

# Ready To Mingle?

*Upcoming pARTy offers paintings, experiences, and more!*

**By Sarah Duggan and Becky Fitzgerald**

Do you have your tickets for Art Mingle? **No?!** There's no better time than **right now** to secure your spot at this artful fundraising event, set for May 31 at SNW Gallery and Union Hall, 328 Poyntz Ave. Doors open at 6:30 p.m.

Art Mingle 2024: Poyntz of View, presented by Community First National Bank, promises to be a delightful evening in the **HEART** of downtown Manhattan. Your ticket includes savory and sweet food stations, libations, and lively music! This event benefits Meadowlark Memory Program.

Inspired by the art that livens the hallways and community spaces at Meadowlark, Art Mingle has

been a celebration of painters and paintings since its inception in 2018. Previously, Art Mingle highlighted two local or area artists and their work. Attendees were invited to visit with the artists and bid on their paintings in either the live or silent auctions.

This year, with the event at SNW Gallery and the adjoining Union Hall, multiple works of art, created by several artists in a variety of media and sizes, will vie for our attention.

Simply admire the views, or if you'd like to dress up a naked wall, SNW Gallery is ready to get the pARTy started! Purchase artwork at Art Mingle, and gallery owners Alyn and Kevin West will donate a portion of

**See MINGLE, page 6**



**[left]** A KC Chiefs Weekend package includes a stay at Stoney Creek Hotel and vouchers to use at the hotel's Whiskey & Wine Bar.

**[top right]** High bidders for a Progressive Party on Poyntz will arrive at their first stop in a 1943 limousine, owned and driven by resident Wanda Fulks.

**[bottom right]** "Magic of Mexico" includes seven nights for four to six adults at an award-winning resort in Mexico with a retail value of \$7,770. The high bidder selects his or her vacation destination from one of four resort locations.



## 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.

### **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 Wandean 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 Nuremburg, 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 partners. 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.

### **Card Making with Michelle Lehmer**

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

Come and make beautiful cards with Michelle! Michelle will be offering her card making supplies for free, during her typical monthly visit.

Residents have the opportunity to be creative and make beautiful cards for family/friends. Join her in the Flint Hills Room today, May 16, from 2:30 to 4:30 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

## EVENTS & OPPORTUNITIES

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).

### 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!

This performance is sponsored by the H. Alan and Karen K. Bell Family Foundation.

### 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.

### Worship Service

**Sunday, May 19, at 10:30 a.m.**

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, May 19, in the Community Room/Chapel. Pastor Melanie will continue a new worship series titled "Second Mountain." This week, the sermon is titled "Community." All are welcome to attend.

### Prairie Star Writers Group

**Tuesday, May 21, at 1 p.m.**

Interested in joining the writing group at Meadowlark? Prairie Star Writers invites you to attend the next meeting, now starting at 1 p.m. Tuesday, May 21, in the Patriot Room.

The May 21 session is titled, "I must ask you a question..." A special bonus of being in a writing group is that we get to know each other very well. We accumulate so many questions we'd like to ask, but sometimes don't have the chance to ask them. We will take a bit of time to write down our curiosity questions (Or tell them to me and I'll write them out as fast as I can) and put them in a common pot (basket.) You can then have multiple choice: Pull out two or three and answer your favorite question. Or, just write the answer to a question you WISH someone would ask you! Curiosity must be satisfied!

Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

### 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

See EVENTS, page 4

## **EVENTS, from page 3**

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.

### **Page Turners Book Club**

*Wednesday, May 22, at 11:30 a.m.*

Join the Page Turners Book Club on Wednesday, May 22, at 11:30 a.m. in the Patriot Room as we begin our discussion of “The Secret Life of Bees” by Sue Monk Kidd.

This coming-of-age story is set in South Carolina, during the height of the Civil Rights movement. It explores the interracial landscape of the south from the view of 14-year-old Lily Owens and the eccentric, bee keeping, Boatwright sisters. You do not need to attend every time 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 please contact Katie at [ksgiman@meadowlark.org](mailto:ksgiman@meadowlark.org) or (785) 323-3899.

### **ARTFul Making**

*Wednesday, May 22, 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's 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, May 22, from 1:30 to 2:30 p.m. in the KSU Classroom. No registration required.

### **Knitting & Crocheting Group**

*Thursday, May 23, 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, May 23, for a fun, social, creative opportunity. All skill levels are welcome!

### **Ice Cream Social**

*Friday, May 24, 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, May 24, in Verna Belle's Lounge. Enjoy a scoop (or two!) and fellowship with friends. This opportunity will be offered every fourth Friday.

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

*Friday, May 24, at 7 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 40 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.



**Coming to Meadowlark Thursday, May 16**

### **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.

### **Outdoor Cart Rides**

*Saturday, June 1, 8:30 a.m.*

Now that all the rain has come and gone, its time to think about getting outside and enjoying our lovely outdoor paths. We have scheduled cart rides on Saturday, June 1, starting at 8:30 a.m., to visit the pond and our flower-lined paths. Mark your calendars, and sign up in the Blue Book!

## MINGLE, from page 1

the proceeds to the memory program.

If you are considering an art purchase, make sure you measure those bare spots in your home or office, take a photo of the wall and/or room, and come prepared to make the perfect selection.

Think you aren't an art connoisseur? Think again! Art is **everywhere**. Consider the silent and live auction possibilities! The art of **travel**, the art of the **game**, and the art of **local experiences**.

If a seven-night stay at a luxury, award-winning resort sounds enticing, you'll want to have your bid number in hand during the live auction. The high bidder for "Magic of Mexico" will unwind in a spacious two-bedroom suite and have access to lavish amenities at one of four resorts. The winner selects the location!

Other live auction items are two former favorites – a Kansas City Chiefs weekend and a Progressive Party on Poyntz – both with new features.

Winners of the Chiefs game package may reserve a room at Stony Creek Hotel, which is the Chiefs' team hotel prior to home games. Winners of the Progressive Party on Poyntz will arrive in style at their first stop. Resident Wanda Fulks, owner of a 1943 Chevrolet Limousine, has agreed to provide the Progressive Party guests a ride to downtown in this classic, rare beauty, which was used during World War II to transport soldiers.

Details of a fourth item are still being finalized, but a key component is a guided Manhattan mural

tour followed by a happy hour at Wine Dive + Kitchen.

Paintings have traditionally been a part of the silent auction, but because art available to purchase will decorate Union Hall as well as SNW Gallery, items on the silent auction table include experiences, services, items to wear, items to consume, and more! For example, KSU's Beach Museum of Art donated an artist-led, print-making opportunity for up to eight people with included wine and appetizers. A Glo Pamper Package, contributed by Glo Aesthetics & Boutique, is valued at \$260.50.

Art Mingle tickets are available by calling Meadowlark's Hospitality Desk at (785) 323-3847, or purchase online at meadowlark.org.

In addition to Community First National Bank, Meadowlark Memory Program is grateful to have attracted the support of these corporate sponsors: Steel & Pipe Supply, SNW Gallery, Union Hall, WTC, The Trust Company of Manhattan, and BHS Construction. In addition, several local businesses and individuals were quick to say yes to requests for donations.

The memory program is the only comprehensive program of its kind in the region. Activities and support are facilitated by professional educators and staff and are available free of charge to persons living with memory challenges as well as their care partners.



## Ask Sarah!

I'm looking forward to receiving, researching, and discussing 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](mailto:sguge@meadowlark.org).*

## Gifts to Meadowlark Foundation

*Gifts benefiting the Good Samaritan Fund, Helping Hands Fund, Meadowlark Memory Program, Meadowlark Parkinson's Program, and the Nursing Scholarship Program were received by Meadowlark Foundation during the month of April .*

### Memory of

Robert Cranmer  
Judith L. "Judy" Hettenbach  
Susan J. (McCoy) Koelliker  
Janice May  
R. Joe Nold, Sr.  
Earl Eugene "Gene" Willich

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

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

An artist uses the elements of art as tools to create an artwork. The way the elements are applied represent the principles of art and design and let artists achieve the effect and intention they want to convey. How many elements (line, color, shape, form, space, value, and texture) do you notice in the sculpture shown here? Which principles (balance, contrast, emphasis, movement, pattern, rhythm, and unity or harmony) are achieved within the artwork?



Marjorie Schick (United States, born 1941), *The Spiral*, 1994, Papier mache, formed and painted, KSU, Marianna Kistler Beach Museum of Art, Friends of the Beach Museum of Art purchase, 2011.208



# RESTAURANT SPECIALS

<p><b>Sunday, May 19</b></p>	<p><b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p><b>\$15 Dinner</b> Beef Tips Mashed Potatoes &amp; Gravy Broccoli</p>
<p><b>Monday, May 20</b></p>	<p><b>\$11 Lunch</b> Cheeseburger Sliders French Fries</p>	<p><b>\$17 Dinner</b> Coconut Shrimp Coconut Rice Grilled Pineapple</p>
<p><b>Tuesday, May 21</b></p>	<p><b>\$10 Lunch</b> Bacon Cheddar Egg Salad on Croissant Breakfast Potatoes</p>	<p><b>\$15 Dinner</b> Bacon-Wrapped Cheese-Stuffed Meatloaf Cheesy Potatoes Baked Beans</p>
<p><b>Wednesday, May 22</b></p>	<p><b>\$12 Lunch</b> BBQ Riblette on Hoagie with sauteed Onions &amp; Pickles Pub Chips</p>	<p><b>\$14 Dinner</b> Fried Pork Cutlet Mashed Potatoes &amp; Gravy Green Beans</p>
<p><b>Thursday, May 23</b></p>	<p><b>\$11 Lunch</b> Italian Beef Sandwich Pasta Salad</p>	<p><b>\$14 Dinner</b> Garlic Rosemary Chicken Smashed Potato Broccoli</p>
<p><b>Friday, May 24</b></p>	<p><b>\$11 Lunch</b> Pizza Bar</p>	<p><b>\$17 Dinner</b> Pecan-Crusted Trout with Dijon Sauce Garlic Mashed Red Potatoes Asparagus</p>
<p><b>Saturday, May 25</b></p>	<p><b>\$11 Lunch</b> BBQ Chicken Sandwich Broccoli Salad</p>	<p><b>\$15 Dinner</b> Fried Chicken Mashed Potatoes &amp; Gravy Corn</p>



# Weekly Opportunities Calendar *May 19 to May 25*

## Sunday • May 19 *Put your trash at the curb!*

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

## Monday • May 20 *Trash & Recycle pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**  
10:00 a.m. ~ Tuttle Creek Men's Group, MR  
10:00 a.m. ~ Tuttle Creek Women's Group, 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. ~ 5th Floor Supper, MR  
7:00 p.m. ~ Community Bingo, CR

## Tuesday • May 21

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**  
2:00 p.m. ~ 10-Point Pitch Group, GR  
1:00 p.m. ~ Prairie Star Writers Group, PR  
2:00 p.m. ~ Social Circles, PS  
3:00 p.m. ~ Coffee Corner, EC  
5:30 p.m. ~ 2nd Floor Supper, BR

## Wednesday • May 22

9:30 a.m. ~ Spring Birdwatching, EC  
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  
3:00 p.m. ~ Rock Steady Boxing, CR  
3:00 p.m. ~ Sing-Along, FHR  
5:30 p.m. ~ 1st Floor Supper, MR

## Thursday • May 23

9:00 a.m. ~ Messenger Team, KSU CL  
9:30 a.m. ~ Spring Birdwatching, EC  
10:15 a.m. ~ Mat Yoga, FHR  
10:30 a.m. ~ Steady Yourself, CR/**1960**

## Thursday • May 23

11:15 a.m. ~ Seated Stretch & Stability, CR/**1960**  
11:30 a.m. ~ Caring Conv. for People w/ PD, FHR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
1:00 p.m. ~ PD Care Partners Support Grp, FHR  
2:30 p.m. ~ Knitting & Crocheting, BR

## Friday • May 24

7:00 a.m. ~ Rotary, EC  
7:30 a.m. ~ Rock Steady Boxing, **BF**  
9:30 a.m. ~ Spring Birdwatching, EC  
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**  
3:00 p.m. ~ Ice Cream Social, VBL  
7:00 p.m. ~ Taylor Kline & Mandy Kary, EC

## Saturday • May 25

9:30 a.m. ~ Band Bust Exercise Class, **1960 only**  
10:00 a.m. ~ Meadowlark Market, **MM**

### Room Abbreviations

<b>1960</b> , TV Channel 1960	KSU CL, KSU Classroom
<b>BF</b> , Body First	<b>MM</b> , 120 Scenic Drive
BR, Bison Room	MR, Manhattan Room
CR, Community Room	PR, Patriot Room
CY, Courtyard	PS, Prairie Star Restaurant
EC, Event Center	<b>MSC</b> , Manhattan Sr. Center
FHR, Flint Hills Room	VBL, Verna Belle's Lounge
GC, Grosh Cinema	VE, Village Entrance
GR, Game Room	<b>WUMC</b> , Wamego UM Church





## 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 19

***TIMETRAP*** (2017) TV-14, 1 hr. 27 min. *Mind-Bending, Imaginative*

Cast: Reiley McClendon, Cassidy Gifford, & Brianne Howey

To find their missing professor, a group of students ventures into the cave where he disappeared and uncover a bizarre mystery that alters their reality.

### MONDAY: May 20

***GHOST*** (1990) PG-13, 2 hr. 7 min. *Drama, Fantasy*

Cast: Patrick Swayze, Demi Moore, & Whoopi Goldberg

After a young man is murdered, his spirit stays behind to warn his lover of impending danger, with the help of a reluctant psychic.

### TUESDAY: May 21

***BOBBY*** (2006) R *for language, drug content, and a scene of violence*, 1 hr. 57 min. *Drama, History*

Cast: Anthony Hopkins, Demi Moore, & Sharon Stone

The destinies of 22 people of different races, sexes, beliefs, and social classes are intertwined on the night that politician Robert F. Kennedy is assassinated.

### WEDNESDAY: May 22

***TRUE SPIRIT*** (2023) TV-PG, 1 hr. 49 min. *Heartfelt, Feel-Good*

Cast: Teagan Croft, Cliff Curtis, & Anna Paquin

With support from her coach and parents, a brave teen sets out to sail around the world in an incredible true story of grit and pure determination.

### THURSDAY: May 23

***THE JUDGE*** (2014) R *for language incl. some sexual references*, 2 hr. 21min. *Nostalgic, Bittersweet*

Cast: Robert Downey Jr., Robert Duvall, & Vera Farmiga

Big-city lawyer Hank Palmer returns to his childhood home where his father, the town's judge, is suspected of murder. Hank sets out to discover the truth; along the way he reconnects with his estranged family.

### FRIDAY: May 24

***WEEKEND AT BERNIE'S*** (1989) PG-13, 1 hr. 37 min. *Adventure, Comedy*

Cast: Andrew McCarthy, Jonathan Silverman, & Catherine Mary Stewart

Two idiots try to pretend that their murdered employer is really alive, leading the hitman to attempt to track him down to finish him off.

### SATURDAY: May 25

***BRIDE WARS*** (2009) PG, 1 hr. 29 min. *Charming, Romance*

Cast: Kate Hudson, Anne Hathaway, & Candice Bergen

Two best friends become rivals when they schedule their respective weddings on the same day.