

# Fiesta to Remember

*Time to celebrate growth opportunities*



**by Michelle Haub, Special Programs Leader**

Presenting sponsor Central National Bank and Meadowlark Memory Program collaborated again this year with Rockin K's for a day of amazing food, drink, conversation, and music. Rockin K's will donate 10% of the day's sales to support the program. On Friday, June 9, people from the community learned about dementia and how the Meadowlark Memory Program supports those diagnosed and their care partners (including spouses, children, siblings, and friends).

Meadowlark Memory Program partners with the Beach Museum of Art, Manhattan Senior Center, and Wamego United Methodist Church to provide classes, engagement opportunities, and care partner support groups free of charge to anyone in the region. Additionally, the majority of experiences occur in a hybrid format, which allows individuals who aren't able to attend in person to join from home. Class and meeting attendance has dramatically increased in 2023 to where meeting rooms are not large enough, allowing us to be creative in finding other options on campus.

One of the best things about class and meeting

attendance increasing is that people, both on and off the Meadowlark campus, are recognizing that socialization, support, exercise, and education are invaluable in the journey of living with dementia. With this realization, people are seeking out the Memory Program's free opportunities. More people are breaking down the stigma of dementia being something to be ashamed of and/or "There's nothing one can do about it."

Participants in the program frequently comment that they feel more knowledgeable about how to maximize their skills, empowered to live a more brain healthy lifestyle, and more confident to engage with others and try new things. People attending the Care Partner Support Group also note how they learn from each other and feel less alone because of the welcoming attendees and techniques/strategies to improve communication and engagement with their loved one with dementia.

The sponsorships from Central National Bank, Standard Beverage Co., and donations from Rockin K's, Meadowlark residents and program participants,

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## EVENTS & OPPORTUNITIES

### **Pizazz Salon, closed 7/3 to 7/7**

Pizazz Salon will be closed Monday, July 3, through Friday, July 7. Shannon and Kristi will contact clients to reschedule any appointments currently set for that week. Contact the salon directly with questions.

### **Prairie Star 4th of July hours**

Prairie Star Restaurant will offer the regular menu until 4 p.m. Tuesday, July 4. A dinner-time buffet will be available for the evening meal. The restaurant will close at 7:30 p.m. on the 4th of July.

### **FLOUR POWER**

*Thursday, June 22, at 7 p.m.*

Manhattan Public Library will host FLOUR POWER | El Poder de la harina, from 7 to 8 p.m. today, June 22. This Humanities Kansas presentation will uncover the rich history of Mexican immigration to Kansas, as well as the humble, important tortilla. Gene Chávez will present FLOUR POWER in the library auditorium thanks to a grant from Humanities Kansas.

“During the Mexican Revolution, many immigrants made their way to Kansas to raise their families and work in the railroad, agricultural, industrial, and hospitality industries. A cultural offshoot for groups of Mexican residents settling in the Midwest was the search for the perfect tortilla, a staple of Mexican cuisine. Because corn tortillas were difficult to make by hand, many restaurants and home cooks

substituted wheat flour tortillas for their signature dishes.”

We’ll roll and make our own tortillas following the presentation! This event is free and open to the public. Learn more at [www.mhklibrary.org](http://www.mhklibrary.org)

### **Worship Service**

*Sunday, June 24, at 10:30 a.m.*

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, June 24, in the Community Room/Chapel. All are welcome to attend.

### **Speedy Pd Training Walk**

*Thursday, June 29, at 9:30 a.m.*

Want to prepare for the Half-Mile or 5k courses at this year’s Speedy Pd Race for Parkinson’s Disease? Training walks will meet Thursdays at 9:30 a.m. Meet in the lobby for a guided walk outside, weather permitting, otherwise we will walk indoors. The race date is set for Saturday, Aug. 26, at Tuttle Creek State Park.

### **Speedy Pd Art Making Opportunities**

*Thursday, June 29, at 1:30 p.m.*

Join Meadowlark Parkinson’s Program and our partners from the Beach Museum of Art in making pieces of art that will be used for the 15<sup>th</sup> Annual Speedy Pd Race for Parkinson’s Disease in August. These pieces of art are used for the age group awards for the 5k and 10k winners.

The Beach Museum of Art provides us with the supplies needed and can also assist with some inspiration. No prior art experience is necessary. Please help us continue the tradition of being the best 5k and 10k race in the Flint Hills.

The art-making class will meet each Thursday in June from 1:30 to 3 p.m. in the KSU Classroom. You’re invited to come and go as your schedule and attention allows.

### **Church Ladies**

*Friday, June 23, at 7 p.m.*

Meadowlark is excited to welcome back the Church Ladies at 7 p.m. Friday, June 23, in the Event Center. The Church Ladies are a harmony-based acoustic trio from the Manhattan area. They have been performing together for several years and have become a favorite among residents.



## EVENTS & OPPORTUNITIES

### Hable Espanol

*Monday, June 26, at 4 p.m.*

The Hable Espanol group will meet at 4 p.m. Monday, June 26, in the Flint Hills Room. Come prepared to discuss your summer plans.

### Page Turners Book Club

*Wednesday, June 28, at 11:30 a.m.*

Special Programs continues to work with Resident Services Leader Monte Spiller to facilitate the Page Turners Book Club. We encourage any and all to participate in this gathering to socialize, engage, and discuss a popular book that became a movie. The group is now reading [A Man Called Ove](#) by Fredrik Backman and will meet at 11:30 a.m. Wednesday, June 28, in the Patriot Room. We will be discussing differences between the book and the movie, [A Man Called Otto](#), which will be showing in the Grosh Cinema on Tuesday, June 27, at 1, 4, and 7 p.m. The Scandinavian version of the movie also will be shown on Thursday, July 6. Participants do not have to attend each week to participate; come when you are able whether you have finished the book, are just beginning, or only saw the movie! Come enjoy the discussion and a themed snack!

The next book the group will be reading is [The Life of Pi](#) by Yann Martel. We will have copies available from the Manhattan Public Library. Contact Katie if you would like to borrow a book or if you have any questions, [ksigman@meadowlark.org](mailto:ksigman@meadowlark.org), (785) 323-3899. Discussions of this book will begin on July 12.

### ARTful Making

*Wednesday, June 28, at 2:30 p.m.*

You're invited to join Kim Richards from the Beach Museum of Art for ARTful Making at 2:30 p.m. Wednesday, June 28, in the KSU Classroom to create art layered with color.

We will make playful artworks using Gelli painting plates. This tool will allow us to layer color and add interesting designs with acrylic paint.

### KSU String Camp Performance

*Wednesday, June 28, at 4 p.m.*

Residents will be treated to the sound of string at 4 p.m. Wednesday, June 28! Several students from the String Leadership Institution music camp at K-

State will perform in the Event Center. The students also will be sharing information about music and their personal experiences with music. The camp is led by Dr. Rachel Dirks and Nate McClendon. The institute motto is "inspiring tomorrow's leaders through the power of music."

### A Musical Adventure

*Friday, June 30, at 7 p.m.*

You're invited to a toe-tapping musical program at 7 p.m. Friday, June 30, in the Event Center. Enjoy selections from a variety of styles and eras performed by Rod & Shelley (Heffel) Manges. They have been performing and teaching music in Manhattan for many years.

The couple will be joined by Sara Pratt, formerly of the vocal duo Mended Wings; Rick Smith, a local favorite performer/teacher; and Felix Smalley formerly of Palace Dixieland Band, Vaughn Bolton Orchestra, and Tommy Lee Band.

### Beer & Hymns is BACK

*Saturday, July 8, at 7 p.m.*

Join Pastor Melanie Nord and Musician Mary Jane Adams for a special patriotic-themed Beer & Hymns event at 7 p.m. Saturday, July 8, in the Event Center! Whether your drink of choice is juice, soda, or wine, you're welcome to partake in this grand tradition of learning more about beloved hymns, joining in song, and raising your glass in a toast with friends!

### FIESTA, from page 1

and attendees at Fiesta to Remember enable the Memory Program to continue to add programming opportunities, resources to the Lending Library, and other educational resources to those affected by dementia in the Flint Hills region.

If you or someone you know is noticing changes in memory, becoming less social, having more difficulties completing activities of daily living efficiently (i.e. preparing meals, following directions), or hearing loss, please reach out to Michelle or Katie with Meadowlark Memory Program at (785) 323-3899 or via email [mhaub@meadowlark.org](mailto:mhaub@meadowlark.org) and [ksigman@meadowlark.org](mailto:ksigman@meadowlark.org) for information about a free consultation.



# SERVICE EXPERT HOUR

Ask Questions | Get Tips | Troubleshoot Issues

Every Other Tuesday at 10:00 AM in the Game Room

Jun. 20th	Aug. 8th	Sep. 19th
Jul. 11th	Aug. 22nd	Oct. 3rd
Jul. 25th	Sep. 5th	Oct. 17th

Join us for our Service Expert Hour, where a WTC representative will be on site at Meadowlark Hills to provide personalized assistance and support.

## What can you expect during the Service Expert Hour?

**Ask Questions:** Have any burning questions about your service? Our experts are here to provide answers and help you understand all the features and functionalities available to you.

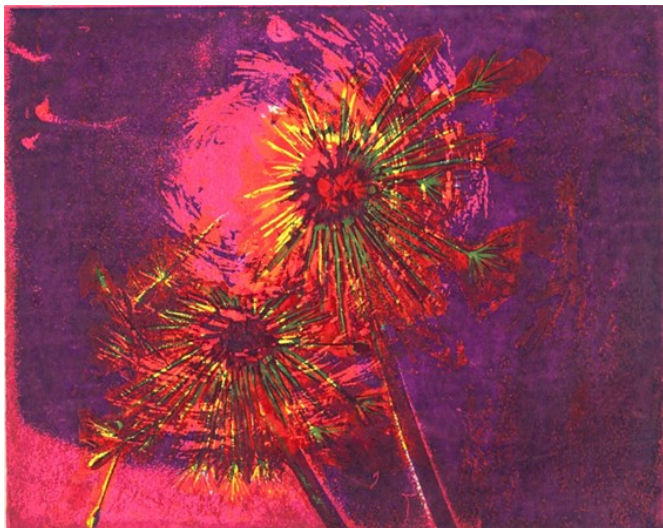
**Get Tips:** Discover helpful tips and tricks to optimize your WTC service experience.

**Troubleshoot Issues:** Facing technical difficulties? Our team will be available to troubleshoot and resolve any issues you may encounter.

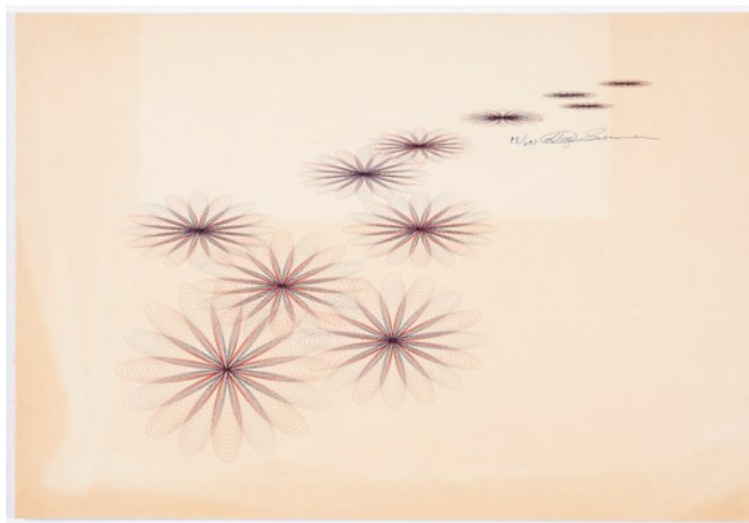


## Art Engagement *from the Beach Museum of Art*

Taking time to compare two artworks is a great tactic to engage close looking. As you observe how these two artworks may look the same or different, consider things like: line, color (value and saturation), shape, space, movement, and composition. What other comparisons can you find?



Lydia Victoriano Aseneta (Phillipines, 1925 - 2021)  
*Dandelion II*, 20th century  
 Screenprint on paper  
 KSU, Marianna Kistler Beach Museum of Art, gift of Lydia V. Aseneta, 2009.171



Lloyd Sumner (United States, 1943 - 1996)  
*Friendly Flowers of Space and Time*, ca. 1967  
 Plotter drawing on paper mounted on illustration board  
 KSU, Marianna Kistler Beach Museum of Art, gift of Mary Cottom, S19.2016

## Work That Brain!

Level: Easy

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

Level: Medium

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

# RESTAURANT **SPECIALS**

<p><b>Sunday, June 25</b></p>	<p><b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p><b>Dinner</b> <b>\$14</b> BBQ Meatballs Coleslaw Fried Pickles</p>
<p><b>Monday, June 26</b></p>	<p><b>\$11</b> <b>Lunch</b> Tex-Mex Steak Sandwich French Fries</p>	<p><b>\$14</b> <b>Dinner</b> Smothered Pork Chop <i>with Mushroom-Onion Gravy</i> Mashed Potatoes Honey Carrots</p>
<p><b>Tuesday, June 27</b></p>	<p><b>\$11</b> <b>Lunch</b> Fish Tacos Cilantro Lime Rice</p>	<p><b>\$15</b> <b>Dinner</b> Beef &amp; Italian Sausage Lasagna Garlic Bread Caesar Salad</p>
<p><b>Wednesday, June 28</b></p>	<p><b>\$11</b> <b>Lunch</b> Meatloaf Sandwich Pub Chips</p>	<p><b>\$15</b> <b>Dinner</b> Chicken Cordon Bleu Rice Pilaf Roasted Broccoli</p>
<p><b>Thursday, June 29</b></p>	<p><b>\$10</b> <b>Lunch</b> Bacon, Swiss, &amp; Spinach Quiche Summer Fruit Salad</p>	<p><b>\$16</b> <b>Dinner</b> Lemon Linguine <i>with Sautéed Shrimp</i> Garlic Bread</p>
<p><b>Friday, June 30</b></p>	<p><b>\$11</b> <b>Lunch</b> Potato Bar</p>	<p><b>\$17</b> <b>Dinner</b> Braised Short Ribs Loaded Mashed Potatoes Fresh Green Beans</p>
<p><b>Saturday, July 1</b></p>	<p><b>\$11</b> <b>Lunch</b> Avocado Turkey Melt Pea Salad</p>	<p><b>\$17</b> <b>Dinner</b> Hawaiian Pork Chop <i>with Grilled Pineapple</i> Coconut Rice Snap Peas</p>

# Weekly Opportunities Calendar *June 25 to July 1*

**Sunday • June 25** *Put your trash at the curb!*  
 10:30 a.m. ~ Worship Service, CR  
 10:30 a.m. ~ Transportation to FUMC, VE

**Monday • June 26** *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  
 1:45 p.m. ~ Parkinson's Voice Class, CR  
 2:00 p.m. ~ Change & Loss Support Group, FHR  
 3:30 p.m. ~ "Why" Book Discussion Group, BR  
 4:00 p.m. ~ Hable Espanol, FHR  
 7:00 p.m. ~ Community Bingo, CR

**Tuesday • June 27**  
 10:00 a.m. ~ Memory Activities Class, EC  
 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: Soda Floats, CY  
 5:30 p.m. ~ 3rd Floor Supper, BR

**Wednesday • June 28**  
 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*  
 11:30 a.m. ~ Page Turners Book Club, PR  
 12:00 p.m. ~ Rock Steady Boxing, BF  
 2:30 p.m. ~ ARTful Making, KSU CL  
 3:00 p.m. ~ Sing-a-Long, EC  
 3:00 p.m. ~ Rock Steady Boxing, CR  
 4:00 p.m. ~ KSU String Camp Performance, EC  
 5:30 p.m. ~ 1st Floor Supper, MR

**Thursday • June 29**  
 9:00 a.m. ~ Messenger Team, KSU CL  
 9:30 a.m. ~ Speedy Pd Training Walk, VE  
 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. ~ Parkinson's Exercise Class, CR  
 1:30 p.m. ~ Speedy Pd Art Class, KSU CL

**Friday • June 30**  
 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*  
 7:00 p.m. ~ A Musical Adventure, EC

**Saturday • July 1**  
 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

*Solution from 6/15.*

O	R	C	A		S	L	I	D	E		P	U	S	H
M	O	A	N		M	I	D	A	S		O	N	T	O
A	B	S	T	A	I	N	E	R	S		P	R	A	M
H	O	T		B	L	E	A	K		E	L	I	T	E
A	T	E	L	I	E	R		R	E	C	A	P		
			A	D	S		C	O	N	C	R	E	T	E
F	U	D	G	E		P	R	O	V	E		N	O	D
E	G	O	S		E	N	E	M	Y		H	E	L	D
E	L	L		B	L	E	S	S		M	U	D	D	Y
S	Y	L	L	A	B	U	S		B	A	R			
			H	A	R	E	M		C	A	N	T	A	T
A	C	O	R	N		O	W	I	N	G		F	E	N
C	H	U	G		S	N	O	R	K	E	L	I	N	G
N	O	S	E		S	I	N	C	E		A	R	S	E
E	W	E	R		W	A	T	E	R		D	E	E	R





## 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: June 25

***ANGELS IN THE OUTFIELD*** (1994) PG, 1 hr. 43 min. *Comedy, Drama, Family*

Cast: Danny Glover, Brenda Fricker, & Tony Danza

A foster child has two wishes: to be reunited with his dad and to see the California Angels win the pennant—and the former depends on the latter. His prayers are answered when angels start helping the ballplayers and the team begins to win.

### MUSICAL MONDAY: June 26

***LEMONADE MOUTH*** (2011) TV-G, 1 hr. 50 min. *Drama, Musical*

Cast: Bridgit Mendler, Adam Hicks, & Hayley Kiyoko

When five ragtag freshmen first meet in detention, it seems they have nothing in common. But through music, they form an unbreakable bond and discover they have the makings of the greatest high school garage band in history.

### PAGE TURNER TUESDAY: June 27

PAGE TURNER REQUEST

***A MAN CALLED OTTO*** (2022) PG-13, 2 hr. 6 min. *Heartfelt, Emotional, Drama*

Cast: Tom Hanks, Mariana Trevino, & Rachel Keller

Enraged by the world and hardened by grief, a cranky retiree plots his own demise but is foiled when a lively young family bursts into his life.

### WESTERN WEDNESDAY: June 28

***APPLE DUMPLING GANG*** (1975) G, 1 hr. 41 min. *Western, Family, Comedy*

Cast: Bill Bixby, Susan Clark, & Don Knotts

The hilarity begins when a bachelor inherits three young orphans who stumble upon a huge gold nugget. While everyone in town is after their claim, the kids join forces with two bumbling outlaws to stage a robbery to get it back.

### THEATER THURSDAY: June 29

***THE SON*** (2022) PG-13, 2 hr. 2 min. *Emotional, Drama*

Cast: Hugh Jackman, Laura Dern, & Vanessa Kirby

Building a life with a new family following a divorce, an overachieving father faces new obstacles when his troubled teenage son moves in with them.

### FUNNY FRIDAY: June 30

***GROUNDHOG DAY*** (1993) PG, 1 hr. 41 min. *Romantic, Comedy, Charming*

Cast: Bill Murray, Andie MacDowell, & Chris Elliott

Grumpy meteorologist Phil Connors lives the same day over and over after he arrives in the town of Punxsutawney for the annual Groundhog Day festivities.

### SWEET SATURDAY: July 1

***THE CHOICE*** (2016) PG-13, 1 hr. 51 min. *Emotional, Romantic, Drama*

Cast: Benjamin Walker, Teresa Palmer, & Maggie Grace

A bachelor's rocky first encounter with his new neighbor leads to a passionate love story filled with hope and hardship.