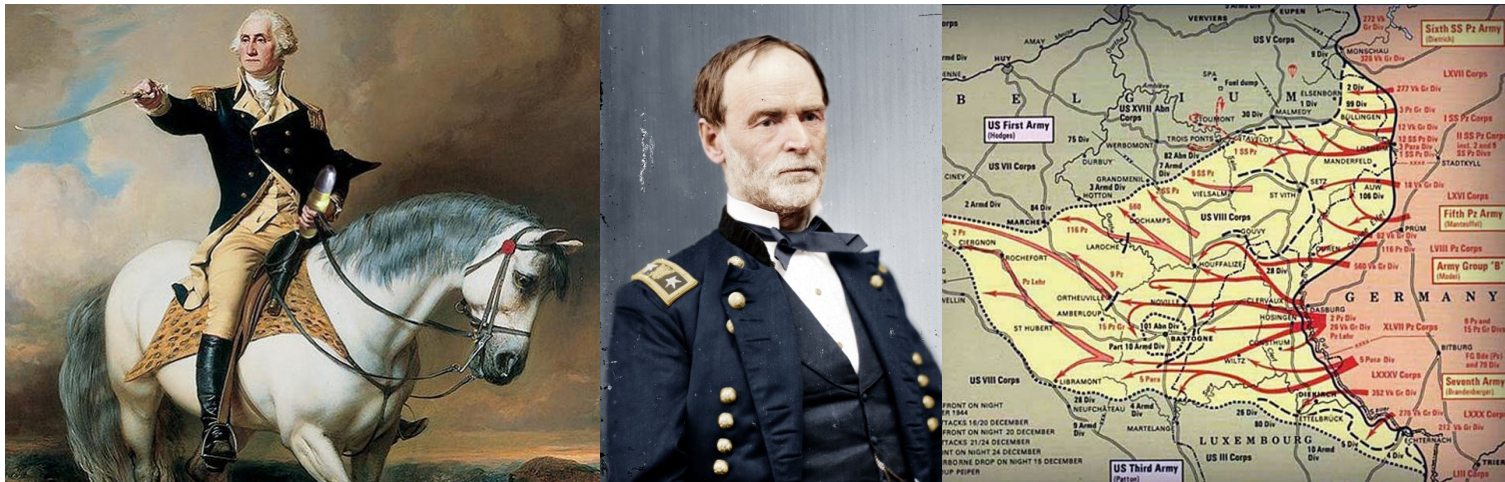


Learning Opportunity

UFM offers class covering *Three Significant American Military Campaigns*



UFM Lifetime Learning presents *Three Significant American Military Campaigns* taught by Robert Smith, Ph.D., Director of the Fort Riley Museums Complex. This three-session course will begin Thursday, July 27, from 6:30 to 8 p.m. in the Community Room. The second and third sessions will meet Aug. 3 and Aug. 10.

This class will examine three significant campaigns fought by the United State Army. The first session will discuss George Washington's New York Campaign of 1776, which was his first major military action as leader of the Continental Army. The campaign for control of New York, the colonies' largest city, pitted a British Army of 32,000 troops against Washington's 14,000.

The second session will review Sherman's Civil War Atlanta campaign of 1864. In May 1864, General William T. Sherman, with more than 100,000 Union soldiers, campaigned for nearly four months for control of the Confederate city of Atlanta. The campaign became a war of maneuver against Joseph E. Johnston's 60,000 Confederate troops defending the city.

The final class will focus on the World War II Battle of the Bulge. The last major German offensive of

World War II attempted to drive a wedge between the U.S. Army and the British Army in an attempt by Hitler to bring about a negotiated peace with the Western Allies. The month-long campaign was one of America's costliest battles, incurring nearly 61,000 American and 120,000 German casualties.

Smith (Bob) was born in Nebraska and attended the University of Nebraska, where he majored in history. Bob has always had a love for history and a particular interest in military history as he comes from a military family. Prior to his return to academia and advanced degrees, Bob managed a family operated business where he learned management and organizational skills. He returned to academia in 1998, attending Kansas State University, receiving a master of arts in military history in 2004, and a Ph.D. in military history in December 2008.

Enrollment is now open 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.

EVENTS & OPPORTUNITIES

Card Making Class, canceled this week

Because of unforeseen circumstances, the card making class scheduled for this week has been cancelled. Michelle plans to resume the class next month, on Thursday, Aug. 17.

Roof repair to begin Monday

Contractors will begin work on the roof of Sloan House and Honstead House on Monday, July 24. Residents whose parking spots will be temporarily affected will be contact by Monte Spiller, Resident Services Leader. The Courtyard will be unavailable while crews are on-site working. This work is expected to take approximately four weeks.

Yoga Classes canceled, July 25

Chair Yoga and Mat Yoga are canceled for Tuesday, July 25. Chair Yoga can be accessed Tuesday, July 25, at 11:15 a.m. on Channel 1960.

Rock Steady Boxing canceled, July 26

Rock Steady Boxing class at Meadowlark is canceled for Wednesday, July 26.

Murder Mystery Dinner, postponed

The Pirate Murder Mystery Dinner scheduled for Friday, Aug. 4, has been postponed. When a new date is set, it will be printed in the Messenger.

Watering Cans

Please do not remove the watering cans from the Courtyard. Thank you in advance!

Olympus Reptiles

Friday, July 21, at 7 p.m.

Meadowlark welcomes Olympus Reptiles at 7 p.m. Friday, July 21, in the Event Center. Curtis, the owner of Olympus Reptiles, and his partner, Caleb, will be showing six adult pythons and two baby ball python snakes. They will discuss their origins, where their natural habitat is from in Africa, and what types of food they eat.

Curtis and Caleb will discuss the different genetics and how they breed them to change the pattern and colors of the snakes. All are invited to come learn about these interesting creatures!

Worship Service

Sunday, July 23, at 10:30 a.m.

Join guest preacher Marie Amthauer for worship at 10:30 a.m. Sunday, July 23, in the Community Room/Chapel. She is a lay speaker from the United Methodist denomination and frequently preaches around the Flint Hills region. Marie is well-known for craftily weaving storytelling and practical life lessons into her messages. All are welcome to attend.

Speedy Pd Training Walks

Tuesday, July 25, & Thursday, July 27, 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. This week, Meadowlark Parkinson's Program began a collaboration with Girls on the Run (GOTR). Participants will have a unique opportunity to embrace their differences and find strength in their connectedness during the weekly training walks and crossing the finish line at Speedy Pd on Aug. 26.

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.

Exploring the Old Testament

Tuesday, July 25, at 3:30 p.m.

Pastor Melanie Nord is offering an opportunity each Tuesday through Aug. 8 titled "The Writings: Exploring the Stories of the Old Testament."

Scholars often compare our Old Testament books 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 25, in the Flint Hills Room.

Manhattan Summer Chorus Concert

Tuesday, June 25, at 7 p.m.

Meadowlark welcomes back the Manhattan Summer Chorus at 7 p.m. Tuesday, June 25, in the Community Room! Last year they dazzled with performers starting with the letter "B" such as Bach, Beethoven and Brahms—the "Three B's" of

EVENTS & OPPORTUNITIES

classical music. They also included other greats like William Byrd, Anton Bruckner and Irving Berlin. This group is a fun bunch that loves to entertain. All are welcome!

Page Turners Book Club

Wednesday, July 26, 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 26, 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 (785) 323-3899 or via e-mail at ksigman@meadowlark.org.

ARTful Making

Wednesday, July 26, at 2:30 p.m.

You're invited to ARTful Making at 2:30 p.m. Wednesday, July 26, in the KSU Classroom. We will create vibrant and colorful nature images inspired by the intense colors of butterflies and beetles. Oil pastels will be our medium this month. Come create brilliant bugs with Kim Richards from the Beach Museum!

Artist Discussion with the Beach

Wednesday, July 26, at 4 p.m.

Join Kim Richards from Beach Museum of Art for "Charles Burchfield: Sensory Painter," at 4 p.m.

Wednesday, July 26, in the Bison Room. Burchfield was a visionary watercolorist from the Twentieth Century, driven by his colorful and sensory filled imagination.

Visit to Calvary Museum

Thursday, July 27, at 10 a.m.

Come along to Fort Riley as we visit the newly renovated Calvary Museum on Thursday, July 27. After a private tour, the group will dine at Cracker Barrel for lunch.

Cost for transportation is \$8 dollars per person. Lunch at Cracker Barrel will be every individual's responsibility. The bus will depart from the Village Entrance at 10 a.m. Thursday, July 27. If you plan to attend, please sign up in the Blue Book at the Hospitality Desk.

College Ave. UMC Communion

Thursday, July 27, at 10 a.m.

You're invited to attend communion with College Avenue United Methodist Church at 10 a.m. Thursday, July 27, in the Bison Room. Communion will be given by Rev. John Collins. All are welcome to attend.

Stacy Harris and the Jazz Masters

Friday, July 28, at 7 p.m.

Meadowlark welcomes Stacy Harris and the Jazz Masters for the first time! Come join us at 7 p.m. Friday, July 28, in the Event Center for an evening of jazz with Stacy Harris, aka Pink Science Diva, and the Jazz Masters. Stacy is science teacher at Anthony Middle School, and Fred Burrack works in the KSU Music Department. They will be playing a variety of traditional jazz hits as well as some newer ones mixed in. All are welcome!

See EVENTS, page 5



LEADER OF THE PACK

Congratulations to July's Leader of the Pack Alyssa Maya, a Home Health Aide with Meadowlark Home Health! Alyssa has a beautiful smile that lights up any room! She makes her clients a priority and represents Meadowlark so well. Family members of clients have said that she is fantastic and look forward to her visits. We are so happy to have Alyssa as a part of the Meadowlark team!

Work That Brain!



ACROSS

1. Scoundrels
5. Skirmish
10. Tab
14. Mishmash
15. A long narrow passage
16. Freshwater mussel
17. Syndicate
19. Norse god
20. Half of a pair
21. The best people or things
22. Mix
23. Faucet attachment
25. Purchaser
27. Feline
28. Confine
31. Pulverization
34. Trio
35. Driveway surface
36. Alley
37. Colonial reporter
38. Had on
39. And more
40. Twisted
41. Not clean
42. Elementary particle
44. Type of umpire
45. Construct
46. Flaws
50. Begin
52. Rent
54. "Eureka!"
55. A golf shot
56. Belonging to the past
58. Cain's brother
59. Not outer
60. Moving vehicles
61. Constructed
62. Cast out
63. Oxen's harness

DOWN

- | | | |
|------------------------------|------------------------|---------------------------------|
| 1. Chocolate | 18. Group of eight | 40. Court order |
| 2. Companionless | 22. Memory unit | 41. Postpone |
| 3. Eatery | 24. Skin disease | 43. Tortoise |
| 4. Mayday | 26. Utiliser | 44. Holiday destination |
| 5. Orange veggie | 28. Rhinoceros | 46. Specified days of the month |
| 6. Metric unit of capacity | 29. A heavy open wagon | 47. Chocolate source |
| 7. Largest continent | 30. 3 | 48. Express gratitude |
| 8. Slept | 31. Secluded valley | 49. Mud volcano |
| 9. Skirt's edge | 32. Assess | 50. Junk E-mail |
| 10. Manservant | 33. Hatched | 51. Big brass |
| 11. Son or daughter, usually | 34. Moving heavily | 53. Anagram of "Seen" |
| 12. King of the jungle | 37. Helix | 56. Hasten |
| 13. God | 38. Spouse | 57. Climbing vine |

Art Engagement *from the Beach Museum of Art*

Contrast is a principle of art that is created by highlighting differences within the art elements of value, color, form, and texture. It is a way the artist can add variety and unity to an artwork. Take a moment to look at the two prints shown here, both by Herschel C. Logan. How did Logan use contrast to create a day scene and a night scene? Which types of contrast did he use?



Herschel C. Logan (United States, 1901 - 1987)
Summer Day, 1927
Woodcut on paper
KSU, Marianna Kistler Beach Museum of Art, gift of Peggy L. Sondergard & Samuel H. Logan, 2002.31



Herschel C. Logan (United States, 1901 - 1987)
Summer Night, 1932
Woodcut on paper
KSU, Marianna Kistler Beach Museum of Art, gift of Peggy L. Sondergard & Samuel H. Logan, 2002.90

EVENTS, from page 3

Hable Espanol

Monday, Aug. 14, at 4 p.m.

Hable Espanol Group will meet Lunes el catorce de Agosot (Monday, Aug. 14) as las cuatro en las tardes (at 4 p.m.).

El grupo quiere leer el Libro de Juan Rulfo, su titulo "Pedro P'aramo." Vamos a leer el libro en la clase.

Assignment for the August meeting is to read the introduction. Look forward to seeing you in August.

Walk to End Alzheimer's

Saturday, Sept. 30, at 9 a.m.

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

The Alzheimer's Association Walk to End

Alzheimer's is the world's largest fundraiser for Alzheimer's care, support, and research. 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 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.

RESTAURANT **SPECIALS**

<p>Sunday, July 23</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>Dinner \$13 Open-Faced Turkey Sandwich Broccoli</p>
<p>Monday, July 24</p>	<p>\$11 Lunch Tamale Pie Mexican Corn Salad</p>	<p>\$15 Dinner Stuffed Pork Tenderloin <i>with Sundried Tomatoes, Spinach, & Mozzarella Cheese</i> Scalloped Potatoes Asparagus</p>
<p>Tuesday, July 25</p>	<p>\$11 Lunch Cuban Sliders Macaroni Salad</p>	<p>\$14 Dinner Fish & Chips Coleslaw</p>
<p>Wednesday, July 26</p>	<p>\$11 Lunch Chicken & Mushroom Crepes Roasted Broccoli</p>	<p>\$15 Dinner Creamy Garlic Chicken <i>served over Ravioli</i> Caesar Salad</p>
<p>Thursday, July 27</p>	<p>\$12 Lunch Fiesta Chicken Salad <i>Mixed Greens, Grilled Chicken, Cheddar Cheese, Corn, Cilantro, Black Beans, Red Onions, & Tomatoes in a Fried Taco Shell</i></p>	<p>\$14 Dinner Salisbury Steak Mashed Potatoes Green Beans</p>
<p>Friday, July 28</p>	<p>\$11 Lunch Pasta Bar</p>	<p>\$14 Dinner Orange Chicken Rice Stir Fry Vegetables</p>
<p>Saturday, July 29</p>	<p>\$10 Lunch Tuna Melt Cucumber Salad</p>	<p>\$23 Dinner 4-oz. Filet & Garlic Shrimp Baked Potato Asparagus</p>

Weekly Opportunities Calendar July 23 to July 29

Sunday • July 23 *Put your trash at the curb!*

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

Monday • July 24 *Trash & recycling 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 25

9:30 a.m. ~ Speedy Pd Training Walk, GR
10:00 a.m. ~ ARTful Memories, KSU CL
10:30 a.m. ~ Steady Yourself, CR *or 1960*
11:15 a.m. ~ Chair Yoga, *1960 only*
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
5:30 p.m. ~ 3rd Floor Supper, BR
7:00 p.m. ~ Manhattan Summer Chorus Con., EC

Wednesday • July 26

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
4:00 p.m. ~ Artist Discussion with the Beach, BR
5:30 p.m. ~ 1st Floor Supper, MR

Thursday • July 27

9:00 a.m. ~ Messenger Team, KSU CL
9:30 a.m. ~ Speedy Pd Training Walk, GR
10:00 a.m. ~ Depart for Calvary Museum, VE
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 or People with Pd, FHR

Thursday • July 27

12:05 p.m. ~ Mat Yoga, CR
1:00 p.m. ~ Parkinson's Exercise Class, CR
1:00 p.m. ~ Pd Care Partner Support Grp, FHR
1:30 p.m. ~ Speedy Pd Art Making, PR
6:30 p.m. ~ UFM Class: Three Significant American Military Campaigns, CR

Friday • July 28

7:00 a.m. ~ Rock Steady Boxing, *BF*
9:30 a.m. ~ Seated Strength, CR *or 1960*
10 a.m. to 3 p.m. ~ Meadowlark Market, 120 N. Scenic
10:30 a.m. ~ Weights 101, CR *or 1960*
11:30 a.m. ~ Sit & Be Fit, CR *or 1960*
7:00 p.m. ~ Stacy Harris & Jazz Masters, EC

Saturday • July 29

9:30 a.m. ~ Band Bust Exercise Class, *1960 only*
10 a.m. to 3 p.m. ~ Meadowlark Market, 120 N. Scenic

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

What's one
animal you'll
always find at
a baseball game?

A bat.



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 23

PARENT TRAP (1998) PG, 2 hr. 9 min. *Romance, Family, Comedy*

Cast: Dennis Quaid, Natasha Richardson, & Lindsay Lohan

Identical twins, separated shortly after birth when their parents divorce, unexpectedly meet at a summer camp. Will their scheme to switch places result in reuniting their family?

MUSICAL MONDAY: July 24

OKLAHOMA (1955) G, 2 hr. 25 min. *Classic, Musical, Heartfelt*

Cast: Gordon MacRae, Gloria Grahame, & Gene Nelson

During Oklahoma's freewheeling territorial days, coquettish Laurey Williams falls for good-natured cowboy Curly McLain. Unfortunately, she also provokes the unwanted affections of brooding hired hand, Jud Fry.

TRUE TUESDAY: July 25

CHARLES: IN HIS OWN WORDS (2023) TV-14, 44 min. *Documentary, Biographical*

An intimate portrait of Britain's new monarch, using rarely seen footage, never-before-heard interviews, and forgotten interviews with Charles himself.

WESTERN WEDNESDAY: July 26

8 SECONDS (1994) PG-13, 1 hr. 44 min. *Exciting, Emotional, Drama*

Cast: Luke Perry, Stephen Baldwin, & Red Mitchell

Determined young Oklahoman Lane Frost learns to ride bulls in an attempt to win his emotionally detached father's respect. As Lane moves up the tough rodeo circuit, he meets a spirited rider named Kellie and, after a fiery courtship, the two get hitched. Lane's devotion to the rodeo and to his fans threatens their marriage, but his efforts pay off when he captures the 1987 world title.

THEATER THURSDAY: July 27

THANK YOU FOR YOUR SERVICE (2017) R *for violence, language, & sexuality*, 1 hr. 49 min.

Cast: Miles Teller, Beulah Koale, & Joe Cole

After returning home from the war in Iraq, a group of soldiers struggle to readjust as memories of combat take a toll on their lives and loved ones.

FUNNY FRIDAY: July 28

A KID IN KING ARTHUR'S COURT (1995) PG, 1 hr. 30 min. *Comedy, Fantasy, Action-Adventure*

Cast: Thomas Ian Nicholas, Joss Ackland, & Art Malik

When an earthquake rumbles through the ballpark during a Little League game, a 14-year-old boy falls back in time to mythical medieval kingdom of Camelot and the court of legendary King Arthur.

SWEET SATURDAY: July 29

DR. DOLITTLE (1998) PG-13, 1 hr. 26 min. *Family, Comedy, Fantasy*

Cast: Eddie Murphy, Ossie Davis, & Oliver Platt

A workaholic doctor estranged from his family rediscovers his ability to communicate with animals, which turns his life upside down.