane Baker

Troubled serial thief Marnie is blackmailed into marrying her latest target in this Alfred Hitchcock classic.

THEATER THURSDAY: May 25

THE GLASS CASTLE (2017) PG-13, 2 hr. 6 min. *Drama*

Cast: Brie Larson, Woody Harrelson, & Naomi Watts

A successful New York writer tries to reconcile her well-ordered life of privilege with her nomadic childhood ruled by a quixotic, unstable father.

FUNNY FRIDAY: May 26

TOWER HEIST (2011) PG-13, 1 hr. 44 min. *Comedy, Action, Adventure*

Cast: Ben Stiller, Eddie Murphy, & Casey Affleck

When a group of workers at a ritzy Manhattan condo realize their boss has swindled them out of their pensions, they vow to reap their own justice.

SWEET SATURDAY: May 27

CASABLANCA (1942) PG, 1 hr. 42 min. *Emotional, Romantic, Tearjerker*

Cast: Humphrey Bogart, Ingrid Bergman, & Paul Henreid

American expat Rick Blaine plays host to gamblers, thieves, and refugees at his Moroccan nightclub during World War II ... but he never expected Ilsa, the woman who broke his heart, to walk through that door. Ilsa hopes that with Rick's help, she and her fugitive husband can escape to America. But the spark that brought the lovers together still burns brightly.