

# Outdoor Encounters



*submitted by Nathan Bolls*

The sun shines, distant stars twinkle, and the moon glows. And the first astronauts, looking back at their home as they orbited our moon, were hushed as they stared at the celestial body from which they had so recently been pushed. Our beautiful shining blue Earth, seen from space, and although held in orbit by the mysterious power of gravity, seemed alone and lost in the dark void. The bright sphere displayed both a great beauty and a profound sense of fragility. The astronauts were dumb-struck and astonished by this shining orb wrapped in a sheath of blue oceans. Their descriptions back to Earth that night were laced with wonder and with love and caring for what they were seeing. Perhaps for the first time they were truly proud to call our Earth home.

Do space travelers know something that the vast majority of us have missed? Indeed, the astronauts were close enough to realize indelibly that water covers seventy percent of our Earth's surface. Close enough to see huge seas of blue, large globs of green, and a few wispy white clouds. And distant enough to

see the big picture. Perhaps NASA should display more of the "big picture" scenes of Spaceship Earth. Perhaps we also might come to truly sense the great beauty, and fragility, of our home.

We usually don't concern ourselves with the big picture; rather, we tend to think, plan and act locally—and selfishly. That's what our society, especially our so-called advanced western society, drills into us. And that brings me to the observation that when someone says they love nature, I have to wonder if that expression of feelings is based merely on fascination, astonishment or awe. Do we really love any part of the wild crust of Earth on which we live out our lives?

Aren't feelings of true and abiding love accompanied by distinct feelings of caring for and wishing to nurture the object of our love? A desire to give and serve? That sense of nurturing seems to be mostly missing in our relationship with Spaceship Earth. Perhaps it would help if we got to know a few not-so-obvious facts about some of our non-human fellow travelers. Perhaps we could come to truly appreciate

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## EVENTS & OPPORTUNITIES

### 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!

### Christmas in July at Meadowlark!

*Sunday, July 9, at 10:30 a.m.*

Join us Sunday, July 9, from 10:30 to 11:15 a.m. as we celebrate Christmas at Meadowlark. You heard that right - Christmas in July! So many times during the Christmas season we're distracted by snowy weather, visiting family, gift giving, and cooking. What if we could experience the birth of Christ without all that extra ... STUFF! On this special Sunday we'll have guest musicians, a

Children's Choir, and tell the well-known and loved story of "The Man and the Birds."

### Town Meeting

*Monday, July 10, at 9:30 a.m.*

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, July 10, in the Event Center. Hear updates from Lonnie Baker, CEO, and other Meadowlark leaders about the upcoming events and news for our campus.

If you are unable to attend Town Meeting, printed agendas will be available at the Hospitality Desk after the meeting concludes.

### Hable Espanol

*Monday, July 10, at 4 p.m.*

The Hable Espanol group will meet at 4 p.m. Monday, July 10, in the Flint Hills Room.

### Speedy Pd Training Walks—More Dates!

*Tuesday, July 11, & Thursday, July 13, at 9:30 a.m.*

Everyone is invited to participate in the twice weekly training walks as we prepare for the Half-Mile or 5k courses at this year's Speedy Pd Race for Parkinson's Disease. Training walks will meet Tuesdays and Thursdays at 9:30 a.m. Meet in the lobby for a guided walk outside, weather permitting, otherwise we will walk indoors.

### 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.

### The Writings: Exploring the Stories of the Old Testament

*Tuesday, July 11, at 3:30 p.m.*

Pastor Melanie Nord will offer an opportunity each every Tuesday beginning July 11 through Aug. 11 titled "The Writings: Exploring the Stories



**Pirate Murder  
Mystery Dinner**  
*Friday, August 4th*  
5:30 p.m.  
Event Center

Featuring:  
Prairie Star Servers  
and Kitchen Staff

\$40

The poster features a skull and crossbones in the bottom right corner and a red bloodstain at the top left.

## EVENTS & OPPORTUNITIES

of the Old Testament.”

Scholars often compare our Old Testament book of Jonah, Esther, and Ruth to children's stories. Each has suspense, heroes, foreshadowing, and other popular literary techniques ... and yet each is found in our Holy Scriptures. Come learn the power and life meaning that can be found in these wonderful stories of our faith at 3:30 p.m. Tuesday, July 11, in the Flint Hills Room.

### Page Turners Book Club

*Wednesday, July 12, 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 The Life of Pi by Yann Martel and will meet at 11:30 a.m. Wednesday, July 12, in the Patriot Room.

Participants do not have to attend each week to participate; come when you are able whether you have finished the book or are just beginning! We have copies available from the Manhattan Public Library. Contact Katie if you would like to borrow a book or if you have any questions at [ksigman@meadowlark.org](mailto:ksigman@meadowlark.org) or call (785) 323-3899.

### July Ladies Luncheon

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

All Meadowlark ladies are invited to the July Ladies Luncheon at 11:30 a.m. Thursday, July 13, in the Event Center. Sign up in the Blue Book at the Hospitality Desk if you plan to attend. Lunch will include a spinach, bacon, and mushroom quiche, veggie cup, and rainbow sherbet for \$12.

The speaker for July's Luncheon will be Officer Dave Anderson with KSU Police Department. He will share about what do to in the event of an active shooter situation, including helpful ways to protect yourself.

### Shopping at Hobby Lobby & Dollar Tree

*Saturday, July 15, at 10:30 a.m.*

The next scheduled trip is Saturday, July 15, 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, Aug. 19. Please sign up in the Blue Book to participate in these opportunities.

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them as the marvelously complex and fragile creations that they are—as we are. Following are a few select details concerning marvelous adaptations in the anatomy, physiology, biochemistry **or** behavior of certain wild animals that enable them to survive a short period of time, or a whole season, in harsh conditions? But the details below are but the faintest dusting of the tip of the iceberg of striking adaptations seen in plants and animals.

If one of us fell into Bayer Pond in January and couldn't get out, we could count our functional existence in just minutes. And some pond fish might just swim by or float nearby. They can do this because as fall comes on the enzymes that drive their summer metabolic rate gradually give way to enzymes that operate best at lower temperatures. Not at the speed of summer metabolism, but enough for survival at winter temps. Enzymes are very temperature specific.

Now consider the following figures from the Sept./Oct. 2015 Audubon Magazine for our tiny, flitting, super energetic gem of summer: the ruby-throated hummingbird. The adult hummer weighs about 2.5 grams -- one-thirteenth of an ounce--and can hover, fly forward, backward, and even upside down—their wings beating up to 50 times **per second**, enabling flight speeds of up to forty miles per hour. Heart rates of 1,220 beats per minute have been recorded!

Like for monarch butterflies, the hummer's migration is legendary. They winter in Central America, and many of them cross the Gulf of Mexico from the southern USA to reach their winter homes—some even from southern Florida, which means a non-stop journey of 500 miles! This is possible because they prep for migration by storing up fat to use as an energy supply—some two grams of it, on a 2.5 gram body! Time to tip our hats, and “take **hummers** under **our** wings.”

# RESTAURANT **SPECIALS**

<p><b>Sunday, July 9</b></p>	<p><b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p><b>Dinner</b> <b>\$12</b> Philly Cheesesteak Sandwich French Fries</p>
<p><b>Monday, July 10</b></p>	<p><b>\$11</b> <b>Lunch</b> Bacon, Spinach, &amp; Swiss Quiche Summer Fruit Salad</p>	<p><b>\$14</b> <b>Dinner</b> Grilled Raspberry Chicken Rice Pilaf Broccoli</p>
<p><b>Tuesday, July 11</b></p>	<p><b>\$12</b> <b>Lunch</b> Caesar Steak Wrap Garlic Parmesan Fries</p>	<p><b>\$13</b> <b>Dinner</b> Spaghetti &amp; Meatballs Garlic Toast Green Beans</p>
<p><b>Wednesday, July 12</b></p>	<p><b>\$10</b> <b>Lunch</b> Chicken Fajita Quesadilla Corn Salad</p>	<p><b>\$14</b> <b>Dinner</b> Chicken Piccata Wild Rice Caprese Skewer</p>
<p><b>Thursday, July 13</b></p>	<p><b>\$11</b> <b>Lunch</b> Pesto Chicken Melt Couscous Salad</p>	<p><b>\$17</b> <b>Dinner</b> Parmesan-Crusted Salmon Wild Rice Asparagus</p>
<p><b>Friday, July 14</b></p>	<p><b>\$11</b> <b>Lunch</b> Soup &amp; Salad Bar</p>	<p><b>\$15</b> <b>Dinner</b> Pork Tenderloin <i>with Creamy Mustard Sauce</i> Hashbrown Casserole Honey-Glazed Carrots</p>
<p><b>Saturday, July 15</b></p>	<p><b>\$11</b> <b>Lunch</b> Fried Pork Cutlet Sandwich Roasted Red Potatoes</p>	<p><b>\$19</b> <b>Dinner</b> 6-oz. Ribeye Baked Potato Asparagus</p>

# Weekly Opportunities Calendar July 9 to July 15

**Sunday • July 9** *Put your trash at the curb!*  
 10:30 a.m. ~ Worship Service, CR  
 10:30 a.m. ~ Transportation to FUMC, VE

**Monday • July 10** *Trash pick-up*  
 8:30 a.m. ~ IL Resident Council, BR  
 9:30 a.m. ~ Town Meeting, EC  
 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  
 4:00 p.m. ~ Hable Espanol, FHR  
 5:30 p.m. ~ Tuttle Creek Dinner, BR  
 7:00 p.m. ~ Community Bingo, CR

**Tuesday • July 11**  
 9:30 a.m. ~ Speedy Pd Training Walks, VE  
 10:00 a.m. ~ WTC Expert Hour, GR  
 10:00 a.m. ~ Memory Activities Class, EC  
 10:30 a.m. ~ Steady Yourself, CR *or 1960*  
 11:15 a.m. ~ Chair Yoga, *1960*  
 12:00 p.m. ~ 4th Floor Luncheon, MR  
 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  
 3:30 p.m. ~ Exploring the Old Testament, FHR

**Wednesday • July 12**  
 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. ~ Page Turners Book Club, PR  
 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. ~ Eastside Supper, BR

**Thursday • July 13**  
 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*

**Thursday • July 13**  
 11:30 a.m. ~ Ladies Luncheon, EC  
 12:00 p.m. ~ Caring Conv. for People with Pd, FHR  
 12:05 p.m. ~ Mat Yoga, CR  
 1:00 p.m. ~ Pd Care Partner Support Group, FHR  
 1:30 p.m. ~ Speedy Pd Art Class, PR

**Friday • July 14**  
 7:00 a.m. ~ Rock Steady Boxing, *BF*  
 9:30 a.m. ~ Outdoor Committee, PR  
 9:30 a.m. ~ Seated Strength, CR *or 1960*  
 10:00 a.m. ~ Dementia Friendly Manhattan, KSU CL  
 10:30 a.m. ~ Weights 101, CR *or 1960*  
 11:30 a.m. ~ Sit & Be Fit, CR *or 1960*

**Saturday • July 15**  
 9:30 a.m. ~ Band Bust Exercise Class, *1960*  
 10:30 a.m. ~ Saturday Shopping Trip, VE

## Room Abbreviations

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

## Solution from 6/29.

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## 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 9

***DUMBO*** (2019) PG, 1 hr. 57 min. *Family, Fantasy, Action-Adventure*

Cast: Colin Farrell, Michael Keaton, & Danny DeVito

A struggling circus makes an incredible comeback with a baby elephant that can fly, but when they attract a new investor they soon discover his new plans conceal dark secrets.

### MUSICAL MONDAY: July 10

***CHITTY CHITTY BANG BANG*** (1968) G, 2 hr. 25 min. *Classic, Comedy, Musical*

Cast: Dick Van Dyke, Sally Ann Howes, & Lionel Jeffries

Quirky inventor Cractacus Potts has a magical flying car that transports his family and lovely lad friend to Vulgaria, a kingdom strangely devoid of children, ruled by the evil Baron Bomburst.

### TRUE TUESDAY: July 11

***THE SHORT GAME*** (2013) PG, 1 hr. 40 min. *Inspiring, Heartfelt, Feel-Good*

Cast: Sky Sudberry, Allan Kournikova, & Jed Dy

They are fiercely competitive athletes, determined to become champions on one of the world's toughest golf courses. And they're still in grade school.

### WESTERN WEDNESDAY: July 12

***NO COUNTRY FOR OLD MEN*** (2007) R for , 2 hr. 2 min. *Thriller, Suspense, Drama*

Cast: Tommy Lee Jones, Javier Bardem, & Josh Brolin

While hunting in the desert, Llewelyn Moss stumbles upon a drug deal gone bad and takes off with \$2 million in cash. With a psychotic hit man hot on his trail, a deadly game of cat and mouse ensues.

### THEATER THURSDAY: July 13

***MISSING*** (2023) PG-13, 1 hr. 50 min. *Drama, Thriller, Chilling*

Cast: Storm Reid, Nia Long, & Megan Suri

When June's mother and her new boyfriend don't return from a trip to Colombia, the tech-savvy teenager undertakes her own online investigation.

### FUNNY FRIDAY: July 14

***KICKING & SCREAMING*** (2005) PG, 1 hr. 35 min. *Comedy, Family, Sports*

Cast: Will Ferrell, Robert Duvall, & Mike Ditka

Mild-mannered family man Phil takes over as coach of his young son's ragtag soccer team in a league dominated by his ultra-competitive father.

### SWEET SATURDAY: July 15

***WEDDING SEASON*** (2022) TV-PG, 1 hr. 37 min. *Charming, Quirky, Heartfelt*

Cast: Pallavi Sharda, Suraj Sharma, & Ari Afsar

Under parental pressure to find spouses, Asha and Ravi pretend to date during a summer of weddings—but their ruse goes awry when feelings turn real.