



*by Becky Fitzgerald, Development Director*

Mark your calendars for Friday, May 31! Meadowlark Foundation's art-related fundraiser is moving from Prairie Star Restaurant to a different venue with two new partnerships. **Art Mingle: Poyntz of View**, which benefits the Meadowlark Memory Program, begins at 6:30 p.m. at 328 Poyntz Ave. This location in the **HEART** of downtown Manhattan is home to SNW Gallery & Custom Frames and Union Hall, which are located inside the historic, 127-year-old Eames Building.

Guests are invited to mingle with friends amid the colorful and varied artwork at SNW Gallery and the recently uncovered architectural details found during the renovation of Union Hall. Fabulous food, libations, lively music, auction items, and a raffle prize also are part of the plan for this 6<sup>th</sup> celebration. This year's theme is an obvious nod to the venue's address, but the varied views one will discover at the event, as well

as the vantage points high bidders are sure to encounter in the coming months also were a factor in selecting an event name.

In years past, a portion of Meadowlark's art collection and the work of two featured artists attracted admiring glances from event-goers. The 2024 version of Art Mingle offers attendees much to appreciate with two- and three-dimensional works attractively displayed in the gallery and large paintings adorning Union Hall's east wall. Keeping the event's worthy cause in mind, guests also are invited to view paintings created by memory program participants.

Since its inception, Art Mingle has been a salute to the arts, but generous offers from SNW Gallery and Union Hall got the event off to a successful start. Not only did gallery owners Alyn Pennington West and her husband, Kevin, waive an event rental fee, Alyn

**See VIEW, page 5**

## EVENTS & OPPORTUNITIES

### **Courtyard Walking Challenge**

The time has come to dust off your walking shoes and enjoy some fresh air, while completing laps in our courtyard! The Courtyard Walking Challenge is open to all residents, Passport members, and employees, and encourages participants to get out and walk at your convenience.

Participants will record their laps and be rewarded for achieving certain distances. The first challenge is to walk the distance from Meadowlark to Wamego, which is roughly 15 miles, or 225 laps around the courtyard. Once you start the challenge, you will record how many laps that you walk in the courtyard and earn a prize for reaching the destination. A binder labeled "Courtyard Walking Challenge" will be in the Game Room. Simply take a clean lap sheet from the front of the binder, place it behind the appropriate tab (alphabetized by last name), and begin recording your laps each day. This challenge is ongoing, so walk when you are able.

The challenge rules are as follows: walk on the perimeter of the courtyard, please be careful of any tripping hazards, walk at your own pace, and enjoy the exercise! For any walkers who previously participated in this challenge, we will be starting over and you are eligible to earn prizes. The walking destinations will be Wamego (225 laps), Abilene (645 laps), and Lindsborg (1,380 laps).

Please contact Jeff Heidbreder, Fitness Services Leader, in the Caul Fitness Center, or at (785) 341-2995 with any questions about the Courtyard Walking Challenge.

### **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. All are welcome!

### **K-State Phi Mu Alpha**

**Saturday, May 4, at 12:30 p.m.**

Meadowlark welcomes K-State's Phi Mu Alpha chapter on Saturday, May 4, at 12:30 p.m. in the

Event Center. Phi Mu Alpha is a music social fraternity who aim to better themselves and others through music, and one of the ways they do so is through their fraternity's service initiative, called Mill's Music Mission. They are excited to share their love of music with us with four or five songs to brighten our day! All are welcome.

### **Worship Service**

**Sunday, May 5, at 10:30 a.m.**

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, May 5, in the Community Room/Chapel. Pastor Melanie will begin a new worship series titled "Second Mountain." This week, the sermon is titled "Marriage." All are welcome to attend.

### **Town Meeting**

**Monday, May 6, at 9:30 a.m.**

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, May 6, in the Event Center. Hear updates from Meadowlark leaders about the upcoming events and campus news.

### **Page Turners Book Club**

**Wednesday, May 8, at 11:30 a.m.**

Join The Page Turners Book Club as we wrap up our discussion of *My Sister's Keeper* by Jodi Picoult. The movie *My Sister's Keeper* will be shown in Grosh Cinema on Tuesday, May 7, at 1, 4 and 7 p.m. We will meet to discuss the book and movie and enjoy a themed snack on Wednesday, May 8, at 11:30 a.m. in the Patriot Room. 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 saw the movie!

Our next book will be *The Secret Life of Bees* by Sue Monk Kidd. If you have any questions or need a copy of the book, please contact Katie at [ksigman@meadowlark.org](mailto:ksigman@meadowlark.org) or (785) 323-3899.

### **Nancy Goulden Celebration of Life**

**Wednesday, May 8, at 5:30 p.m.**

Meadowlark residents are invited to attend a celebration of life for Nancy Goulden from 5:30 to 7 p.m. Wednesday, May 8, at Flint Hills Discovery Center (FHDC). The first 30 minutes will be a social time, and at 6 p.m., there will be an

## EVENTS & OPPORTUNITIES

opportunity for attendees to speak about Nancy.

Nancy was a resident at Meadowlark and an amazing volunteer at the FHDC. Nancy passed away May 12, 2023.

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

**Wednesday, May 8, at 6:30 p.m.**

UFM Lifetime Learning presents *World War II in the Pacific*. This final session is from 6:30 to 8 p.m. Wednesday, May 8, in the Community Room.

The May 8 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.

### **Ladies Luncheon**

**Thursday, May 9, at 11:30 a.m.**

The Ladies Luncheon falls on May 9 this month; the second Thursday. The luncheon is a mystery as is the program.

All resident and Passport member ladies are invited and encouraged to attend.

The luncheons are a good way to meet and make new friends, and enjoy the company of old friends. If you plan to attend, please sign up in the Blue Book at the Hospitality Desk.

### **Blood Pressure Check**

**Thursday, May 9, at 1 p.m.**

Meadowlark Home Care hosts a monthly Blood Pressure Clinic on the second Thursday at 1 p.m. in the Game Room. The next scheduled clinic is Thursday, May 9, at 1 p.m. No sign-up required.

### **Meadowlark Hills Singers**

**Saturday, May 10, at 7 p.m.**

All are invited to come and enjoy your very own Meadowlark Singers on May 10, at 7 p.m. in the Community Room. The singers, led by Payton Engel, will entertain you with an evening of great singing as they present their "Spring Concert".

### **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) 323-3820.

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).

Prairie Star Restaurant will not open until 11 a.m. Sunday, May 12. The special menu will only be available between 11 a.m. and 2 p.m.

### **Friends of KSU Gardens Trip**

**Friday, May 17, departs at 7 a.m.**

A clever way to learn gardening tips and design is to see the best flower gardens. So, you do not garden, but appreciate seeing beautiful ones? Join the Friends of the K-State Gardens bus trip Friday, May 17, to tour the homes of the 2024 Johnson County Master Gardeners.

This all-day trip to six personal gardens and a buying spree at the six-acre Family Tree Nursery departs at 7 a.m. from Manhattan Town Center southeast parking lot and returns at 8 p.m.

The cost of the trip, \$99, includes roundtrip coach travel, admission ticket to the gardens, and a box lunch. Attendees will choose one of the following options: one of three meats, vegetarian, or gluten-free. The boxed lunch will also include water, salad, chips, and a brownie.

At each stop, tour-goers will have 35 minutes to walk around the home gardens. The final stop of the day will be a 90-minute visit to the nursery. Persons interested in purchasing plants should bring a laundry basket lined with plastic to be stowed in the bus luggage compartment.

The Johnson County Extension Service Office organizes the public tour. Trip registration, lunch selection, and payment are completed online at [www.auctria.events/kcbustrip](http://www.auctria.events/kcbustrip). Deadline to register is May 1. Email questions to Passport member Tim Lindemuth at [timlind@ksu.edu](mailto:timlind@ksu.edu).

# Outdoor Encounters

by Nathan Bolls

I was once verbally accosted by someone irritated by what he took to be my educated use of English and by my vocabulary. He had thrown at me “You really think you’re special, don’t you?” He was not ready for my return blast, aimed straight for his gut: “Yes I do, and I think **you** are special” “I think everyone in this room is special.” “And,” I continued, “that feeling is not only because I believe that each of us carries within us a thread of the Divine.” “I’ll bet that everyone in this room can do some particular useful thing that no one else present can do, or that each of us can do some particular thing better than anyone else in the room.”

My comment got the conversation headed in another direction, and the evening passed without further incident. Through the years, however, I would find myself recalling that encounter. And I would again relish a certain old African proverb, a bit of wisdom that is framed and has been hanging on my living room wall for several years. The words were taken from the “Sunbeams” page of *The Sun* magazine, January 2014.

## **When death finds you, may it find you alive**

Alive means living your own life, not the life that your parents wanted for you, or the life some cultural group or political party wanted, but the life that *your own soul* wanted you to live. And, it is expected, a life of acceptable politeness. This proverb had prompted me, some years ago, to begin making a list of some activities that I had done reasonably well at one time or another during my life. Doing so reminded me that I had been fortunate enough to have lived my dream of getting paid for studying wild animals—or as Joseph Campbell, the late, great student of mythology would have said, living my bliss—for my entire career.

I recall pleasing my Dad with my 10-year-old hoeing skills against weeds in the cornfields on our Missouri River Valley Bottomland farm. I did my share of finding something most every day for my sister and me to fight about. During seventh grade at Onaga, Kan., Grade School, I became the undisputed marbles champion. I did well with high school sports and was the best swimmer in town. Good roles were given to me in both junior and

senior high school plays. I was considered a serious woodsman and fairly successful fisherman. I was never fired from any of the jobs I had in farming, ranching, or construction prior to my four-year Naval Air Force stint during the Korean War. During my military years, certain things said or positions awarded told me my work as an aviation structural mechanic (aviation metalsmith) was highly regarded.

College went well, and I was able to complete my doctoral studies program in good time. Both academic tenure and promotion to full professor were attained in a relatively few years. I was led to believe that I was a successful “modern male” in my roles as husband and father.

During my biology professor years, I published my research data on the physiology of wild animals in science journals. My expressed goal in retirement/redirection was to work at becoming a creative non-fiction essayist; a few literary journal editors have smiled on me.

Early on, I found solace in the wild. I learned not only how to watch, but also to see. The habit of searching for the significance of something seen is a seductive soulmate. The woods, prairies and streams became not only teachers but also great moderators of mood.

I came to realize that each of us, in our own way, is a wounded bird; we have experienced the triumphs and traumas, milestones and frustrations, joys and heartbreaks, and perhaps betrayals that are a part of life. It seems that life sometimes tries to beat us down. And for some of my earlier activities, only after many years did I realize emotionally the strength of the positive light in which they and I had been viewed. Very importantly, I was blessed along the way with much help from my beloved late wife, Imogene. She was especially helpful as I dealt with the insecurities that cropped up along my journey of upward mobility.

I don’t wish to play the cause-and-effect game of searching for causal links between life’s traumas and adult personalities, but I do wish that each reader of this tale would follow my lead and make a list, and be motivated to seriously reflect upon and write down for themselves a comparable list of I-Was-Good-At-These-Activities at some point in their life. Also consider and tally those times when one or more talents or insights glowed like the

**See OUTDOOR, page 7**

## Art Engagement *from the* Beach Museum of Art



National Read Across America Day is celebrated on May 2, which is the birthday of Theodor Seuss Geisel. Geisel wrote and illustrated more than 60 children's books under the pen name Dr. Seuss. Illustrations play a significant role for beginning readers and add an enhanced visual experience for readers at all levels. Explore the story being illuminated in this drawing by the artist and illustrator Charles Banks Wilson. First ask yourself, **what is going on in this picture?** Then finish the narrative. If you were the writer, **what would happen next?**

Charles Banks Wilson (United States, 1918 - 2013), *Title Unknown*, 1958, Ink over blue pencil on grounded paper, KSU, Marianna Kistler Beach Museum of Art, gift of Mark Stevenson, 2007.142

### VIEW, from page 1

and her team also are ready to help turn voids into vivid views that speak to you, and in the process, support the efforts of the memory program. SNW Gallery is donating a portion of proceeds for art purchased at the event to program.

Union Hall owners Kail and Rebecca Katzenmeier significantly discounted the venue rental fee once they learned the space would be used to host a fundraising event.

Party-goers at previous Art Mingle events have praised the array of eye-catching and tasty hors d'oeuvres, and Meadowlark chef John Gasser promises more palate-pleasing offerings located on both sides of the space. A specialty cocktail will be added to the beverage menu.

Art Mingle 2024 offers silent and live auctions items, including a seven-night stay at a luxury resort, a popular KC Chiefs weekend getaway, experiences, jewelry, and much more. See photos of auction items and the raffle prize soon on the Art Mingle events page at [www.meadowlark.org](http://www.meadowlark.org).

Tickets to Mingle, including all-you-can-enjoy food and beverages, are now available at \$75 each.

Transportation to and from the event will be provided at no cost for Meadowlark residents and their guests. Cocktail or business casual attire suggested. Purchase tickets by contacting a Hospitality team member at (785) 323-3847, or purchase online at [www.meadowlark.org](http://www.meadowlark.org).

Community First National Bank again is the event's presenting sponsor. In addition to SNW Gallery and Union Hall, event sponsors also include Steel & Pipe Supply, The Trust Company, WTC, and BHS Construction. We gratefully acknowledge their support!

Questions about the event? Please contact Becky Fitzgerald, Development Director, at (785) 323-3843. As indicated, proceeds from Art Mingle benefit Meadowlark Memory Program, the only comprehensive program in the area facilitated by trained, professional educators. The program provides FREE education and enrichment opportunities for persons affected by memory or cognitive changes and their care partners. Program services are open to anyone in the Flint Hills region.

# RESTAURANT **SPECIALS**

<p><b>Sunday, May 5</b></p>	<p><b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p><b>\$14</b> <b>Dinner</b> Homemade Chicken Tenders Herb-Roasted Potatoes Honey-Garlic Carrots</p>
<p><b>Monday, May 6</b></p>	<p><b>\$11</b> <b>Lunch</b> Roasted Pork Sandwich Sweet Potato Fries</p>	<p><b>\$17</b> <b>Dinner</b> Balsamic Steak Kabob Side House Salad Roasted Vegetables</p>
<p><b>Tuesday, May 7</b></p>	<p><b>\$12</b> <b>Lunch</b> BBQ Meatballs Cheesy Potatoes Cucumber Salad</p>	<p><b>\$14</b> <b>Dinner</b> Baked Chicken Leg Roasted Red Potatoes Fresh Green Beans</p>
<p><b>Wednesday, May 8</b></p>	<p><b>\$11</b> <b>Lunch</b> Cowboy Burger French Fries</p>	<p><b>\$14</b> <b>Dinner</b> Swiss Steak Mashed Potatoes Honey-Glazed Carrots</p>
<p><b>Thursday, May 9</b></p>	<p><b>\$11</b> <b>Lunch</b> Fried Chicken Sandwich French Fries</p>	<p><b>\$16</b> <b>Dinner</b> Fried Catfish Cornbread Pudding Coleslaw</p>
<p><b>Friday, May 10</b></p>	<p><b>\$11</b> <b>Lunch</b> Taco Bar</p>	<p><b>\$16</b> <b>Dinner</b> Lemon Linguine <i>with Sauteed Shrimp</i> House Side Salad</p>
<p><b>Saturday, May 11</b></p>	<p><b>\$11</b> <b>Lunch</b> Sloppy Joe Curly Fries</p>	<p><b>\$15</b> <b>Dinner</b> Chicken Fried Steak Mashed Potatoes and Gravy Corn</p>

# Weekly Opportunities Calendar May 5 to May 11

## Sunday • May 5 *Put your trash at the curb!*

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

## Monday • May 6 *Trash & Recycling pick-up*

8:30 a.m. ~ Resident Council, BR  
9:30 a.m. ~ Town Meeting EC  
9:30 a.m. ~ Seated Strength, CR/1960  
10:00 a.m. ~ Art Committee, BR  
10:30 a.m. ~ Weights 101, CR/1960  
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  
2:00 p.m. ~ Change & Loss Support Group, FHR  
5:30 p.m. ~ Tuttle Creek Dinner, BR  
6:00 p.m. ~ Pastor Melanie's Study Group, KSU CL  
7:00 p.m. ~ Community Bingo, CR

## Tuesday • May 7

10:00 a.m. ~ Memory Activities Class, EC  
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  
12:00 p.m. ~ Kimball Luncheon, BR  
2:00 p.m. ~ 10-Point Pitch Group, GR  
2:00 p.m. ~ Prairie Star Writers Group, PR  
2:00 p.m. ~ Social Circles, PS  
3:00 p.m. ~ Ambassador's Meeting, BR  
3:00 p.m. ~ Coffee Corner, EC

## Wednesday • May 8

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. ~ Page Turners Book Club, PR  
11:30 a.m. ~ Sit & Be Fit, CR/1960  
11:30 a.m. ~ Lutheran Luncheon, BR  
1:45 p.m. ~ PD Melodies in Motion, CR  
3:00 p.m. ~ Rock Steady Boxing, CR  
3:00 p.m. ~ Sing-Along, FHR  
6:30 p.m. ~ UFM: World War II in the Pacific, CR

## Thursday • May 9

9:00 a.m. ~ Messenger Team, KSU CL  
10:00 a.m. ~ Mat Yoga, FHR  
10:30 a.m. ~ Steady Yourself, CR/1960

## Thursday • May 9

11:15 a.m. ~ Seated Stretch & Stability, CR/1960  
11:30 a.m. ~ Ladies Luncheon, EC  
11:30 a.m. ~ Caring Conv. for People w/ PD, FHR  
1:00 p.m. ~ Blood Pressure Clinic, GR  
1:00 p.m. ~ PD Care Partners Support Grp, FHR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
2:30 p.m. ~ Knitting and Crochet, BR  
4:00 p.m. ~ Meadowlark Singers Practice, CR  
4:30 p.m. ~ Wamego Memory Care Partners Support Group, WUMC  
5:30 p.m. ~ Eastside Supper, BR

## Friday • May 10

7:00 a.m. ~ Rotary, EC  
7:30 a.m. ~ Rock Steady Boxing, BF  
9:30 a.m. ~ Seated Strength, CR/1960  
10:30 a.m. ~ Weights 101, CR/1960  
11:30 a.m. ~ Sit & Be Fit, CR/1960  
7:00 p.m. ~ Meadowlark Hills Singers, CR

## Saturday • May 11

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

### Room Abbreviations

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

### OUTDOOR, from page 4

Cape Hatteras Lighthouse, whether you realized it at the time or years later.

Bring your "specialnesses" to the surface; let them shine! You might even be permitted to bask in the sun for a moment (beware of overexposure!). Urge your friends to do the same; there's nothing wrong with spontaneous meetings of the local Mutual Admiration Society. And as did I, pay particular attention to those instances when you came late to realizing the shine given off by this-or-that talent once displayed. A better understanding of those times will show you yet another dimension to ponder about your wonderful self.



## 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: May 5

**TRADING MOM** (1994) PG, 1 hr. 22 min. *Comedy, Family*

Cast: Sissy Spacek, Anna Chlumsky, & Aaron Michael Metchik

Three children have had it with their mother, and magically make her disappear. They then head out to the “Mommy Market” for a replacement mother.

### MONDAY: May 6

**MOULIN ROUGE** (2001) PG-13, 2 hr. 8 min. *Drama, Music*

Cast: Nicole Kidman, Ewan McGregor, & John Leguizamo

A poor Bohemian poet in 1890s Paris falls for a beautiful courtesan and nightclub star coveted by a jealous duke.

### TUESDAY: May 7

**MY SISTER'S KEEPER** (2009) PG-13, 1 hr. 49 min. *Drama, Family*

Cast: Cameron Diaz, Abigail Breslin, & Alec Baldwin

Anna Fitzgerald looks to earn medical emancipation from her parents who, until now, have relied on their youngest child to help their leukemia-stricken daughter Kate remain alive.

PAGE TURNER REQUEST

### WEDNESDAY: May 8

**MAESTRO** (2023) R for language and drug use, 2 hr. 11 min. *Cerebral, Intimate, Emotional*

Cast: Bradley Cooper, Carey Mulligan, & Matt Bomer

On the verge of securing a golden opportunity, American conductor Leonard Bernstein begins a tumultuous relationship with actress Felicia Montealegre, upturning their lives.

### THURSDAY: May 9

**DEVIL IN A BLUE DRESS** (1995) R for violence, sexuality and language, 1 hr. 41min. *Gritty, Dark*

Cast: Denzel Washington, Tom Sizemore, & Jennifer Beals

In 1948 Los Angeles, a stranger asks war veteran “Easy” Rawlins to help locate a missing woman — a task that gets him embroiled in a murder mystery.

### FRIDAY: May 10

**GHOSTBUSTERS** (1984) PG, 1 hr. 46 min. *Action, Comedy*

Cast: Bill Murray, Dan Aykroyd, & Sigourney Weaver

Ghosts invade New York and force a trio of spirit exterminators to save the city in one of the biggest comedies of all time.

### SATURDAY: May 11

**YOU WISH** (2003) PG, 1 hr. 28 min. *Drama, Coming of Age*

Cast: A.J. Trauth, Spencer Breslin, & Lalaine

Alex uses a magical coin to wish he didn't have a younger brother.