



Enjoying the Thrill of Cinderella Stories and Underdogs

submitted by Sarah Duggan, Community Relations Dir.

Are you ready for the much-anticipated March Madness season? It's that time of the year when basketball enthusiasts and casual fans alike come together to witness the drama, passion, and unpredictability of college basketball at its finest. While the marquee matchups and powerhouse teams command attention, it's the underdogs and Cinderella stories that truly capture our hearts.

For many of us, March Madness isn't just about filling out brackets or cheering for our alma mater; it's about embracing the spirit of the underdog and reveling in the thrill of unexpected victories. Year after year, we witness the magic unfold as lesser-known teams defy the odds, etching their names into tournament history.

My love affair with the tournament dates back to my childhood. I fondly remember sitting with my family, meticulously filling out brackets and eagerly anticipating each game. From those early years, I developed a tradition of immersing myself in the madness, tracking wins and losses as the tournament unfolded.

I am certain many of the countless fans echo my excitement and find joy in the unpredictability of March Madness. Whether we're rooting for the top seeds, or wishing for an upset, as a community we can come together and witness the resilience and tenacity of these young men and women. It's not just about rooting for the top seeds; it's about celebrating the resilience and tenacity of the underdogs who refuse to back down in the face of adversity. Every March Madness game holds the promise of something extraordinary.

Games start this week, and I'm looking forward to the afternoons in the early days of the tournament where many of us at Meadowlark gather around the many televisions in our wonderful Prairie Star Restaurant and Pub, and watch the magic begin.

As we prepare to take in another chapter in the storied history of March Madness, let us revel in the excitement of the unknown. There's something electric about this time of year that unites us all in our love for the game. So grab your brackets, settle into your favorite spot, and get ready for a wild ride. During March Madness, anything can happen, and the thrill of the unexpected is what makes it all worth it.

EVENTS & OPPORTUNITIES

Manhattan Arts Center Classes

Manhattan Arts Center (MAC) has opportunities for art classes, workshops, and theater! Tickets are available for the Roger & Hammerstein classic musical about love and conquering prejudices, "South Pacific," on April 19-21, 26-28, and May 3-5. Visit www.manhattanarts.org or call (785) 537-4420 on weekday afternoons to learn more.

Exercise classes, canceled

All exercise classes are canceled for Friday, March 22, because of a private event. Classes will be available that day via television channel 1960 at the regular class times.

Ice Cream Social

Friday, March 22, at 3 p.m.

I scream, you scream, we all scream for ICE CREAM! The monthly ice cream social is next week at 3 p.m. Friday, March 22, in Verna Belle's Lounge. Enjoy a scoop (or two!) and fellowship with friends. This opportunity will be offered every fourth Friday.

Vinyl Night with Domingo

Friday, March 22, at 6:45 p.m.

Vinyl Night with Domingo will be in the Courtyard at 6:45 p.m. Friday, March 22! Come listen to some good tunes as we gather around the fireplace and enjoy an evening outdoors.

Palm Sunday Worship

Sunday, March 24, at 10:30 a.m.

Pastor Melanie Nord invites you to a very special Palm Sunday observance as we remember Jesus' triumphant entry into Jerusalem. We'll have a Palm Processional and guest musicians Ryan McClure and JP Scheele. Ryan is a sophomore at KSU, studying Civil Engineering, and JP is studying Mechanical Engineering. Both are from Manhattan and excited to help amplify the Palm Sunday worship experience. All are welcome to this special service, which marks the beginning of our Holy Week.

Lenten Study Group

Monday, March 25, at 6 p.m.

Join Pastor Melanie on Mondays in the KSU Classroom as we continue the discussion around

trying to give up something *bad* for Lent. From discouragement, negativity, to apathy, we'll discuss the parts of our life and personality that are keeping us from being our best self. All are welcome.

New Theater Trip

Wednesday, March 27, depart at 9 a.m.

Meadowlark is offering a trip to the New Theatre Restaurant located in Overland Park, Kan., on Wednesday, March 27. The show for the day is *ELVIS: Aloha from Vegas!*, which follows the King's musical journey during the 1970s. It was a period of reinvention, kicking off a seven-year annual residency at the International Hotel in Las Vegas, running through the sold-out shows at Madison Square Garden, and culminating in a historic international live satellite broadcast from Hawaii, all featuring unforgettable songs such as "Burning Love," "Suspicious Minds," and of course, "Can't Help Falling in Love."

The group will depart from the Village Entrance at 9 a.m. Restroom breaks during the trip will be accommodated, if needed. The cost of the trip is \$56 per person, and includes transportation, the show, and the meal at the theater. A sign-up sheet is in the Blue Book at the Hospitality desk. For questions, call Monte Spiller at (785) 323-3801.

Page Turners Book Club

Wednesday, March 27, at 11:30 a.m.

Join the Page Turners Book Club, supported by Resident Services Leader Monte Spiller and facilitated by Meadowlark Special Programs, for our last discussion of *True Grit* by Charles Portis. Along with reading the book, the group will view the two movies based on this novel. Grosh Cinema showed the 1969 movie starring John Wayne on Tuesday, March 19, and will show the 2010 movie starring Jeff Bridges on Tuesday, March 26.

The Page Turners will discuss the book and movies at 11:30 a.m. Wednesday, March 27, 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 watched the movie! Our next book will be *My Sister's Keeper* by Jodi Picoult. Contact Katie if you have any questions at ksigman@meadowlark.org or (785) 323-3899.

EVENTS & OPPORTUNITIES

Diabetic Wellness Group

Wednesday, March 27, at 1:30 p.m.

The Diabetic Wellness Group will meet at 1:30 p.m. Wednesday, March 27, in the Flint Hills Room. All who are interested are invited to attend.

College Avenue UMC Luncheon

Thursday, March 28, at 12 p.m.

College Avenue United Methodist Church friends will join in fellowship and lunch with Rev. John Collins at 12 p.m. Thursday, March 28, in the Bison Room. All are welcome.

Meadowlark Minute

Thursday, March 28, at 10 a.m.

You're invited to engage, learn, and connect during an individual session with Jayme Minton, Sales, Home Health, and Support Services Director; Monte Spiller, Resident Services Leader; and Michaela Hummel, Dining Services Leader.

Please come prepared to offer suggestions, ask questions, and/or give valuable feedback about life at Meadowlark. Pre-registration is required to participate. There is a sign-up sheet in the Blue Book, and we will limit each meeting to 5 minutes, so please keep this in mind. The meetings will occur between 10 and 11 a.m. Thursday, March 28, in the Bison Room.

Opening Day: Baseball

Thursday, March 28

Prairie Star Restaurant is celebrating Opening Day at lunchtime Thursday, March 28. Come enjoy hot dogs and potato chips in the Courtyard for \$5 per person. There's nothing like American's pastime—play ball!

Knitting & Crocheting Group

Thursday, March 28, at 2:30 p.m.

Are you interested in learning how to knit or crochet? Or maybe you have ongoing projects you'd like to work on? Whether you are just beginning or have years of experience, join other yarn creatives in the Bison Room at 2:30 p.m. Thursday, March 28, for a fun, social, creative opportunity. All skill levels are welcome!

Maundy Thursday Worship

Thursday, March 28, at 7 p.m.

At this service, we'll study and ponder the last supper. What might Jesus have felt during that

fateful meal? What might the Disciples have understood about the significance of this supper? Retired Rev. Jim Reed will assist Pastor Melanie Nord in Holy Communion. All are welcome to receive. If it is not in your belief or practice to receive Holy Communion in this way, you're still welcome to attend. You may use the communion time for silent prayer and reflection. All are welcome!

Good Friday Worship

Friday, March 29, at 7 p.m.

Some argue that you can't have Easter joy without Good Friday grief. This worship service reflects on the death of Christ and what it means for our life and human nature. Pastor Melanie Nord will lead a journey through Jesus' last words in an attitude of humility, embracing any grief that lies without our hearts. Good Friday Worship is Friday, March 29, at 7 p.m. in the Community Room/Chapel.

Easter Sunday Worship

Sunday, March 31, at 10:30 a.m.

Come celebrate the joy of Easter! Christ is risen! Through scripture, song, and message we'll let the hope of eternal life enrich our life and bless our soul! How can we capture an Easter joy that lasts all year long? We've taken the challenge of giving up something bad for lent. Join Pastor Melanie Nord in worship at 10:30 a.m. Sunday, March 31, in the Community Room/Chapel as we embrace the good in our lives.

April First Palooza

Monday, April 1, depart at 9 a.m.

Meadowlark is hitting the road to Lucas, Kan. on Monday, April 1, for the community's annual *April First Palooza!* Lucas is gearing up to host a vibrant local art festival, where the town's artists and organizations are coming together to showcase their work.

The event will feature open houses where visitors can meet and interact with artists in their studios. In addition, the Lucas Area Chamber of Commerce will host vendor booths at the spacious Lucas Community Center, where

See EVENTS, page 7

EASTER BUFFET

March 31st 11:00-1:30

Meadowlark Event Center \$28⁰⁰+TAX

HOT

Carved Prime Rib
Omelet Bar
Creamy Chicken
Cajun Pork Tenderloin
Andouille Sausage
Herb-Crusted Orange
Roughy
Twice-Baked Potato
Casserole
Roasted Fingerling
Potatoes
Shrimp & Crab Cake
Wild Rice
Green Beans
Vegetable Medley
Cornbread Dressing

COLD

Poached Salmon
Salad Waterfall
Fruit Display
Raspberry-Marinated
Asparagus
Jell-O Molds
Deviled Eggs
Seafood Salad
Chicken Salad
Cucumbers & Artichoke
Potato Salad
Ambrosia
Pasta Salad
Waldorf Salad
Assorted Bread Display

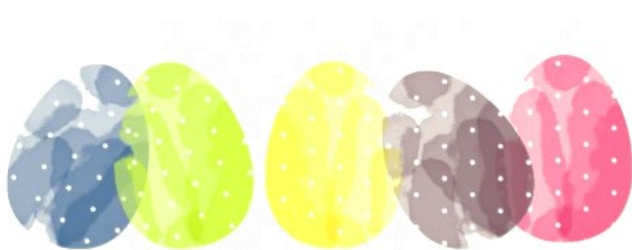
DESSERT

Raspberry-Walnut Torte	Dutch Apple Pie
Blueberry Cheesecake	Carrot Cake
Pecan Cheesecake	Mixed Berry Tart
French Silk Pie	Cream Puff Swans
Chocolate-Peanut Butter Pie	Chocolate-Bourbon Pecan Pie

RESERVE YOUR SPOT AT PRAIRIE STAR

Reservations are required.

To reserve your spot, please visit the host stand or call (785) 323-3820.



When Easter Ends

submitted by Sarah Duggan

When the echoes of Easter Sunday fade away and the vibrant colors of spring begin to bloom, we will find ourselves in a season of renewal both spiritually and naturally. The Easter season is a time of reflection, celebration, and renewal of faith for many of us. However, as we transition from the solemnity of Lent to the joy of Easter and onward into the freshness of spring, it's essential to carry forward the lessons learned and the sentiments felt during this sacred time.

Easter commemorates the resurrection of Jesus Christ, a pivotal event in Christian faith symbolizing hope, redemption, and new beginnings. In the aftermath of Easter, reflect on the significance of this event in our lives. Just as Jesus emerged from the tomb renewed, we too can embrace the opportunity for personal growth and transformation. Consider what aspects of your life need resurrection—whether it's relationships that need reconciliation, habits that need changing, or dreams that need reviving. Let the spirit of Easter inspire you to embrace positive change and embrace the potential for renewal in all areas of your life.

Several opportunities are available on Meadowlark's campus for Easter reflection, communion, and celebration. Pastor Melanie Nord will offer a Palm Sunday service, the final meeting of the Lenten Study group, Maundy Thursday communion, Good Friday Service, and Easter Sunday Worship. All who are compelled are invited to join any and all offerings.

As we journey further into spring, let's carry forward the spirit of Easter—the spirit of hope, renewal, and resurrection. Let's approach each day with a sense of anticipation for what lies ahead, trusting that God's plan for us is one of abundance and fulfillment. May the lessons learned and the experiences gained during the Easter season continue to inspire us as we embrace the beauty of spring and all the blessings it has to offer.

In the words of the poet Gerard Manley Hopkins, "Nothing is so beautiful as spring." Let's embrace the beauty of this season, both in nature and in our spiritual lives, as we continue our journey of faith and renewal.

Art Engagement *from the* Beach Museum of Art

When two artworks are created in different styles, it may be an opportunity to engage in a compare-and-contrast activity. As you take a moment to observe, what is the same or different in the works shown here? You could consider how the artists treated space, value, and perspective. In addition, compare each artist's use of color and line. Do you find it easier to identify similarities or differences? *P.S. Did you happen to look at the medium that each artist used?*



Bai Ming (China, active 20th Century)
Endless Idens NO. 16, 2001
Glazed earthenware
KSU, Marianna Kistler Beach Museum of Art, gift of the artist, 2001.99



Charles Leroy Marshall, Sr. (United States, 1905-1992)
Flint Hills Rain Squall, 1973
Watercolor on paper
KSU, Marianna Kistler Beach Museum of Art, gift of Charles L. Marshall, Sr., presented by Maybelle M. Scheetz, 2005.190

Notes

RESTAURANT **SPECIALS**

Sunday, March 24	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$14 Dinner Homemade Chicken Tenders Herb-Roasted Potatoes Honey-Garlic Carrots
Monday, March 25	\$11 Lunch Roasted Pork Sandwich Sweet Potato Fries	\$17 Dinner Balsamic Steak Kabob Side House Salad Roasted Vegetables
Tuesday, March 26	\$12 Lunch BBQ Meatballs Cheesy Potatoes Cucumber Salad	\$14 Dinner Baked Chicken Leg Roasted Red Potatoes Fresh Green Beans
Wednesday, March 27	\$11 Lunch Cowboy Burger French Fries	\$14 Dinner Swiss Steak Mashed Potatoes Honey-Glazed Carrots
Thursday, March 28	\$5 Lunch Hot Dog Potato Chips <i>Join us in the Courtyard!</i>	\$16 Dinner Fried Catfish Cornbread Pudding Coleslaw
Friday, March 29	\$11 Lunch Taco Bar	\$16 Dinner Lemon Linguine <i>with Sautéed Shrimp</i> House Side Salad
Saturday, March 30	\$11 Lunch Clam Chowder Bread Bowl Strawberry Feta Side Salad	\$15 Dinner Chicken-Fried Steak Mashed Potatoes & Gravy Corn

Weekly Opportunities Calendar *March 17 to March 23*

<p>Sunday • March 24 <i>Put your trash at the curb!</i> 10:30 a.m. ~ Palm Sunday Worship Service, CR 10:30 a.m. ~ Transportation to FUMC, VE</p> <hr/> <p>Monday • March 25 <i>Trash pick-up</i> 9:30 a.m. ~ Seated Strength, CR/1960 10:30 a.m. ~ Weights 101, CR/1960 10:30 a.m. ~ Mindful Memories, MSC 11:00 a.m. ~ Rock Steady Boxing, BF 11:30 a.m. ~ Sit & Be Fit, CR/1960 1:00 p.m. ~ Parkinson's Exercise Class, CR/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 4:00 p.m. ~ Hable Espanol, FHR 6:00 p.m. ~ Lenten Study Group, KSU CL 7:00 p.m. ~ Community Bingo, CR</p> <hr/> <p>Tuesday • March 26 9:45 a.m. ~ Target & Great Clips Trip, VE 10:00 a.m. ~ ARTFul Memories, KSU CL 10:00 a.m. ~ Mat Yoga, FHR 10:30 a.m. ~ Steady Yourself, CR/1960 11:15 a.m. ~ Seated Stretch & Stability, CR/1960 2:00 p.m. ~ 10-Point Pitch Group, GR 2:00 p.m. ~ Social Circles, PS 3:00 p.m. ~ Coffee Corner, EC 5:30 p.m. ~ 3rd Floor Supper, BR</p> <hr/> <p>Wednesday • March 27 9:00 a.m. ~ Depart for the New Theater, VE 9:30 a.m. ~ Seated Strength, CR/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/1960 11:30 a.m. ~ Sit & Be Fit, CR/1960 11:30 a.m. ~ Page Turners Book Club, PR 1:30 p.m. ~ ARTFul Making, KSU CL 1:45 p.m. ~ Pd Melodies in Motion, CR 1:30 p.m. ~ Diabetic Wellness Group, FHR 3:00 p.m. ~ Rock Steady Boxing, CR 3:00 p.m. ~ Sing-Along, FHR 5:30 p.m. ~ 1st Floor Supper, MR</p> <hr/> <p>Thursday • March 28 9:00 a.m. ~ Messenger Team, KSU CL 10:00 a.m. ~ Meadowlark Minute, BR 10:30 a.m. ~ Steady Yourself, CR/1960</p>	<p>Thursday • March 28 11:15 a.m. ~ Seated Stretch & Stability, CR/1960 11:30 a.m. ~ Caring Conv. for People with Pd, FHR 11:30 a.m. ~ Pd Care Partners Lunch, PS 12:00 a.m. ~ College Ave. UMC Luncheon, BR 1:00 p.m. ~ Parkinson's Exercise Class, CR 1:00 p.m. ~ Pd Care Partner Support Group, FHR 2:00 p.m. ~ 10-Point Pitch Group, VBL 2:30 p.m. ~ Knitting & Crocheting, BR 4:00 p.m. ~ Meadowlark Singers Practice, CR 7:00 p.m. ~ Maundy Thursday Service, CR</p> <hr/> <p>Friday • March 29 7:30 a.m. ~ Rock Steady Boxing, BF 9:30 a.m. ~ Seated Strength, CR/1960 10 a.m.to 3 p.m. ~ ML Market, 120 N. Scenic Dr. 10:30 a.m. ~ Weights 101, CR/1960 11:30 a.m. ~ Sit & Be Fit, CR/1960 7:00 p.m. ~ Good Friday Service, CR</p> <hr/> <p>Saturday • March 30 9:30 a.m. ~ Band Bust Exercise Class, 1960 only 10 a.m.to 3 p.m. ~ ML Market, 120 N. Scenic Dr.</p> <hr/> <p>Room Abbreviations</p> <table><tr><td>1960, TV Channel 1960</td><td>KSU CL, KSU Classroom</td></tr><tr><td>BF, Body First</td><td>MM, 120 Scenic Drive</td></tr><tr><td>BR, Bison Room</td><td>MR, Manhattan Room</td></tr><tr><td>CR, Community Room</td><td>PR, Patriot Room</td></tr><tr><td>CY, Courtyard</td><td>PS, Prairie Star Restaurant</td></tr><tr><td>EC, Event Center</td><td>MSC, Manhattan Sr. Center</td></tr><tr><td>FHR, Flint Hills Room</td><td>VBL, Verna Belle's Lounge</td></tr><tr><td>GC, Grosh Cinema</td><td>VE, Village Entrance</td></tr><tr><td>GR, Game Room</td><td>WUMC, Wamego UM Church</td></tr></table> <hr/> <p>EVENTS from page 3</p> <p>visitors can browse and buy. There will also be an opportunity to visit other local attractions during the trip (see listings below.) The cost of transportation is \$15 per person, and travelers are responsible for their own lunch and any attractions they may visit. We plan to stop at K-18 Café for lunch located east of Lucas. There is a sign-up sheet in the Blue Book. Please add your name if you plan to join us. Monte Spiller, Resident Services Leader, will be your host. The bus departs from the Village Entrance at 9 a.m. and the group plans to return by 5:30 p.m.</p>	1960 , TV Channel 1960	KSU CL, KSU Classroom	BF , Body First	MM , 120 Scenic Drive	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	VBL, Verna Belle's Lounge	GC, Grosh Cinema	VE, Village Entrance	GR, Game Room	WUMC , Wamego UM Church
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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.

SUNDAY: March 24

IRISH WISH (2024) TV-PG, 1 hr. 33 min. *Charming, Romantic, Comedy*

Cast: Lindsay Lohan, Ed Speleers, & Alexander Vlahos

Maddie's dream guy is days away from marrying her best friend when a wish for true love made on an ancient stone in Ireland magically alters her fate.

MONDAY: March 25

DAMSEL (2024) PG-13, 1 hr. 49 min. *Imaginative, Emotional, Action & Adventure*

Cast: Millie Bobby Brown, Ray Winstone, & Robin Wright

A young woman's marriage to a charming prince turns into a fierce fight for survival when she's offered up as a sacrifice to a fire-breathing dragon.

TUESDAY: March 26

PAGE TURNER REQUEST

TRUE GRIT (2010) PG-13, 1 hr. 50 min. *Drama, Western*

Cast: Jeff Bridges, Matt Damon, & Hailee Steinfeld

A stubborn teenager enlists the help of a tough U.S. Marshal to track down her father's murderer.

WEDNESDAY: March 27

BEETHOVEN (1992) PG, 1 hr. 26 min. *Feel-Good, Goofy, Comedy*

Cast: Charles Grodin, Bonnie Hunt, & Dean Jones

A father reluctantly agrees to let his children keep a Saint Bernard puppy, but the playful pooch soon turns into a full-grown engine of destruction.

THURSDAY: March 28

EXTINCTION (2018) TV-MA, 1 hr. 35 min. *Suspenseful, Exciting*

Cast: Michael Pena, Lizzy Caplan, & Israel Broussard

Plagued by dreams of an alien invasion, a family man faces his worst nightmare when an extraterrestrial force begins exterminating Earth's inhabitants.

FRIDAY: March 29

PASSION OF THE CHRIST (2004) R *for sequences of graphic violence*, 2 hr. 7 min. *Drama*

Cast: Jim Caviezel, Monica Bellucci, & Maia Morgenstern

Depicts the final 12 hours in the life of Jesus of Nazareth, on the day of his crucifixion in Jerusalem.

SATURDAY: March 30

RESIDENT REQUEST

WOMAN IN GOLD (2015) PG-13, 1 hr. 49 min. *Inspiring, Bittersweet, Emotional*

Cast: Helen Mirren, Ryan Reynolds, & Katie Holmes

When her husband abruptly ends their marriage, empty nester Kate embarks on a solo second honeymoon in Africa, finding purpose—and potential romance.