



The Alzheimer's Association Walk to End Alzheimer's for Manhattan, Kan., will be at Manhattan City Park on Saturday, Sept. 30.

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's is the world's largest fundraiser for Alzheimer's care, support, and research. This inspiring event calls on participants of all ages and abilities to join the fight against the disease.

There is no fee to register for the Walk. However, all participants are encouraged to raise funds that allow the Alzheimer's Association advance research toward methods of prevention, treatment, and ultimately, a cure.

To participate, visit [www.act.alz.org](http://www.act.alz.org) and click "Find a Walk Near You." Meadowlark has a team already started, and all residents, family members, Passport members, staff, and volunteers are invited to join the team. Once registered, you can start fundraising and spread the word, then on Sept. 30, you're invited to join the Walk Day event.

Registration on Walk Day will begin at 9 a.m. The Opening and Promise Garden Ceremony will start at

10 a.m. and the Walk will begin around 10:15 a.m. The Walk route is one mile long.

The Promise Garden is a mission-focused experience that signifies our solidarity in the fight against the disease. The colors of the Promise Garden Flowers represents the participants' connection to Alzheimer's or other dementias—their reasons to end the disease. Each person attending the walk will be able to select the flowers that represent his or her involvement.

~ Blue: Someone living with Alzheimer's or other dementia.

~ Purple: An individual who has lost someone to the disease.

~ Yellow: A person who is currently supporting or caring for someone living with Alzheimer's or other dementia.

~ Orange: A participant who supports the cause and the Association's vision of a world without Alzheimer's and other dementias.

Recently, Meadowlark Memory Program, Manhattan Senior Center, The Alzheimer's

**See WALK, page 3**

## 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.

### **Exercise Classes, 7/4**

Steady Yourself and Chair Yoga will not meet on Tuesday, July 4. However, both classes will be available via recorded video on Channel 1960.

### **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. Tuesday, July 4.

### **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.

### **Meadowlark Men's Social Supper**

*Wednesday, July 5, at 5:30 p.m.*

Prairie Star Restaurant invites the Meadowlark men to attend a Social Supper at 5:30 p.m. Wednesday, July 5, in Prairie Star Restaurant. Dinner can be purchased from the Prairie Star menu, or enjoy the daily special. Registration is not required, but please check in at the host stand when arriving. This is a casual dining opportunity, and it will not feature a program.

### **Living with Autism**

*Friday, July 7, at 7 p.m.*

Meadowlark is pleased to welcome Angela Chapes to the Bison Room at 7 p.m. Friday, July 7. Angela is excited to share her story as a woman who was diagnosed with autism spectrum disorder (ASD) in her 20s and now is working to advocate for others. Angela works as a peer support specialist for Pawnee Mental Health. All are welcome to attend and hear her story.

### **Beer & Hymns**

*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!

### **WTC Service Expert Hour**

*Tuesday, July 11, at 10 a.m.*

Join WTC for a Service Expert Hour every other Tuesday from 10 to 11 a.m. in the Game Room. During this timeframe, a WTC representative will be on site at Meadowlark to provide personalized assistance and support.

Do you have any burning questions about your service? WTC experts are here to provide answers and help you understand all the features and functionalities available to you. Discover helpful tips and tricks to optimize your WTC service experience. Team members are also available to troubleshoot and resolve issues.



## WALK, from page 1

Association - Heart of America Chapter teamed up to offer two local in-person groups off of Meadowlark's campus. Connecting with others who have the same kinds of struggles as you do is an important part of coping with dementia. Groups are facilitated by trained professionals or former family caregivers, whose primary purpose is to provide knowledge about dementia while allowing members to receive support and encouragement from others in a similar situation. Coffee Talks — a monthly group that meets July 10 and every second Monday following, at 10:30 a.m. at the Manhattan Senior Center for caregivers of those with all forms

of dementia. Participants have an opportunity to ask questions, connect with others, and build a peer support network over coffee provided by the Center. At the same time, in conjunction with Coffee Talks, Meadowlark Memory Program provides a social engagement opportunity for the loved one of the caregiver who is attending the support group, allowing them to concentrate on their group. This social engagement is called Mindful Memories.

If you have questions about the Manhattan Walk to End Alzheimer's, please contact Sarah Duggan at (785) 323-3878.



### Skilled Nursing

**7/7 James Bartlett**  
7/14 Patricia Harrison  
7/15 Rodolfo Pacumbaba  
**7/19 Alene Clarke**  
7/26 Beverly Pelfrey  
7/31 Darlene Empson

### Assisted Living & Riley House

7/5 Jean Reynard  
7/6 Alton Barnes  
7/6 Ellen Jantz  
**7/8 E. Hedman Stainbrook**  
7/17 Judy Geering

### Independent Living

7/1 Karen Trail  
7/2 Forrest Chumley  
7/3 Ben Brent  
**7/5 Charlotte Kelly**  
7/7 Linda Hall  
7/7 Anna Gleason  
7/10 Doris Brannan  
7/11 Oscar Larmer  
7/11 Carroll Winegardner

## July Birthdays

7/11 DonnaDee Chastain  
7/11 Richard Ott  
7/12 Nyle Larson  
7/16 Linda Schwulst  
7/18 Ronald Janasek  
7/21 Joan Strickler  
7/25 Carla Cranmer  
7/26 Enell Foerster  
7/28 Orris Kelly  
7/30 Nancy Prawl

### Employees

7/1 Lisa Johnson  
7/2 Mike Davis  
7/2 Faith Eberle  
7/3 Jeska Welch  
7/4 Julie Underwood  
7/7 Dave Zervas  
7/8 Andrea Cook  
7/9 Shawna Bard  
7/9 Max Bowyer  
7/9 Mya Brown  
7/10 Miguel Navarrete-Rummel  
7/10 Brandi Waddington  
7/12 Rachel Dillard  
7/12 Anya Ginzburg



7/13 Katelyn Coker  
7/13 Shannon Mbwana  
7/14 Georgia Adolph  
7/15 Michael Simmons  
7/16 Alize Brooks  
7/16 Kyra Dettmer  
7/16 Jacinta Perez  
7/17 Kian Fogarty  
7/19 Audrey Swisher  
7/20 Kenzie Perkins  
7/22 Lucas Rust  
7/23 Kaitlynn Ridder  
7/24 Karina Tretto  
7/25 Danny Biniacki  
7/25 Isaiah Jackson  
7/25 Jaden Moon  
7/25 Nevaeh Pearson  
7/26 Robyn Harris  
7/26 Grace Pohlmann  
7/26 Auja Saunders  
7/28 Angela Peters  
7/29 Jack Massey  
7/30 Naomi Krebs

**Bold denotes milestone birthdays of 70, 80, 90, or 100+ !**

# Work That Brain!

1	2	3	4	5		6	7	8	9		10	11	12	13
14						15					16			
17						18					19			
20						21					22			
				23						24				
25	26	27	28		29				30					
31				32				33				34	35	36
37								38						
39						40		41						
			42				43				44			
45	46	47				48				49				
50					51						52	53	54	55
56					57					58				
59					60					61				
62					63					64				

## ACROSS

1. Personnel
6. Cain's brother
10. "Oh dear!"
14. Reef material
15. Rational
16. Musical phrase
17. Entertain
18. Strikes
19. Believe or trust (Scottish)
20. Restates
22. Anger
23. Countdown clock
24. Allied
25. Box
29. Human-powered taxi
31. Asserted
33. Ceremonial peace pipe
37. Received
38. Stop working
39. Decorated
41. A poison
42. Easily heard
44. Plate
45. Spectacles
48. Nonsensical
50. Passage
51. Gloomy ill-tempered feeling
56. Against
57. Follow orders
58. Eagle's home
59. Tropical root
60. Greek district
61. Father Christmas
62. Distinctive flair
63. Got a good look at
64. Woody plants

## DOWN

- |                    |                                   |                       |
|--------------------|-----------------------------------|-----------------------|
| 1. Cicatrix        | 13. Stitched                      | 40. Act rebelliously  |
| 2. Hefty volume    | 21. Matured                       | 41. Melded            |
| 3. African sheep   | 24. The business of selling goods | 43. Phoenician galley |
| 4. Speedy          | 25. Detailed account              | 45. Condition         |
| 5. Armada          | 26. Trudge                        | 46. Prison-related    |
| 6. Humiliated      | 27. Countertenor                  | 47. Surplus           |
| 7. Teased          | 28. Disavowal                     | 49. Leavening agent   |
| 8. Intestinal      | 30. Library cubicles              | 51. Fashion           |
| 9. Not more        | 32. Taxonomic category            | 52. Close             |
| 10. Ascribed       | 34. Short skirt                   | 53. Sea eagle         |
| 11. Sensational    | 35. Greek goddess of discord      | 54. Location          |
| 12. Bless with oil | 36. Technology                    | 55. Oceans            |

# Art Engagement *from the* Beach Museum of Art

**What is going on?**

Take a long moment to look closely at this image.

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?

How many different scenarios did you consider for this image?

*Artist information listed on page 7.*



**Notes**

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# RESTAURANT **SPECIALS**

<p><b>Sunday, July 2</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> Swedish Meatballs <i>served over Egg Noodles</i> Buttered Carrots</p>
<p><b>Monday, July 3</b></p>	<p><b>\$11</b> <b>Lunch</b> Maple-Bacon Chicken Sandwich <i>served on a Croissant</i> Watergate Salad</p>	<p><b>\$14</b> <b>Dinner</b> Ham Loaf Roasted Red Potatoes Creamed Peas</p>
<p><b>Tuesday, July 4</b></p>	<p><b>\$13</b> <b>Lunch</b> BBQ Chicken Drumsticks Cheesy Potatoes Fresh Green Beans</p>	<p><b>\$13</b> <b>4th of July Buffet Dinner</b> Hot Dogs &amp; Burgers Baked Beans &amp; Potato Salad Watermelon &amp; Dessert</p>
<p><b>Wednesday, July 5</b></p>	<p><b>\$10</b> <b>Lunch</b> Everything Bagel Sandwich <i>Ham, Turkey, &amp; Swiss Cheese</i> Potato Salad</p>	<p><b>\$13</b> <b>Dinner</b> Smothered Beef &amp; Bean Burrito Mexican Rice Refried Beans</p>
<p><b>Thursday, July 6</b></p>	<p><b>\$12</b> <b>Lunch</b> Chicken &amp; Grilled Peach Salad <i>Grilled Chicken, Spinach, Grilled Peaches, Blueberries, Pecans, Feta Cheese, &amp; Honey Mustard Dressing</i></p>	<p><b>\$16</b> <b>Dinner</b> Turkey Mashed Potatoes &amp; Gravy Dressing Green Beans</p>
<p><b>Friday, July 7</b></p>	<p><b>\$11</b> <b>Lunch</b> Mac &amp; Cheese Bar</p>	<p><b>\$14</b> <b>Dinner</b> Swiss Steak Mashed Potatoes Honey-Glazed Carrots</p>
<p><b>Saturday, July 8</b></p>	<p><b>\$13</b> <b>Lunch</b> Fish &amp; Chips Coleslaw</p>	<p><b>\$15</b> <b>Dinner</b> Honey-Glazed Ham Mashed Sweet Potatoes Brussel Sprouts</p>

# Weekly Opportunities Calendar July 2 to July 8

## Sunday • July 2 *Put your trash at the curb!*

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

## Monday • June 3 *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  
7:00 p.m. ~ Community Bingo, CR

## Tuesday • July 4

10:30 a.m. ~ Steady Yourself, *1960*  
11:15 a.m. ~ Chair Yoga, *1960*  
12:00 p.m. ~ Kimball Luncheon, BR  
5:00 p.m. ~ 4th of July Buffet, CY  
8:30 p.m. ~ 4th of July Celebration, Lyle Patio

## Wednesday • July 5

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*  
12:00 p.m. ~ Rock Steady Boxing, BF  
3:00 p.m. ~ Sing-a-Long, EC  
3:00 p.m. ~ Rock Steady Boxing, CR  
5:30 p.m. ~ Meadowlark Men's Supper, PS

*Solution from 6/22 (Level: Easy)*

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

## Thursday • July 6

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, *1960*  
5:30 p.m. ~ Meadowlark Circle Dinner, MR

## Friday • July 7

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*  
3:00 p.m. ~ Catholic Mass, CR  
7:00 p.m. ~ Presentation: Living with Autism, BR

## Saturday • July 8

9:30 p.m. ~ Band Bust Exercise Class, *1960*  
7:00 p.m. ~ Beers & Hymns, EC

### Room Abbreviations

<i>1960</i> , TV Channel 1960	GR, Game Room
BF, <i>Body First</i>	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	<i>MSC, Manhattan Sr. Center</i>
FHR, Flint Hills Room	VBC, Verna Belle's Cafe
GC, Grosh Cinema	VE, Village Entrance

*Artist information from page 5.*

Zona Lorraine Wheeler (United States, 1913 - 1998)

*Family Fourth of July*, 1949, Watercolor with opaque watercolor and ink on paper, KSU, Marianna Kistler Beach Museum of Art, 1949.1

*Solution from 6/22 (Level: Medium)*

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



## 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: July 2

***CAPTAIN AMERICA: THE FIRST AVENGER*** (2011) PG-13, 2 hr. 6 min. *Action, Adventure, Sci-Fi*

Cast: Chris Evans, Tommy Lee Jones, & Hugo Weaving

After being deemed unfit for military service, Steve Rogers volunteers for a top-secret research project that turns him into Captain America.

### MUSICAL MONDAY: July 3

***THE BELLE OF NEW YORK*** (1952) NR, 1 hr. 21 min. *Classic, Musical, Romance*

Cast: Fred Astaire, Vera-Ellen, & Marjorie Main

Charles Hill is a playboy trying to win the heart of Angela Bonfils, a Salvation Army worker. Notorious for leaving his brides-to-be at the altar, it's not surprising that Angela doesn't return his affection, but Charles is determined to win her over with plenty of song and dance.

### TRUE TUESDAY: July 4

***INDEPENDENCE DAY*** (1996) PG-13, 2 hr. 33 min. *Action, Suspenseful, Sci-Fi*

Cast: Will Smith, Bill Pullman, & Jeff Goldblum

When aliens in an enormous spacecraft suddenly arrive in Earth's atmosphere and start blowing things up, it falls to a cocky pilot and a goofy scientist to save the planet from total destruction.

### WESTERN WEDNESDAY: July 5

***FOREVER MY GIRL*** (2018) PG, 1 hr. 47 min. *Romantic, Drama*

Cast: Alex Roe, Jessica Rothe, & John Benjamin

A young musician leaves his fiancée at the altar to pursue fame and fortune, then returns home nearly a decade later, hoping to win her back.

### THEATER THURSDAY: July 6

**PAGE TURNER REQUEST**

***A MAN CALLED OVE*** (2016) PG-13, 1 hr. 56 min. *Emotional, Romantic, Heartfelt*

Cast: Rolf Lassgard, Bahar Pars, & Filip Berg

Despite being deposed as president of his condo's resident association, 59-year-old misanthrope Ove continues to plague his neighbors with dictatorial demands. But when Ove's new neighbor runs over his mailbox, the old crank has met his match.

### FUNNY FRIDAY: July 7

***THE JEWEL OF THE NILE*** (1985) PG, 1 hr. 46 min. *Romantic, Comedy, Action*

Cast: Michael Douglas, Kathleen Turner, & Danny DeVito

Romance writer Joan Wilder has grown bored traveling the world with her boyfriend, Jack Colton, and accepted an invitation to journey to the Middle East with a sheik. Once there, Joan is abducted and imprisoned with a luckless spiritual leader. Now, Colton and his new partner, Ralph, must come to Wilder's rescue.

### SWEET SATURDAY: July 8

***THE SECRET OF MY SUCCESS*** (1987) PG-13, 1 hr. 50 min. *Feel-Good, Romantic, Comedy*

Cast: Michael J. Fox, Helen Slater, & Richard Jordan

After moving to New York to work for his uncle, an audacious mailroom clerk with dreams of making it big schemes his way up the corporate ladder.