

Messenger

Sept. 14, 2023 Manhattan, Kansas Messenger Editor: Sarah Duggan

A local not-for-profit focused on supporting people in living their best lives



Give Thanks to Our Staff

Employee Gift Fund

submitted by the Employee Gift Committee

Each year, we show appreciation to our Meadowlark staff for their hard work, dedication to our residents, and commitment to making Meadowlark the best retirement community in the area. The employees at Meadowlark are key to the comfort, happiness, and good health that we as Meadowlark residents enjoy.

This November, Meadowlark residents will reward the staff with a monetary gift to express our appreciation and thanks. Because of Meadowlark's no-tipping policy, this is the best way we can reward them. Residents have received a letter in the mail requesting support toward the annual *Employee Gift Fund*. We ask that you consider giving and being as generous as possible.

We are fortunate to have the best staff here at Meadowlark, and we want to retain them. We can do that through "giving the best to keep the best."

Holiday Getaway

Seasonal attractions await Meadowlark Travelers

by Becky Fitzgerald

Celebrate the Christmas season with Meadowlark Travelers! A six-day getaway is planned for Monday, Dec. 4, through Saturday, Dec. 9; Meadowlark residents, Passport members, and friends or family members are invited. Our deluxe motorcoach will roll east into Missouri and then continue into Illinois, Indiana, Ohio, and Kentucky, stopping at a variety of attractions, most with Christmasthemed events or displays that we're sure to enjoy.

Just a few hours from home, we'll meet the Budweiser Clydesdales at their ranch near Boonville, Mo. In Cincinnati, Ohio, model trains and countless poinsettias will vie for our attention at Krohn Conservatory prior to a relaxing lunch cruise on a Queen City riverboat.

In Kentucky, ChristmasTown is a seasonal addition to the numerous exhibits at Creation Museum, where guests may venture through biblical history, botanical gardens, a planetarium, and zoo. A new exhibit, Borderland: Israel in the Time of Jesus, was designed to put the New Testament in context, according to the museum's website.

At nearby Ark Encounter, we'll enter a structure built according to dimensions given in the Bible and stroll past exhibits created to prompt interest and wonder about Noah's possible experiences aboard the ark.

Care has been taken with selecting our lodging along the way, but our stay at The Seelbach Hilton in Louisville is sure to be

See TRAVELERS, page 6

EVENTS & OPPORTUNITIES

Friday Night Program change

Friday, Sept. 15, at 6:45 p.m.

The Friday Night Program for tomorrow, Sept. 15, will now be Vinyl Night. Back by popular demand, you're invited to sit back and reminisce as the records spin at 6:45 p.m. Friday, Sept. 15, in the Event Center. Domingo, one of our Prairie Star bartenders, will take requests, or you can bring a record to share. The bar will be open for cocktails and mocktails.

Shopping at Hobby Lobby & Dollar Tree Saturday, Sept. 16, at 10:30 a.m.

The next scheduled trip is Saturday, Sept. 16, 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, Oct. 21. Please sign up in the Blue Book to participate.

KSU Football Watch Party

Saturday, Sept. 16, at 11 a.m.

You're invited to cheer on K-State football as they travel to take on the Missouri Tigers Saturday, Sept. 16. Light refreshments will be served at 10:30 a.m., and the game begins at 11 a.m. Watch Party festivities will occur in the Game Room, Bison Room, Grosh Cinema, and Verna Belle's Lounge. All are invited, and go 'Cats! The game will be broadcast on SEC Network.

Worship Service

Sunday, Sept. 17, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, Sept. 17, in the Community Room/Chapel. This Sunday, she will continue the sermon series called *Back to the Basics*. This week's sermon is titled, "David & Bathsheba." All are welcome to attend.

Why: A Film Presented by KU Alzheimer's Disease Research Center

Monday, Sept. 18, at 6 p.m.

Meadowlark Special Programs invites you to view the film "Why" by the KU Alzheimer's Disease Center. This film features big questions about early-stage dementia and big answers from exceptional people.

Page 2

Popcorn and drinks will be provided. The viewing is free to attend from 6 to 7 p.m. Monday, Sept. 18, Prairie Star's Event Center at Meadowlark. No reservations required.

UFM Class: Introduction to Tai Chi

Thursday, Sept. 19, at 1:30 p.m.

UFM Lifetime Learning presents *Introduction to Tai Chi* taught by Mary Reed, a registered nurse certified to teach Tai Chi. The final session will meet Thursday, Sept. 19, from 1:30 to 2 p.m. in the Community Room.

Once considered a marital art, Tai Chi is now used worldwide as an effective form of exercise for health and relaxation. These two 30-minute classes will provide participants an opportunity to learn the benefits of Tai Chi and to experience the Tai Chi warm-up exercises and movements.

Visit to Discovery Center, date change Tuesday. Sept. 26. at 10 a.m.

You're invited to visit the Flint Hills Discovery Center Tuesday, Sept. 26. Participants may view permanent exhibits, as well as a new temporary exhibit: "Great Plains—America's Lingering Wild."

The cost for admission is \$8 per person and transportation will be provided at no charge. The bus will depart from the Village Entrance at 10 a.m. Please sign up in the Blue Book if you plan to attend. Contact resident Warren Prawl at (785) 539-9536 with questions.

WTC Service Expert Hour

Tuesday, Sept. 19, 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.

WTC experts are here to provide answers and help you understand all the features and functionalities available to you. Team members are also available to troubleshoot and resolve issues.

Prairie Star Writers Group

Tuesday, Sept. 19, at 2 p.m.

Interested in joining the writing group at Meadowlark? Prairie Star Writers invites you to attend the next meeting at 2 p.m. Tuesday, Sept. 19, in the Patriot Room.

EVENTS & OPPORTUNITIES

The Sept. 19 session is titled "My Favorite Season." As we shift toward fall after a brutal summer, it's not hard to stay in our well-tempered homes. But, what other natural joys will we miss? How about the scents and feel of the air? We'll take time to describe our favorite season. Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

Page Turners Book Club

Wednesday, Sept. 20, 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 *Tuesdays With* Morrie by Mitch Albom and will meet at 11:30 a.m. Wednesday, Sept. 20, in the Patriot Room. We will be discussing differences between the book and the movie. The movie *Tuesdays With Morrie* will be showing in the Grosh Cinema on Tuesday, Sept. 19. 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 *Death* on the Nile by Agatha Christie. If you have any questions or need help obtaining a copy of the book, contact Katie via e-mail at *ksigman@meadowlark.org* or by phone at (785) 323-3899. Discussions of this book will begin on Oct. 4.

Artist Discussion with the Beach

Wednesday, Sept. 20, at 4 p.m.

Join Kim Richards from Beach Museum of Art for "Birger Sandzén: The Professor Painter" at 4 p.m. Wednesday, Sept. 20, in the Bison Room. Sandzén taught art for more than five decades in Lindsborg, Kan. He also was a painter, printmaker, speaker, and champion of art for everyone. We will explore the development of his identifiable style as well as his passion to share art with all.

Technology Help Drop In

Thursday, Sept. 21, at 9 a.m.

Are you new to technology or need help with existing computer questions? Take advantage of a

one-on-one help with tablets, laptops, and phones. This opportunity is offered by Wandean Rivers with Manhattan Public Library every third Thursday from 9 to 11 a.m. in the Game Room. Registration is not required to attend.

Card Making with Michelle Lehmer Thursday, Sept. 21, at 2:30 p.m.

The next Card Making with Michelle Lehmer class will occur on Thursday, Sept. 21, at 2:30 p.m. in the Flint Hills Room.

KSU Football Watch Party

Saturday, Sept. 23, at 7 p.m.

You're invited to cheer on K-State football as they travel to take on the UCF Knights Saturday, Sept. 23. Light refreshments will be served at 6:30 p.m., and the game begins at 7 p.m. Watch Party festivities will occur in the Game Room, Bison Room, Grosh Cinema, and Verna Belle's Lounge. All are invited, and go 'Cats! The game will be broadcast on Fox Sports 1.

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.

Veterans Meet Lou

by Joan Jones

During the summer of 1964, I joined the US Army as a Women's Army Corps, enlisting as a nurse to help pay for my last year at University of North Carolina School of Nursing.

I graduated in 1965 with a Second Lieutenant commission. After Basic Training at Fort Sam Houston, I remained in San Antonio at the Brook Army Medical Center for almost a year before receiving orders for Vietnam. In August 1966, I departed San Francisco with the other doctors and nurses tasked with the assignment of setting up a new hospital, primarily neurosurgical, the 24th Evac Hospital, in LongBinh, Vietnam. This was fairly early in the war, before the major TET offensive in February 1968. We all worked hard and played hard.

The experience was most rewarding to me as a person and a nurse. I was discharged at Fort Dix, N.J. and returned home to a welcoming family. After four months, I realized that I did enjoy military nursing so returned to be stationed in Fort Eustis, Va.; Brook Army Medical Center at Fort Sam Houston; and the 97th General Hospital, Frankfurt, Germany. Skip and I met there, and we both resigned from the Army and married in 1971.

After returning from Vietnam, rarely was a word spoken about my experiences. I decided it was safer not to discuss them. I kept a box and scrapbook of pictures and memorabilia, which I still have. Vietnam was never a socially acceptable topic. I did maintain contact with two nurses from the 24th until their early deaths. Many people learned that I am a veteran; few knew where I had served.

Fast forward to August 2023 at Meadowlark. I have been home from Vietnam for 56 years. I read in the Meadowlark Messenger that a former Army Nurse who had been in Vietnam was coming to Meadowlark to speak at our special weekend for those with Parkinson's disease. I suddenly realized



I had never before met another nurse who had been in Vietnam. I wanted to meet Lou Eisenbrandt. Thursday evening, Aug. 24, in our Bison Room was my opportunity.

I listened with great attention to Lou's presentation as she described her/my hospital and our caring for US Military patients and Vietnamese civilians. Memories flooded back, so that when I was able to introduce myself and to tell her that I was attending just to meet her and that I was privileged to do so, the emotions took over; I was in tears. Lou came to me to hug me, and I was at peace [pictured above].

The evening continued with other Veterans telling their stories. I was so proud of all of us. The evening was both enjoyable and cathartic for me. I thank Michelle Haub, Special Programs Leader, for inviting Lou as our special speaker and placing her in a position to help me unlock many memories. I am certain Lou spoke to others in her audiences Thursday and Friday nights and touched each one in the way he/she needed to be touched. I am certain God is using her to help all with whom she comes into contact.

Speedy Pd Snapshots











[top left] VIPds (Very Important People with Parkinson's disease) and their care partners join together to lead the singing of the National Anthem before the start of the race. The 'Thank You' banner was made by VIPds during activities with the Beach Museum of Art. [top right] Jim Whisnet, VIPd, had a great team of support for the event again this year. Jim crossed the finish line with a sly grin and said "[I feel] like I could do it again!" [middle left] The K-State Women's Basketball Team handed each participant a finishers medal. They are pictured with one of their biggest fans and longtime Speedy Pd supporter, Joshua Kohls. [middle right] Team KO bRACERS, from Kohlmeier Orthodontics, won the Best Costume Award with their Barbie theme. [bottom] Speedy Pd Planning Committee members and employees of event sponsor Flint Hills Beverage/Budweiser toast to the completion of another successful event! Mark your calendars for the next year ... Saturday, Aug. 24, 2024!

TRAVELERS, from page 1

memorable. Appearing on the National Register of Historical Places, The Seelbach, built in 1905, has hosted nine U.S. presidents and many celebrities. Its grand ambiance inspired author F. Scott Fitzgerald to use The Seelbach as a backdrop for Tom and Daisy Buchanan's wedding in *The Great Gatsby*. After we check in, a dinner buffet in a private room is on the itinerary.

With Kentucky in our rearview, we travel once again into Indiana and spend a few hours at Santa Claus, known as America's Christmas hometown. Photo opportunities are numerous at the museum & village, and if your Christmas shopping isn't complete, it's likely you'll find something to purchase for that special someone.

Meadowlark Travelers trips are designed to accommodate retirees of various ages and physical abilities. We strive for a leisurely pace, but opportunities can be found for those who are more physically active. Assistive devices are welcome.

Monte Spiller, Resident Services Leader, and Becky Fitzgerald, Development Director, are slated to be escorts for this adventure. Fees (see below) include: transportation by Arrow Stage Lines, five nights lodging, luggage service, five breakfasts, three dinners, two lunches, two Happy Hours with food and beverages, and eight attractions.

The current rate for double occupancy is \$1885.00 per person; a single traveler pays \$2410.00. Rates for triple and quad occupancy also are available. These published rates apply with a minimum of 25 paying travelers; rates could decrease if more than 25 paying travelers participate. A deposit of \$150 is due with your registration form, which is available at the Hospitality Desk or by contacting Monte Spiller.

Questions? Call Monte at (785) 323-3801, or Becky at (785) 323-3843.







[top left] A poinsettia tree is a holiday tradition at Cincinnati's Krohn Conservatory.

[top right] Twinkling lights add to the festive atmosphere at Creation Museum in Kentucky.

[bottom] Santa Claus, Ind., is home to several Christmas-themed attractions.

Gifts to Meadowlark Foundation

Gifts benefiting Good Samaritan Fund, Helping Hands Fund, Meadowlark campus improvements, and Meadowlark Parkinson's Program were received by Meadowlark Foundation during the month of August.

Memory of

Isaac "Bill" Anders Ed Lindly
Wayne Bailie* M.S. Ram*
Mike Heiberger Don Rasmussen*

Helen Roser

Honor of

Wally Lord*
Making an Impact*
Margaret Melander*
Meek Squad*
Mowery Family Custer Crew*
Straub Squad*
Team Vanderbilt*
Team VIPd*
Howard Wood*

*Contribution prompted by Speedy Pd Race for Parkinson's Disease

Contact Becky Fitzgerald at (785) 323-3843 to learn more about Meadowlark Foundation.

Easy solution from 9/7.

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

EMPLOYEE OF THE MONTH



Congratulations to September's Employee of the Month, Elizabeth Satchel, a Homemaker in Collins and Stolzer House! Elizabeth exemplifies the mission and values of Meadowlark each day. She prioritizes the residents and ensures their preferences are honored. Elizabeth has been integral in training and supporting new team members. Her positive attitude is contagious, and we are blessed to have her as an advocate in Special Care. We are so happy to have Elizabeth as a part of the Meadowlark team!

Sponsored by

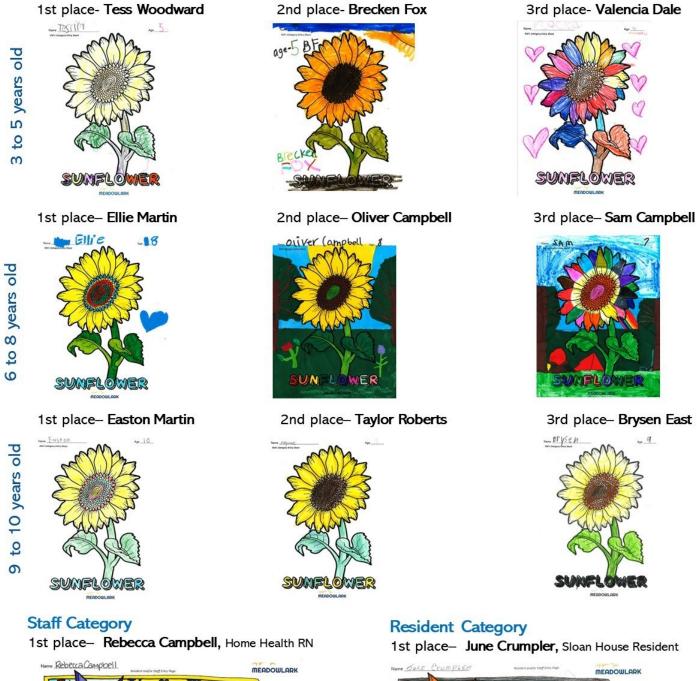


Medium solution from 9/7.

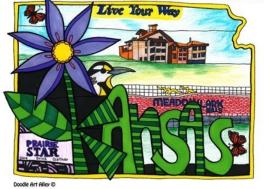
2	3	5	8	7	6	4	1	9
1	8	4	3	5	9	6	2	7
9	7	6	1	2	4	5	8	3
5	1	7	6	3	2	8	9	4
8	4	3	5	9	7	2	6	1
6	9	2	4	1	8	3	7	5
4	2	1	7	8	3	9	5	6
7	6	8	9	4	5	1	3	2
3	5	9	2	6	1	7	4	8

Meadowlark Coloring Contest

* Winners*



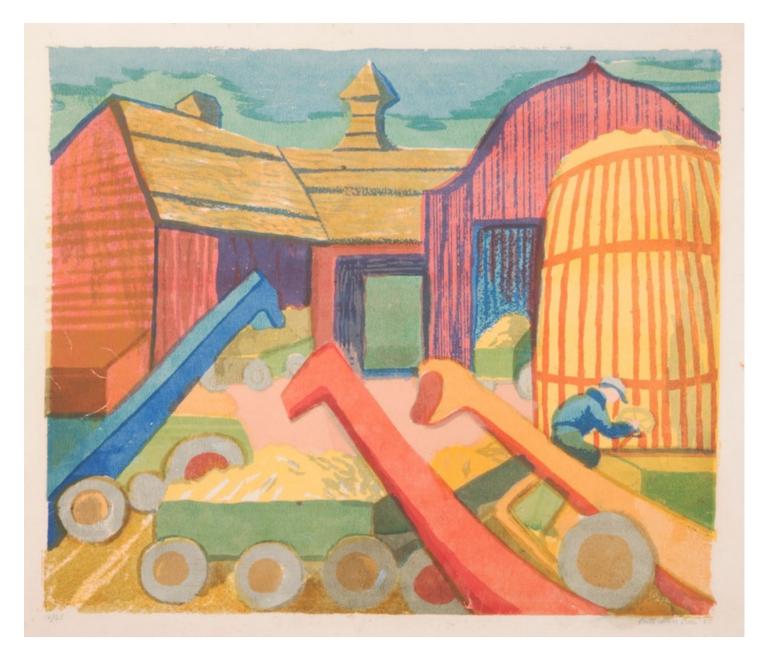






Art Engagement from the Beach Museum of Art

Unity in an artwork is achieved when the artist has an ideal amount of harmony present with an ideal amount of contrast. The harmony may be represented with similar objects, shapes, or colors. Contrast might be introduced by adding dissimilar objects, varying values, or warm and cool colors to a composition. To achieve unity, the artist wants to create variety with contrast without interrupting harmony. One way to create unity with color is to ensure the colors are distributed throughout the artwork. As you look at this screen print, take note at how the artist has placed blue, for example, and then echoed it in the rest of the composition. Find another color and follow it around the scene.



Ruth Starr Rose (United States, 1887 - 1965) Corn Pickers,1955 Color screenprint on paper KSU, Marianna Kistler Beach Museum of Art, gift of the family of Ruth Starr Rose, 2008.82

RESTAURANT **SPECIALS**

Sunday, Sept. 17	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	Dinner \$14 BBQ Meatballs Scalloped Potatoes Roasted Broccoli			
Monday, Sept. 18	\$11 Lunch Chicken Enchiladas Mexican Rice	\$14 Dinner Smothered Pork Chop with Mushroom-Onion Gravy Mashed Potatoes Honey Carrots			
Tuesday, Sept. 19	\$11 Lunch Fish Tacos Cilantro-Lime Rice	\$15 Dinner Beef & Italian Sausage Lasagna Garlic Bread Caesar Salad			
Wednesday, Sept. 20	\$11 Lunch Meatloaf Sandwich Pub Chips	\$15 Dinner Chicken Cordon Bleu Rice Pilaf Roasted Broccoli			
Thursday, Sept. 21	\$9 Lunch Hot Ham & Cheese Sandwich Tomato Soup	\$16 Dinner Lemon Linguine with Sautéed Shrimp Garlic Bread			
Friday, Sept. 22	\$11 Lunch Potato Bar	\$17 Dinner Braised Short Ribs Loaded Mashed Potatoes Fresh Green Beans			
Saturday, Sept. 23	\$11 Lunch Hot Turkey Melt Pea Salad	\$17 Dinner Pork Chop with Cinnamon Apple Wild Rice Snap Peas			

Weekly Opportunities Calendar Sept. 17 to Sept. 23

Sunday ● Sept. 17 Put your trash at the curb! 10:30 a.m. ~ Worship Service. CR

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

Monday ● Sept. 18 Trash & recycling pick-up

9:30 a.m. ~ Seated Strength, CR or 1960

10:00 a.m. ~ Tuttle Creek Ladies' Group, BR

10:00 a.m. ~ Tuttle Creek Men's Group, BR

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

1:30 p.m. ~ God Talk, KSU CL

1:45 p.m. ~ Parkinson's Voice Class, CR

2:00 p.m. ~ Change & Loss Support Group, FHR

6:00 p.m. ~ Film Presentation: Why, EC

7:00 p.m. ~ Community Bingo, CR

Tuesday • Sept. 19

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

1:30 p.m. ~ UFM Class: Intro to Tai Chi, CR

2:00 p.m. ~ 10-Point Pitch, GR

2:00 p.m. ~ Prairie Star Writers Group, PR

4:00 p.m. ~ Meadowlark Singers, CR

5:30 p.m. ~ 2nd Floor Supper, BR

Wednesday ● Sept. 20

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, FHR

3:00 p.m. ~ Rock Steady Boxing, CR

4:00 p.m. ~ Artist Discussion with the Beach, BR

Thursday ● Sept. 21

9:00 a.m. ~ Messenger Team, KSU CL

9:00 a.m. ~ Technology Help Drop-In, GR

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

Thursday ● Sept. 21

2:30 p.m. ~ Card Making w/ Michelle Lehmer, FHR

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

Friday ● Sept. 22

7:00 a.m. ~ Rock Steady Boxing, BF

9:30 a.m. ~ Seated Strength, CR or 1960

10:30 a.m. ~ Weights 101, CR or 1960

11:00 a.m. ~ Blood Drive, KSU CL

11:30 a.m. ~ Sit & Be Fit, CR or 1960

Saturday • Sept. 23

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

7:00 p.m. ~ KSU Watch Party, GR, BR, GC, & VBL

Room Abbreviations

1960, TV Channel **1960**

BF, Body First

BR, Bison Room

CR, Community Room

CY, Courtyard

EC, Event Center

FHR, Flint Hills Room GC, Grosh Cinema

GR, Game Room

KSU CL, KSU Classroom MR, Manhattan Room

PR. Patriot Room

PS, Prairie Star Restaurant

MSC, Manhattan Sr. Center

VBL, Verna Belle's Lounge VE, Village Entrance





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.

SUNDAY: Sept. 17

12 MIGHTY ORPHANS (2021) PG-13, 1 hr. 58 min. *Drama*, Sports

Cast: Luke Wilson, Vinessa Shaw, & Wayne Knight

During the Great Depression, Rusty Russell gives up a privileged position to coach football at an orphanage in Fort Worth, Texas. Whipping his young players into shape, they soon become an inspiration to their city, state, and an entire nation.

MONDAY: Sept. 18

THE YOUNG VICTORIA (2009) PG, 1 hr. 44 min. Bittersweet, Romantic, Drama

Cast: Emily Blunt, Rupert Friend, & Paul Bettany

Eighteen-year-old British royal Victoria ascends to the throne and is romanced by future husband Prince Albert in this lush period film.

TUESDAY: Sept. 19

PAGE TURNER REQUEST

TUESDAYS WITH MORRIE (1999) PG, 1 hr. 29 min. Drama, Biography

Cast: Jack Lemmon, Hank Azaria, & Wendy Moniz

A journalist finds himself questioning his own life when his best friend, a dying man, offers him some very powerful wisdom and advice for coping in relationships, careers, and society.

WEDNESDAY: Sept. 20

THE GREAT WALDO PEPPER (1975) PG, 1 hr. 47 min. Bittersweet, Classic, Drama

Cast: Robert Redford, Bo Svenson, & Bo Brundin

A barnstorming WWI vet's dubious battle stories are put to the test when he becomes a Hollywood stunt pilot and meets a rival in an aerial showdown.

THURSDAY: Sept. 21

NOBODY (2021) R for violence & language, 1 hr. 32 min. Action, Thriller, Adventure

Cast: Bob Odenkirk, Connie Nielsen, & Aleksei Serebryakov

Hutch is a nobody. As an overlooked and underestimated father and husband, he takes life's indignities on the chin and never rocks the boat. When his daughter loses her beloved kitty-cat bracelet in a robbery, Hutch hits a boiling point no one new he had. What happens when a pushover finally pushes back?

FRIDAY: Sept. 22

THE BIG YEAR (2011) PG, 1 hr. 40 min. Comedy

Cast: Owen Wilson, Jack Black, & Steve Martin

Two bird enthuiasts try to defeat the cocky, cutthroat world record holder in a year-long bird-spotting competition.

SATURDAY: Sept. 23

CANDLESHOE (1977) G, 1 hr. 41 min. Adventure, Comedy, Drama

Cast: Jodie Foster, David Niven, & Helen Hayes

Welcome to Candleshoe, a stately English manor where a swashbuckling pirate hid a fortune in Spanish doubloons centuries ago. That's what young orphan Casey and a sly con man are determined to find.