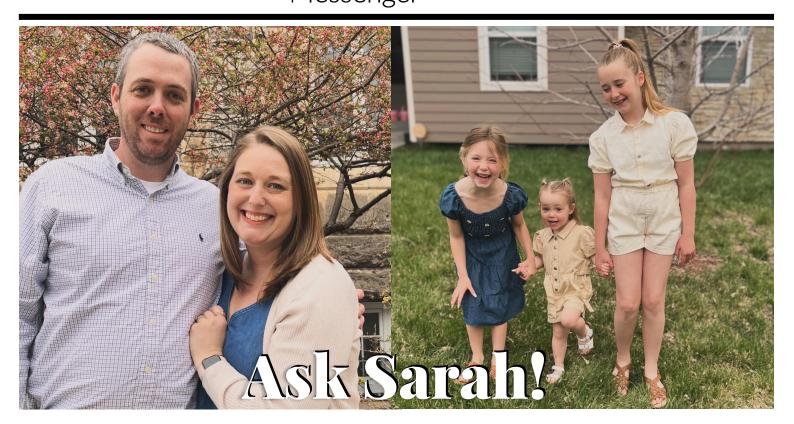


April 18, 2024 Manhattan, Kansas Messenger Editor: Sarah Duggan

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



by Sarah Duggan, Community Relations Director It's time to revive a Messenger column that has been out of print since late 2017: Ask Sarah!

For those who don't know me, I am Sarah Duggan, the Community Relations Director at Meadowlark. I have worked here for more than 13 years and love being here. My husband, Edward, and I live in Manhattan with our three daughters: Murphy Rose (9), Eilish Wynnette (7), and Edie Glenn (2). I enjoy writing and hope to publish a novel someday. My family and I like adventures, especially if it includes spending time "camping" in our camper at different spots around Kansas and even out of state! We love music, staying busy, and connecting with family and friends.

During my time at Meadowlark, I have periodically heard the comments or concern of how residents and staff receive communication regarding news and events on our campus. There are several ways information is communicated to residents including the Meadowlark Messenger, Channel 1960, flyers, Meadowlark's website, and social media pages.

The Meadowlark Messenger is our lifeline at

Meadowlark! The Messenger features articles about news and upcoming events, a list of meal specials for Prairie Star Restaurant, the Grosh Cinema movie schedule, and an Opportunities Calendar outlining the activities for the coming week. The Messenger is printed and distributed every Thursday morning. This publication is created and managed by me. There is a resident committee who meets every Thursday morning to fold and distribute the Messenger, including several residents who deliver the newsletter to the cottages and duplexes.

Channel 1960, an internal television channel, is managed by the Hospitality team. This can be found on channel 1960. The channel is available 24 hours a day, seven days a week. The channel rotates through slides with information including meal specials and the daily movie. Some additional announcements are included in this rotation and information about services offered on the Meadowlark campus. All activities listed in the Messenger are **not** included on Channel 1960 in an effort to make the slide rotation a manageable one to watch. If there is a cancelation for an activity, there will be a slide placed on Channel

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## **Elevator Inspections**

Elevator inspections will be completed for **all elevators** on Meadowlark's campus on Tuesday, April 23, and Wednesday, April 24. There will be brief periods the elevators will be unavailable.

## Severe weather "all clear" clarification

In reference to last week's article regarding severe weather procedures at Meadowlark, during a **tornado warning**, the city-wide tornado sirens will sound. When those sirens are silenced, this indicates the "all clear." Additionally, if you utilize a weather radio while you take cover, an "all clear" will be communicated through that channel.

There is not an "all clear" indicator for thunderstorms. When the storm leaves the area, it is safe to resume regular activities.

## **Manhattan Arts Center Classes**

Manhattan Arts Center (MAC) has opportunities for art classes, workshops, and theater! Upcoming classes and workshops include Metalsmithing, Fused Glass Workshop (Suncatchers), Print'n'Sip Happy Hour (Printing with Stencils); Soft Pastels in Landscape; and Mother's Day Getaway with Clay.

The MAC and Cheese Arts and Music Festival is from 11 a.m. to 4 p.m. Saturday, April 13. This event is free and open to all.

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.

For show tickets and class registrations, please visit *www.manhattanarts.org* or call (785) 537-4420 on weekday afternoons to learn more.

# Shopping at Target & Dollar Tree Saturday, April 20, at 10:30 a.m.

The next scheduled trip is Saturday, April 20, with transportation going to Target and Dollar Tree West. 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 Hobby Lobby and Dollar Tree East on Saturday, May 18. Please sign up in the Blue Book to participate.

## **Worship Service**

#### Sunday, April 21, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, April 21, in the Community Room/Chapel. Pastor Melanie will begin a new worship series titled "Second Mountain." This week, the sermon is titled "Heart. Soul, and Mountains." All are welcome to attend.

## Grow Green Match Day Monday, April 22

The 12th annual Grow Green Match Day, set for Monday, April 22, is a tremendous opportunity for the Manhattan community and Meadowlark Foundation. On that day, donations made through the Greater Manhattan Community Foundation (GMCF) to participating nonprofit agencies will receive a 50% match!

Meadowlark Foundation is joining 89 other local organizations in urging our donors to participate. Gifts to Meadowlark Foundation, and on GMCF's website, will support scholarships for current Meadowlark employees who would like to further their education to become licensed practical nurses or registered nurses.

As in the past, donations to GMCF-affiliated nonprofits may occur in person at Colony Square in downtown Manhattan, online, or by mailing a check, but this year, there's a fourth option. Give in person at Meadowlark! Meadowlark Foundation has partnered with Greater Manhattan Community Foundation to host a Grow Green Match Day donation station from 11 a.m. to 2 p.m. on Monday, April 22, at Prairie Star Restaurant. Mitzi Richards, GMCF's Director of Philanthropy, and Gary Fees, Director of Investment Services at GMCF, plan to be available to accept donations by check, cash, or credit card. Participants may complete a donation form in advance and bring it to Prairie Star, or complete a form at Prairie Star.

GMCF Trustees who live at Meadowlark – Tom Fryer, Jo Lyle, and Linda Weis – have enthusiastically agreed to welcome donors at our Match Day event, and Prairie Star plans to join the fun by offering several "green" specials, which will be available all day, and include: Green Smoothie, Green Dollar Bill Pancakes, Green Goddess Wrap, Fried Artichoke Salad, Shrimp-Stuffed Avocado,

Watergate Salad, and Lime Chiffon Pie.

Persons who give at Meadowlark on Match Day may enter a drawing for green-themed prizes. Thank you for considering this new opportunity to support Meadowlark Foundation and other local non-profit organizations.

# Study Group: A Moral & Meaningful Life Monday, April 22, at 6 p.m.

Are you searching for meaning and the opportunity to discuss life deeply with others? Join Melanie Nord's latest study group at 6 p.m. every Monday from April 8 to May 20 in the KSU Classroom! This study group uses the works of writer and commentator David Brooks to discuss what it takes to live a life of character, social connection, and meaning.

# ARTFul Memories: Museum Excursion *Tuesday*, *April 23*, *at 10 a.m.*

This month's ARTFul Memories opportunity will take place at the Marianna Kistler Beach Museum of Art on the K-State Campus. Education Specialist, Kim Richards, will facilitate an experience at the museum that will engage memory care receivers and caregivers. The Memory Program will pay for transportation to the museum from Meadowlark. We are currently finalizing these plans. A sign-up sheet is available in the Blue Book at the Meadowlark Hospitality Desk. There will be a limited amount of seats available. However, you are also welcome to meet us at the museum via your own transportation.

## **Page Turners Book Club**

Wednesday, April 24, at 11:30 a.m.

Join the Page Turners Book Club at 11:30 a.m. Wednesday, April 24, in the Patriot Room as we continue our discussion of *My Sister's Keeper* by Jodi Picoult. This family-centered novel tackles timely issues such as genetic engineering and medical ethics. These overarching issues are explored through one family's attempt to save their daughter with leukemia. With memorable characters and a gripping plot, this book lives up to the club's name of "page turner" and offers a variety and depth of topics to discuss.

You do not need to attend every week to participate; come when you are able, whether you have finished the book, are just beginning, or are simply interested in learning more! Page Turners is facilitated by Meadowlark Special Programs and supported by Resident Services Leader, Monte Spiller. If you have any questions or need help obtaining a copy of the book, please contact Katie at ksigman@meadowlark.org or (785) 323-3899.

## **ARTFul Making**

Wednesday, April 24, at 1:30 p.m.

Did you know that participating in creative activities increases your brain's level of dopamine and creates new neural pathways? If you would like to feel better and flex your brain power at the same time, check out ARTFul Making!

Meadowlark Special Programs partners with K-State Marianna Kistler Beach Museum of Art for this experience-filled informal class. The fourth Wednesday of every month, Kim Richards, Education Specialist for the Beach Museum, facilitates unique art making opportunities in Meadowlark's KSU Classroom from 1:30 to 2:30 p.m. Participants can explore the new art making techniques each month or work with the watercolor materials that are always available. All materials are provided for you, simply come and engage in art and conversation.

This month's ARTFul Making is scheduled for Wednesday, April 24, from 1:30 to 2:30 p.m. in the KSU Classroom. No registration required.

## **UFM Class: WWII in the Pacific**

Wednesday, April 24, at 6:30 p.m.

UFM Lifetime Learning presents *World War II in the Pacific*. This three-session course will begin Wednesday, April 24, from 6:30 to 8 p.m. in the Community Room. The second and third sessions will meet Wednesday, May 1, and May 8.

This class will examine the military actions that took place in the Pacific Theater during World War II. The first session will focus on the road to war, examining the rise of militarism in Japan, the Japanese incursion into China, the establishment of the Rome-Berlin-Tokyo Axis, and America's response to Japanese aggression through trade embargos and freezing of Japanese assets.

The May 1 class examines America's entry into a war with Japan, Japan's victories in 1941 and

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1942, the establishment of the Greater East Asian Co-Prosperity Sphere, and the crucial carrier battles of 1942. The last class will examine the turning of the tide in the Pacific and in Asia, concentrating on the China-India-Burma theater, Admiral Nimitz's Central Pacific Island Campaigns, and General Douglas MacArthur's Southwest Pacific Campaign.

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.

## **Knitting & Crocheting Group**

Thursday, April 25, 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, April 25, for a fun, social, creative opportunity. All skill levels are welcome!

## Pig Out for Parkinson's

Thursday, April 25, from 11 a.m. to 10 p.m.

Come to Rockin K's at the K-State Foundation Building, 1880 Kimball Ave., for the 14th annual Pig Out for Parkinson's. The restaurant will donate 10% of the sales from this day to the program, and all sales qualify (dine-in, carry-out, and buffet). The lunch buffet is served from 11 a.m. to 2 p.m., and the dinner buffet will be available from 5 to 8 p.m. Special guests include Coach Bill Snyder at noon and K-State football coach Chris Klieman and his wife, Rhonda, will be present around 6 p.m. for autographs, photos, and conversations. CenterPointe Physicians continues as our Prime Sponsor this year.

Transportation to Pig Out is available for residents. The lunch ride will depart from the Village Entrance at 11 a.m. and the dinner group will leave at 5 p.m. Sign up in the Blue Book for this opportunity.

If a Meadowlark resident would like to order a lunch or dinner meal to be delivered from Rockin K's during the Pig Out event, please utilize the order form included in today's Messenger or pick up a copy up at the Hospitality Desk. Completed forms are due to the Hospitality Desk by **12 p.m. Tuesday, April 23**. The order total will be added to your monthly statement. If you order a meal, please make note that it will be delivered between 11:15 a.m. and 12:15 p.m. for lunch and between 5:30 and 6:30 p.m. for dinner. Please plan to be in your residence at the time of delivery. **If you are not home at the time of delivery, the meal will be placed at your door.** We don't have a place to store your meal if you are not home to receive it.

Meadowlark Parkinson's Program provides free education, exercise, and outreach opportunities to people in every stage of the disease and their care partners. Our services are currently benefiting people from age 27 to 98. Pig Out is a great time to learn even more about Parkinson's disease, visit with people affected by PD, and talk with medical representatives about different treatments. If you or someone you know is affected by PD, please reach out to the team at (785) 323-3899.

## Ice Cream Social

Friday, April 26, 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, April 26, in Verna Belle's Lounge. Enjoy a scoop (or two!) and fellowship with friends. This opportunity will be offered every fourth Friday.

## Jim Sharp's Birthday Party

Saturday, April 27, at 1 p.m.

Residents are invited to celebrate Jim Sharp's 100<sup>th</sup> birthday at 1 p.m. Saturday April 27, in Prairie Star's Event Center. There will be light refreshments will be available.

#### K-State Treble Choir

Wednesday, May 1, at 7 p.m.

The K-State Treble Choir will perform in Prairie Star's Event Center at 7 p.m. Wednesday, May 1. The choir is comprised primarily of non-music majors. Directed by Julie Yu, Co-Director of Choral Studies, the ensemble gives students with treble voices the opportunity to express their love of music through performance and meet a wide variety of peers who share a common interest in music. All are welcome!

# UFM Class: MHK City Park Walking Tour Friday, May 3, at 10 a.m.

UFM Lifetime Learning presents *Walking Tour of Manhattan's Historic City Park*, with Katharine Hensler, Riley County Historical Museum Director, and Melanie Highsmith, Curator of Education Design. The tour will be offered Friday, May 3, from 10 to 11:30 a.m. at Manhattan City Park.

Manhattan City Park has roots almost as old at the founding of the city. From its conception in 1857 to the many changes and growth it has sustained in its almost 170-year history, City Park has been a centerpiece of community heritage.

Please note that this is a walking tour and will last approximately 1.5 hours. The ground covered should be suitable for mobility aids such as walkers and motorized scooters. Because the tour will be held outdoors, the program will be weather-dependent. Please dress accordingly. Should inclement weather arise, organizers will attempt to reschedule.

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.

## Yellow Brick Rock Band

Friday, May 3, at 7 p.m.

We are excited to welcome back the Yellow Brick Rock Band at 7 p.m. Friday May 3, in the Event Center! The band is a combined youth/instructor band that performs live music for the community and local events, allowing youth music students live performance opportunities.

The Flint Hills Academy started the band in 2019 with four members, and it continues to grow. The group covers songs from all genres providing an eclectic mix of music for all to enjoy. All are welcome!

## Barbershop Chorus—FREE TICKETS!

Saturday, May 4, at 3 p.m.

The Little Apple Chorus will present *Wish Upon a Star* at 3 p.m. Saturday, May 4, in Forum Hall located on the first floor of the K-State Student Union. The doors open at 2:30 p.m.

Meadowlark has tickets available for resident use! These tickets can be picked up at the Hospitality Desk and will be distributed on a first-come-first-serve basis.

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1960. You can also join exercise classes via Channel 1960; and the schedule for the televised exercise classes is listed in the Messenger each week on the Opportunities Calendar.

The Hospitality team posts flyers in the elevators, Game Room and the bulletin board at the west side entrance advertising events and activities. Cancelations are communicated on flyers in these areas.

Meadowlark's website features a section on events. Residents, staff, and community members are invited to use this option when looking to see what events are coming up. Previous and current Messengers are also included on the website. Visit the Meadowlark Hills homepage by going to www.meadowlark.org.

Of course, if there is ever a question about an activity or event, please inquire with any of the following people:

- ~ Monte Spiller, Resident Services Leader (785) 323-3801
- ~ Michaela Hummel or Brook Marcotte Dining Services, (785) 323-3821
- ~ Hospitality team, (785) 537-4610
- ~ Jayme Minton, Sales, Home Health, & Support

Services Director, (785) 313-0454

Additional resident resources include floor/neighborhood reps, monthly Town Meetings (first Monday at 9:30 a.m. in the Event Center) and contacting a team member.

I'm looking forward to receiving, researching, and answering your questions. Submit questions to the box at the Hospitality Desk or directly to me via phone, e-mail, or stopping by my office! I'm located across the hall from the Fitness Center.

Sarah Duggan can be reached via phone at (785) 323-3878, via text at (785) 313-7020, or via e-mail at sguge@meadowlark.org.

# RESTAURANT **SPECIALS**

Sunday, April 21	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$14 Dinner Swedish Meatballs served over Egg Noodles Buttered Carrots
Monday, April 22	\$11 Lunch Maple-Bacon Chicken Sandwich served on a Croissant Watergate Salad	\$14 Dinner Ham Loaf Roasted Red Potatoes Creamed Peas
Tuesday, April 23	\$12 Lunch Caesar Steak Wrap Curly Fries	\$16 Dinner Chicken Alfredo Garlic Bread Side Caesar Salad
Wednesday, April 24	\$10 Lunch Everything Bagel Sandwich Ham, Turkey, & Swiss Cheese Potato Salad	\$13 Dinner Smothered Beef & Bean Burrito Mexican Rice Refried Beans
Thursday, April 25	\$12 Lunch Greek Pizza Side Caesar Salad	\$16 Dinner Pot Roast with Carrots, Onions, & Celery Mashed Potatoes & Gravy Green Beans
Friday, April 26	\$11 Lunch Mac & Cheese Bar	\$16 Dinner Grilled Pesto Shrimp Roasted Garlic Mashed Potatoes Asparagus
Saturday, April 27	\$13 Lunch Fish & Chips Coleslaw	\$17 Dinner Short Ribs Loaded Mashed Potatoes Green Beans

## Weekly Opportunities Calendar April 21 to April 27

Sunday ● April 21 Put your trash at the curb!

10:30 a.m. ~ Worship Service, CR

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

## Monday ● April 22

Trash pick-up

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

11:00 a.m. ~ Grow Green Match Day, PS

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

6:00 p.m. ~ Pastor Melanie's Study Group, KSU CL

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

## Tuesday • April 23

9:45 a.m. ~ Target & Great Clips Trip, VE

10:00 a.m. ~ ARTFul Memories, Beach Museum

10:00 a.m. ~ Mat Yoga, KSU CL

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

## Wednesday ◆ April 24

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

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

3:00 p.m. ~ Sing-Along, FHR

5:30 p.m. ~ 1st Floor Supper, MR

6:30 p.m. ~ UFM: World War II in the Pacific, CR

## Thursday • April 25

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

10:00 a.m. ~ Mat Yoga, KSU CL

10:30 a.m. ~ Steady Yourself, CR/1960

11:00 a.m. ~ Depart for Pig Out (Lunch), VE

## Thursday • April 25

11 a.m. to 10 p.m. ~ Pig Out for Parkinson's,

Rockin K's, 1880 Kimball Avenue

11:15 a.m. ~ Seated Stretch & Stability, CR/1960

1:00 p.m. ~ Parkinson's Exercise Class, CR

2:30 p.m. ~ Knitting & Crocheting, BR

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

5:00 p.m. ~ Depart for Pig Out (Dinner), VE

## Friday • April 26

7:30 a.m. ~ Rock Steady Boxing, BF

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

10 a.m. to 3 p.m. ~ Meadowlark Market, MM

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

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

3:00 p.m. ~ Ice Cream Social, VBL

## Saturday • April 27

9:30 a.m. ~ Band Bust Exercise Class, 1960 only 10 a.m. to 3 p.m. ~ Meadowlark Market, MM 1:00 p.m. ~ Jim Sharp's Birthday Party, EC

#### **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 MM, 120 Scenic Drive MR, Manhattan Room

PR, Patriot Room
PS. Prairie Star Restaurant

MSC, Manhattan Sr. Center VBL, Verna Belle's Lounge VE, Village Entrance

WUMC, Wamego UM Church

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## Mother's Day Lunch

Sunday, May 12, from 11 a.m. to 2 p.m.

Prairie Star Restaurant is now accepting reservations for Mother's Day lunch. To sign up, please visit the host stand or call (785) 323-3821.

Starter options include blueberry spinach salad (\$4) and seafood bisque (\$5).

Entrees offered include lemon-pepper chicken, rice pilaf, veggie skewer (\$15); cinnamon-apple pork chop, red skin mashed potatoes, and bacon-wrapped asparagus (\$16); blackened shrimp and Tuscan alfredo sauce served over linguine (\$17).

Dessert options will be strawberry cream pie (\$4) and layered raspberry and lemon curd cake (\$4).



## **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: April 21

THE SANDLOT (1993) PG, 1 hr. 42 min. Sports, Family, Comedy

Cast: Art La Fleur, Tom Guiry, & Mike Vitar

During a summer of friendship and adventure, one boy becomes a part of the gang, nine boys become a team, and their leader becomes a legend by confronting the terrifying mystery beyond the right field wall.

MONDAY: April 22

MOSCOW ON THE HUDSON (1984) R for nudity & profanity, 1 hr. 57 min. Heartfelt, Feel-Good

Cast: Robin Williams, Maria Conchita Alonso, & Cleavant Derricks

A Russian saxophonist defects while performing in New York City, but finds life in America far more challenging than he'd expected.

TUESDAY: April 23

SHIRLEY (2024) PG-13, 1 hr. 58 min. Heartfelt, Inspiring, Drama

Cast: Regina King, Lance Reddick, & Terrence Howard

A straight-talking schoolteacher from Brooklyn—and the first Black woman elected to Congress—makes an against-all-odds run for US president in 1972.

WEDNESDAY: April 24

SERENA (2014) R for violence & sexuality, 1 hr. 49 min. Psychological, Emotional, Romantic

Cast: Bradley Cooper, Jennifer Lawrence, & Rhys Ifans

A married couple builds a thriving business and rises above the Depression together—until issues of infertility and an illegitimate child arise.

THURSDAY: April 25

REBEL MOON PART TWO: THE SCARGIVER (2024)

PG-13, 2 hr. 2 min. Imaginative, Exciting

Cast: Sofia Boutella, Djimon Hounsou, & Ed Skrein The rebels gear up for battle against the ruthless forces of the Motherworld as unbreakable bonds are forged, heroes emerge—and legends are made.

FRIDAY: April 26

HAPPY GILMORE (1996) PG-13, 1 hr. 31 min. Goofy, Sports

Cast: Adam Sandler, Christopher McDonald, & Julie Bowen Despite his lack of fairness, a loudmouthed hockey player sets out to win a golf championship prize to save his grandmother's home.

SATURDAY: April 27

TWILIGHT (2008) PG-13, 2 hr. 2 min. Romance, Teen

Cast: Kristen Stewart, Robert Pattinson, & Billy Burke When teenager Bella Swan falls in love with vampire Edward Cullen, she becomes the target of a group of hostile vampires.

