



Serving on Grow Green Match Day at Meadowlark's donation station are (from left) Gary Fees, Director of Investment Services for Greater Manhattan Community Foundation; Meadowlark residents and GMCF Trustees Tom Fryer, Linda Weis, and Jo Lyle; Mitzi Richards, GMCF's Director of Philanthropy, and Becky Fitzgerald, Development Director with Meadowlark Foundation.

## Grow Green Match Day

### Final numbers announced!

*by Becky Fitzgerald, Development Director*

Thank you, Manhattan! At the conclusion of a reconciliation process following an annual 24 hours of giving sponsored by Greater Manhattan Community Foundation, event organizers proudly announced three eye-opening numbers. The 12th annual Grow Green Match Day on April 22 attracted **7149 gifts** to **91** non-profit organizations totaling **\$1,773,601.69!**

Meadowlark Foundation participated in a new way this year, joining two GMCF staff members and three GMCF Trustees to host a donation station at Prairie Star Restaurant. Becky Fitzgerald, Development Director, is excited to share an update regarding numbers that were printed in the April 25 Messenger. With a couple of gifts arriving to GMCF by mail after April 22, the number of donations to our Foundation increased to 96, which is more than were received any previous year. Our donation total is \$31,888.73, putting meadowlark in 18th place among the

participating organizations in total giving. In addition, combined donations of \$15,000 will be matched at 50%, giving a maximum of \$7,500 in matching funds to any one organization. The generosity of Meadowlark's donors has ensured that our organization will receive the maximum match amount of \$7,500.

This year, matching dollars were provided by three donors. The Butler Family Charitable Foundation matched donations for Arts & Humanities-related organizations, an anonymous donor matched contributions given to the Kansas Family Stroke Foundation, and late Phil Howe and Howe Family Foundation provided matching dollars for all other organizations.

As was previously announced, donations to our Foundation on Match Day will benefit Meadowlark's Nursing Scholarship Program. GMCF soon will send Meadowlark at check for the contributions, which will

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# 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, 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.

## **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.

## **Rock Creek Middle School Choir**

*Friday, May 10, at 1:20 p.m.*

Friday, May 10, at 1:20 pm in the Event Center, Meadowlark welcomes the Rock Creek Middle School Choir. The Choir and select band solo/chamber groups are excited to entertain the residents with their 2024 Spring Tour. All are invited!

## **Meadowlark Hills Singers**

*Friday, 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 "From Musicals to Movies."

## **Worship Service**

*Sunday, May 12, at 10:30 a.m.*

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, May 12, in the Community Room/Chapel. Pastor Melanie will continue a new worship series titled "Second Mountain." This week, the sermon is titled "Philosophy & Faith." All are welcome to attend.

## **Mother's Day Lunch**

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

Prairie Star Restaurant is 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. on Sunday, May 12. The special menu will

## EVENTS & OPPORTUNITIES

only be available between 11 a.m. and 2 p.m.

### **FUMC Communion**

*Wednesday, May 15 at 8:30 a.m.*

Join Pastor Donna and Pastor Courtney from First United Methodist Church at 8:30 a.m. Wednesday, May 15, in the Bison Room to receive communion. The opportunity is open to anyone wanting to invite Christ into his or her heart.

### **Russell Stovers & Cracker Barrel Trip**

*Wednesday, May 15, departs at 9:00 a.m.*

We will be taking a day trip on Wednesday, May 15, first heading west to the Russell Stover Chocolates store near Abilene and then stopping to have lunch at Cracker Barrel in Junction City on the way back.

The cost for transportation is \$8 per person and lunch will be the responsibility of each individual. There is a sign-up sheet in the Blue Book, and we will depart from the Village entrance at 9 a.m.

### **Artist Discussion with the Beach**

*Wednesday, May 15, at 4 p.m.*

Join Kim Richards from Beach Museum of Art for *Jessie Wilcox: The Illustrator of Children*, at 4 p.m. Wednesday, May 15, in the Bison Room. Smith illustrated books, advertisements, and the covers of the most popular magazines during the turn of the 20th century. Come and enjoy a sampling of her delightful images.

### **Technology Help Drop In**

*Thursday, May 16, at 9 a.m.*

Are you new to technology or need help with existing computer questions? Take advantage of one-on-one help with tablets, laptops, and phones. This opportunity is offered by Wandeau Rivers with Manhattan Public Library every third Thursday from 9 to 11 a.m. in the Game Room.

### **New 1st Infantry Division Museum Tour**

*Thursday, May 16, departs at 9:15 a.m.*

All are invited on a trip to Fort Riley to tour the newly renovated 1st Infantry Division Museum on Thursday, May 16. New exhibits within the museum cover World War II, and also includes a video interview and a new mannequin of local Army veteran Jim Sharp.

In 1945, Sharp was the sergeant at the Palace of

Justice in Nremburg, Germany. He was responsible for security, as well as guarding top Nazi leaders.

To join the trip to learn more, there will be a sign-up sheet in the Blue Book. We will depart from the Village entrance at 9:15 a.m.

### **Lettuce Ketchup with Parkinson's Lunch**

*Thursday, May 16, at 11:30 a.m.*

People with Parkinson's (PwPD) and their Care Partners are invited to Prairie Star Restaurant the third Thursday of every month for a meal and fellowship. This lunchtime opportunity is for those interested in dining and sharing life together along their Parkinson's journey. The cost of food and drink is the responsibility of PwPD and/or care partner. For convenience, this opportunity is offered right before PD Exercise Class. Michelle and/or Katie will join monthly as schedules allow.

### **Covid-19 & RSV Vaccination Clinic**

*Thursday, May 16, at 1 p.m. to 3 p.m.*

We will be hosting a clinic for COVID-19 and RSV vaccinations on Thursday, May 16, from 1 p.m. to 3 p.m. in the Patriot Room. You can visit the Hospitality Desk for assistance with online sign-up. For any other questions, please call Hy-Vee or check with your primary care physician.

See flyer on page 5 for more information.

### **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

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### **EVENTS, from page 3**

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).

### **Church Ladies**

*Friday, May 17, at 7 p.m.*

Meadowlark is excited to welcome back the Church Ladies on Friday, May 17, at 7 p.m. in the Event Center. The Church Ladies are a harmony-based acoustic trio from the Manhattan area. They have been performing together for several years and have become a favorite among residents. So, if you like Americana with a twist, the ladies are for you!

### **Thundering Cats**

*Saturday, May 18, at 7 p.m.*

Saturday, May 18, at 7 p.m. in the Event Center, Meadowlark Hills is excited to have back the Thundering Cats! The concert will feature theme songs of various big bands; and lots of other classics from the 1930s and the '40s." All are welcome, and let's get grooving!

### **Shopping at Target & Dollar Tree**

*Saturday, May 18, at 10:30 a.m.*

The next scheduled trip is Saturday, May 18, 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, June 15. Please sign up in the Blue Book to participate.

### **Spring Birdwatching**

*Wednesday, May 22 to Friday, May 24, at 9:30 a.m.*

Come gather in the Prairie Star Event Center to learn about Spring birdwatching! This class will be from 9:30 a.m. to 11:30 a.m. each day from Wednesday, May 22 to Friday, May 24!

Participants will be introduced to birds that spend the Spring nesting in Kansas. This course will include both classroom sessions and walking field trips to observe local birds at local birding spot. Bird walks will be leisurely with frequent stopping to look or listen to the birds.

### **Taylor Kline & Mandy Kary**

*Friday, May 24, at 7:00 p.m.*

Another fun evening is planned for Friday, May 24, at 7 p.m. in the Event Center with the music of Taylor Kline and Mandy Kary. They play a variety of cover music as well as original material, accompanied by guitar, harmonica, and mandolin. You don't want to miss!

### **Young Generals of the American Civil War—the Union**

*Wednesday, May 29, at 6:30 p.m.*

The Civil War witnessed a significant expansion of America's military forces. Both the Union and the Confederacy assembled armies of unprecedented size requiring a significant number of general officers. As a result, many general officers attained high rank while being relatively young.

This three-part class, taking place on Wednesdays, May 29 through June 12 from 6:30 p.m. to 8 p.m. in the Community Room, will focus on Union senior leaders under the age of forty who attained high command. The first class, on May 29, will examine and evaluate the military careers of the young generals of the eastern theater's Army of the Potomac such as Joshua Chamberlain, George Custer, Alfred Pleasonton, and Philip Sheridan.

The second class, on June 5, will focus on young Union leaders in the western theater such as Benjamin Grierson, Judson Kilpatrick, John Schofeld, James Wilson, and James McPherson.

The final class, on June 12, will exclusively examine the military career of William T. Sherman who achieved command of the entire western theater at the age of 35.

### **Meadowlark: Understanding Assisted Living, Healthcare, and Advance Directive Planning**

*Thursday, May 30, at 2 p.m.*

On Thursday, May 30th at 2 p.m. in the Prairie Star Event Center, Kristen Martin, Care Transitions Leader, the Health Services Team, and other Meadowlark employees will lead a

presentation on Meadowlark's levels of care and how to successfully navigate a temporary or long-term move, if ever necessary. This is a free event, but participants are asked to sign up in the Blue Book or by contacting the Hospitality Desk, at (785) 323-3847. Light refreshments will be served.

### **Pauline Sharp**

*Friday, May 31, at 2 p.m.*

Meadowlark is excited to welcome Pauline Sharp in the Event Center on Friday, May 31, at 2 p.m. Pauline will be speaking about the journey home of the Sacred Red Rock. The Rock is a 28-ton red Siouxan quartzite boulder that was moved to Robinson Park in Lawrence, Kan., in 1929 to become a monument to the early founders of the city. Prior to that, it sat at the confluence of the Shunganunga Creek and Kansas River for hundreds of thousands of years. The Kanza (Kaw) People have a centuries' long relationship with the Sacred Red Rock and value it as a sacred item of prayer. All are invited.

### **Art Mingle**

*Friday, May 31, at 6:30 p.m.*

Meadowlark Foundation's art-related fundraiser is once again upon us. Mark your calendars for Friday, May 31, for ART MINGLE! This year, the event will take place at SNW Gallery & Union Hall, 328 Poyntz Ave. Your experience includes savory and sweet stations, libations, and lively music in the heART of downtown Manhattan. The fun, which also includes the silent auction, begins at 6:30 p.m. followed by the Live Auction starting at 7:15p.m. The cost is \$75 per person with proceeds supporting the Meadowlark Memory Program.



**Coming to Meadowlark in MAY 2024**

#### **Covid-19 Vaccinations:**

**Additional vaccine recommended for Ages 65+ (General Population):**

- If vaccinated (have received one dose of the updated 2023-2024 COVID-19 vaccine Pfizer-BioNTech, Moderna or Novavax), individuals can receive additional dose at least 4 months after the most recent dose.

#### **RSV Vaccinations:**

**Now available for adults 60 years and older.**

What is RSV? According to the Centers for Disease Control and Prevention (CDC), RSV is a common respiratory virus that usually causes mild, cold-like symptoms. RSV is most commonly spread through direct contact with the virus, such as droplets from another person's cough or sneeze contacting your eyes, nose or mouth. It can also be spread by touching a surface with the virus such as a door handle and then touching your eyes, nose or mouth before washing your hands. Symptoms may include:

- Runny Nose
- Decrease in Appetite
- Coughing
- Sneezing
- Fever
- Wheezing

Most people recover in a week or two. However, RSV can be serious and lead to other serious health complications, including asthma, chronic obstructive pulmonary disease or congestive heart failure. Why should I receive the RSV vaccine? RSV can cause illness in people of all ages but may be especially serious for older adults. Older adults with chronic medical conditions like heart or lung disease, weakened immune systems or who live in nursing homes or long-term care facilities are at highest risk of serious illness and complications from RSV.

#### **GREEN, from page 1**

assist Meadowlark employees who would like to further their education to become licenses practical nurses or registered nurses. Our matching dollars will be deposited into Meadowlark's endowed fund managed by GMCF. This fund, part of our long-term savings, ensures we continue to develop our services and meet our future needs.

But wait, there's more good news! Fitzgerald learned that an additional donation, prompted by Match Day and the donors' desire to support the scholarship fund, should arrive directly to Meadowlark Foundation in the near future. Add this gift to donations received on April 22, and the amount generated by Grow Green Match Day is expected to surpass \$40,000!

The tremendous generosity of our community members is truly a blessing. Thank you, Meadowlark family!



## Ask Sarah!

### Go Bananas!

Let's face it, each of us have our way of completing the mundane, daily tasks throughout our lives. Like getting ready for bed, for instance. My own routine goes

like this: tidy up the living room and kitchen, wash my face, brush and floss my teeth, get a glass of water to keep next to my bed, turn on the ceiling fan, and settle into bed to either watch a bit of TV or read a couple chapters of my book. I hardly ever stray from this order of getting ready for bed because that is the way I do it – it's a habit, and I'm comfortable with it.

But how about we throw a little wrench into the way we always do it? Maybe making a slight variation to our daily routine will mix it up just enough. We could take a different route to the grocery store (you almost have to with all the construction going on – yikes!) or go on a walk before dinner instead of after. Or possibly even peel our banana for our morning snack in a different way. Which brings me to this week's question, ***how many ways can you peel a banana?***

When I first read this question, I thought to myself, there is only way to peel a banana and that is the way I do it. Boy was I wrong! There are, in fact, eight ways to peel a banana.

**1. Monkey Method** (a.k.a. Upside-Down Method) – Peel downwards toward the stem; just what you would do if you were holding the banana right side up. Except this time, you should peel the pointed top downwards, toward the stem. Now you can enjoy your banana and the best part is you now have a handle to hold onto as you enjoy your snack!

**2. Snap Method** – This one is for a banana that isn't overly ripe. If it is too ripe, you may find yourself in the middle of a mushy disaster. Hold either side of the banana, placing it in a smiling shape. Make sure the banana is making a "U" shape and snap it in half. Peel each banana half and enjoy your fruit!

**3. Four Split Method** – Place the banana on a cutting board and cut from the tip to the handle. Then cut each half down the middle horizontally. Peel each of the four sections of banana and enjoy!

**4. Throwing Method** – Hold the stem of the banana so that it curves toward you. Take the stem in your dominant (throwing) hand and make sure that the banana is curving toward, and not away from you. Stand over a cutting board, a table, or something else that can stop the banana from flying out too far away from you. Snap the banana forward, like you're cracking a whip. Hold on to the stem and thrust your hand and the banana outward in a natural motion that curves downward. Just snap your wrist and use enough force to fling the banana forward. If done successfully, you should be left holding onto the stem and a sliver of peeled banana skin. If it doesn't work the first time, then try, try again -- this method does take some practice. Peel the rest of the banana the normal way. Now that you've already peeled off a sliver of banana, you can peel the banana the traditional way, from the bottom up, before you enjoy your treat. If you can master it, this method could be an excellent party trick!

**5. Thumbnail Method** – Make a tiny cut in the surface of the top of the stem on the inner side of the curve of the banana (inside the "U" shape). This works best if you have a banana that is medium ripe, so that you don't mush the banana too much. And the sharper your nails, the better. Peel the banana stem back so the skin breaks where the cut was made and peel it down all the way. If you do this correctly, it won't mush the banana. Once you've made the cut, just use the opening to peel back the rest of the banana skin. This is a fun variation on peeling a banana the regular way.

**6. Twist Method** – Hold the banana in both hands. Leave about two to three inches between your hands so you have some space when you twist the banana. Twist the banana carefully without squeezing it. You should give it a quarter to a half twist, or just enough for the skin of the banana to break. Now that you've broken the banana open, you can peel back the sides and enjoy your banana.

**7. Slide & Peel Method** – Hold the banana horizontally in one hand. When you're holding it correctly, you should place it down on a cutting board as it is. Use one swift cut of the knife to slice



See **BANANAS**, page 7

## Art Engagement from the Beach Museum of Art

The two artworks shown here each depict a woman and a child. Let us take a moment to compare and contrast the two compositions. What do you notice the same or different between the two artworks? You may also observe how the artist has engaged you with the subjects. How do you perceive the figures interacting with each other? How do they interact with you as the viewer? May is the month that the United States celebrates Mother's Day. Do you think these artworks show a mother and her child? If yes, what do you see that supports those thoughts?

See page 9 for artist information.



### BANANAS, from page 6

off the ends of each side of the banana. Slice the banana skin lengthwise and then peel off the entire skin. Be careful when you're doing this. Cut the banana peel gently so you don't slice through it or hurt the hand that is holding on to it. Once you cut it, just peel back the skin. This method works great if you're planning on slicing the banana to use it in a salad, or if you just like eating a banana without a peel.

**8. Traditional Method** – Hold the banana in your hand, stem pointing up. It'll be easier to snap the stem back if it's positioned this way. Snap off the

stem and peel the skin downward. Once you've done that, you can continue peeling the rest of the banana downward, in one or two more strips. This is the most common way to peel a banana, so chances are that you're already familiar with it. Now eat your tasty banana, biting into it and peeling it back further and further until you've eaten the whole thing.

Kudos to the reader who succeeds at all eight banana-peeling methods! Cheers to mixing it up every now and then. See you next week, and thanks for stopping by!

# RESTAURANT SPECIALS

<p><b>Sunday, May 12</b></p>	<p><b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p><b>\$16</b> <b>Dinner</b> Pot Roast</p>
<p><b>Monday, May 13</b></p>	<p><b>\$9</b> <b>Lunch</b> Ham &amp; Beans Cornbread</p>	<p><b>\$15</b> <b>Dinner</b> Maple Roasted Pork Tenderloin Sweet Potato Mash Roasted Broccoli</p>
<p><b>Tuesday, May 14</b></p>	<p><b>\$11</b> <b>Lunch</b> Cuban Sliders Macaroni Salad</p>	<p><b>\$13</b> <b>Dinner</b> Beef Enchiladas Mexican Rice Black Beans</p>
<p><b>Wednesday, May 15</b></p>	<p><b>\$11</b> <b>Lunch</b> Vegetable Lasagna Garlic Bread</p>	<p><b>\$15</b> <b>Dinner</b> Creamy Garlic Chicken over Ravioli Caesar Salad</p>
<p><b>Thursday, May 16</b></p>	<p><b>\$13</b> <b>Lunch</b> Fish &amp; Chips Coleslaw</p>	<p><b>\$14</b> <b>Dinner</b> Salisbury Steak Mashed Potatoes Green Beans</p>
<p><b>Friday, May 17</b></p>	<p><b>\$11</b> <b>Lunch</b> Pasta Bar</p>	<p><b>\$17</b> <b>Dinner</b> Grilled Salmon with Sundried Tomato Sauce Roasted Fingerling Potatoes Asparagus</p>
<p><b>Saturday, May 18</b></p>	<p><b>\$10</b> <b>Lunch</b> Chili Dogs Pub Chips Fried Pickle Spear</p>	<p><b>\$23</b> <b>Dinner</b> 4 oz Filet &amp; Garlic Shrimp Baked Potato Fresh Green Beans</p>



# Weekly Opportunities Calendar May 12 to May 18

## Sunday • May 12 *Put your trash at the curb!*

10:30 a.m. ~ Worship Service, CR  
 10:30 a.m. ~ Transportation to FUMC, VE  
 11:00 a.m. ~ Mother's Day Lunch, PS

## Monday • May 13 *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  
 11:30 a.m. ~ Sit & Be Fit, CR/1960  
 11:30 a.m. ~ Meadowlark Valley Luncheon, BR  
 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  
 4:00 p.m. ~ Hable Espanol, FHR  
 6:00 p.m. ~ Pastor Melanie's Study Group, KSU CL  
 7:00 p.m. ~ Community Bingo, CR

## Tuesday • May 14

10:00 a.m. ~ Memory Activities Class, EC  
 10:15 a.m. ~ Mat Yoga, FHR  
 10:30 a.m. ~ Steady Yourself, CR/1960  
 11:15 a.m. ~ Seated Stretch & Stability, CR/1960  
 12:00 p.m. ~ 4th Floor Luncheon, MR  
 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. ~ Coffee Corner, EC

## Wednesday • May 15

8:30 a.m. ~ FUMC Communion, BR  
 9:00 a.m. ~ Russell Stovers & Cracker Barrel, 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. ~ West Monarch Luncheon, BR  
 3:00 p.m. ~ Rock Steady Boxing, CR  
 3:00 p.m. ~ Sing-Along, FHR  
 4:00 p.m. ~ Artist Discussion, BR

## Thursday • May 16

9:00 a.m. ~ Messenger Team, KSU CL  
 9:00 a.m. ~ Library Tech Help, GR  
 9:15 a.m. ~ 1st Infantry Div. Museum Tour, VE

## Thursday • May 16

10:15 a.m. ~ Mat Yoga, FHR  
 10:30 a.m. ~ Steady Yourself, CR/1960  
 11:15 a.m. ~ Seated Stretch & Stability, CR/1960  
 11:30 a.m. ~ Lettuce Ketchup with PD Lunch, PS  
 1:00 p.m. ~ Parkinson's Exercise Class, CR  
 1:00 p.m. ~ Covid-19 & RSV Vaccinations, PR  
 4:00 p.m. ~ Meadowlark Singers Practice, CR  
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

## Friday • May 17

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. ~ Church Ladies, EC

## Saturday • May 18

9:30 a.m. ~ Band Bust Exercise Class, 1960 only  
 7:00 p.m. ~ Thundering Cats, EC

### 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

### Artist information from page 7.

[left] Pierre Garcia-Fons (France, born Spain, 1928 - 2016), *Lecture*, 20th century, Color lithograph on paper, KSU, Marianna Kistler Beach Museum of Art, bequest of Raymond & Melba Budge, S4.2017

[right] Henry Varnum Poor (United States, 1888 - 1970), *Mother and Child*, 1915, Oil on canvas, KSU, Marianna Kistler Beach Museum of Art, gift of Mr. & Mrs. Charles A. Stone, 1985.30



## 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 12

***DUMPLIN*** (2018) PG-13, 1 hr. 50 min. *Heartfelt, Inspiring*

Cast: Danielle Macdonald, Jennifer Aniston, & Odeya Rush

Jennifer Aniston stars as a former teen beauty queen in this film Vulture dubs “a breath of fresh air.” Based on Julie Murphy’s bestselling YA novel.

### MONDAY: May 13

***AMADEUS*** (1984) PG, 3 hr. *Witty, Music*

Cast: F. Murray Abraham, Tom Hulce, & Elizabeth Berridge

When composer Wolfgang Amadeus Mozart’s brilliant work captures the attention of the Viennese court, his jealous rival Antonio Salieri plots revenge.

### TUESDAY: May 14

***HIDDEN FIGURES*** (2016) PG, 2 hr. 7 min. *Drama, History*

Cast: Taraji P. Henson, Octavia Spencer, & Janelle Monae

The story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program.

RESIDENT REQUEST

### WEDNESDAY: May 15

***A LEAGUE OF THEIR OWN*** (1992) PG, 2 hr. 8 min. *Comedy, Sport*

Cast: Tom Hanks, Geena Davis, & Lori Petty

Two sisters join the first female professional baseball league and struggle to help it succeed amid their own growing rivalry.

RESIDENT REQUEST

### THURSDAY: May 16

***FREUD'S LAST SESSION*** (2023) PG-13, 1 hr. 48min. *Cerebral, Understated*

Cast: Anthony Hopkins, Matthew Goode, & Liv Lisa Fries

On the brink of World War II, Sigmund Freud invites C.S. Lewis over for a charged conversation about love, family, and the existence of God.

### FRIDAY: May 17

***THE LOST CITY*** (2022) PG-13, 1 hr. 52 min. *Action, Comedy*

Cast: Sandra Bullock, Channing Tatum, & Daniel Radcliffe

A reclusive romance novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands them both in a cutthroat jungle adventure.

### SATURDAY: May 18

***YOU'VE GOT MAIL*** (1998) PG, 1 hr. 59 min. *Charming, Sentimental, Romantic*

Cast: Tom Hanks, Meg Ryan, & Greg Kinnear

A bookshop owner and a superstore magnate fall in love online, believing they’ve never met. In reality, they have — and they hate each other.