

May 30, 2024 Manhattan, Kansas Messenger Editor: Sarah Duggan

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

Messenger



Summer is upon us, and it's the perfect time to dive into new books and writing projects. Whether you're a seasoned bookworm or just looking for something fresh to read, we have plenty of exciting ideas and resources to make your summer vibrant and engaging.

The Manhattan Public Library offers a summer reading program from June 1 through July 31. This year's program theme is "Adventure Begins at Your Library," and it is designed to inspire and motivate readers of all genres and ages. Dive into the Reading Challenge and discover a world of imagination while earning points for every book you read or listen to. Track your reading time on the free Beanstack app.

If you're looking for book recommendations or an ongoing way to track your reading progress, Goodreads is an excellent tool. This online platform allows you to keep a record of books you've read, share reviews, and see what your friends are reading. You can also join book

by Sarah Duggan, Comm. Relations Dir. clubs and participate in discussions about your favorite genres. Goodreads is a treasure trove of inspiration, helping you discover new books and authors that you'll love.

> I have been busy reading and listening to some intriguing titles, and I am excited to share some recommendations with you. Here's a peek at what I've been enjoying:

- ~ The Scent of Rain and *Lightning* by Nancy Pickard: This gripping mystery novel explores the aftermath of a murder in a small Kansas town. It's a compelling story of family secrets, justice, and redemption that will keep you on the edge of your seat.
- ~ The Only One Left by Riley Sager: A suspenseful thriller that weaves a tale of survival and mystery. Sager's knack for creating nail-biting tension and unexpected twists makes this a perfect summer read for those who love a good scare.
- ~ A Spark of Light by Jodi Picoult: This thought-provoking

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Taps Across America

submitted by Polly Ferrell

At 3 p.m. Monday, Memorial Day 2024. Meadowlark Hills participated in their first annual tribute with Taps Across America. More than 60 persons stood at attention in the Courtyard — plus others in the Game Room, on their balconies and patios — as Jim Reed resounded "Taps" on the trombone. Thank you Jim.

"Taps" is known around the world as the Melody of America. It is the somber bugle call played at American military ceremonies and funerals. It closes each day at all military installations.

This year marks the fifth annual National Moment of Remembrance. It started in 2020, the first year of the pandemic, when gathering in crowds was not allowed. People were encouraged to stand on their own porches at 3 p.m., local time, on Memorial Day and play "Taps" on an instrument of their choice. By playing "Taps" on local time, one can envision a huge American flag waving from east to west, honoring all who have served our country.

The tradition continues. Please join us next year for our second annual time of remembering. God Bless America!

EVENTS & OPPORTUNITIES

Art Classes at Manhattan Art Center

It's all happening at Manhattan Arts Center (MAC)! Join us for art classes, workshops, and theater. Upcoming classes and workshops include a Playwriting Workshop led by Manhattan native and K-State alum Richard Broadhurst. The workshop will be from 9:30 a.m. to 12:30 p.m. June 14 and 15. To register, please contact *richardbroadhurst64@yahoo.com* or call (916) 599-3486.

Tickets are available for the upcoming theater performance, "Benched," a play about the redemptive power of the human spirit. The show will be performed at 7:30 p.m. June 14 and June 15. Tickets are \$15 and can be purchased online at www.manhattanarts.org or by calling (785) 537-4420.

The MAC's 2024 to 2025 Theatre Season is full of new and engaging performances! Season tickets go on sale online Saturday, June 1. There's a new ticketing system; it's easier than ever to order online! Otherwise tickets go on sale by phone or in -person Tuesday, June 4.

Visit www.manhattanarts.org > "Performance" > "Theatre" to get all the info about our Theatre Season, or give us a call at (785) 537-4420. Friends of MAC get 10% off season tickets!

Find a new summer art class by viewing the online brochure at *www.manhattanarts.org*, stop by the MAC for a paper copy, or call us at (785) 537-4420.

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" 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.

Hospitality Cart Returns

Reminder to be sure to return the carts borrowed from the Hospitality Desk in a timely manner. Thank you!

Sacred Red Rock with Pauline Sharp Friday, May 31, at 2 p.m.

Meadowlark is excited to welcome Pauline Sharp in the Event Center at 2 p.m. Friday, May 31. 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 to attend!

Outdoor Cart Rides

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

June 1 cart rides start at 8:30 a.m. Please be on time if you signed up in the Blue Book for a time slot.

EVENTS & OPPORTUNITIES

Worship Service

Sunday, June 2, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, June 2, in the Community Room/Chapel. Pastor Melanie will begin a new worship series titled "Understanding Our Bible." This week, the sermon is titled "The Pentateuch." All are welcome to attend.

Town Meeting

Monday, June 3, at 9:30 a.m.

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, June 3, in the Event Center. Hear updates from Meadowlark leaders about the upcoming events and campus news.

Prairie Star Writers Group

Tuesday, June 4, 1 p.m.

Interested in joining the writing group at Meadowlark? Prairie Star Writers invites you to attend the next meeting at 1 p.m. Tuesday, June 4, in the Patriot Room.

The June 4 session is titled, "The Rollercoaster of Life." As hard as we try to reach "normal," life sends us ups and downs, often when we least expect it. Those who read our writing might want to know what we consider our highest or lowest points in our lives. Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

Page Turners Book Club

Wednesday, June 5, at 11:30 a.m.

On Wednesday, June 5, at 11:30 a.m. in the Patriot Room, the Page Turners Book Club will continue 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 (785) 323-3899 or ksigman@meadowlark.org.

PD Foundation Virtual Presentation

Wednesday, June 5, at 11:30 a.m.

On Wednesday, June 5, from 1-4 p.m., the Parkinson's Foundation will be hosting expert speaker, Dr. Muhammad Nashatizadeh in Hays, Kan. Join us at Meadowlark, in the Patriot Room, as we live stream this event. Dr. Nashatizadeh is the Clinical Associate Professor at the Parkinson's Disease and Movement Disorder Center at KU Med, a Parkinson's Foundation Center of Excellence. His presentation is "Living With Parkinson's: Managing Changing Symptoms." After many years of good symptom management, Parkinson's disease may become more challenging. Dr. Muhammad Nashatizadeh will discuss how symptoms may change over time and new strategies available for managing them.

Speedy PD Art Making

Wednesday, June 5, at 1:30 p.m.

Join Meadowlark Parkinson's Program and our partners from the Beach Museum of Art in making pieces of art that will be used in August for the 16th Annual Speedy PD Race for Parkinson's Disease. These pieces of art are given as the age group awards for the 5k and 10k winners.

The Speedy PD Race helps raise awareness about Parkinson's and is the primary fundraiser for the Meadowlark Parkinson's Program. These awards are one of the things that help make the Speedy PD Race more meaningful as they are made by people affected by Parkinson's. The Beach Museum of Art provides us with the supplies needed and can also assist with some inspiration. No prior art experience is necessary. Please help us continue the tradition of being the best 5k and 10k race in the Flint Hills.

The art-making class will meet each Wednesday now through July 31 from 1:30-2:30 p.m. in the KSU Classroom. You're invited to come and go as your schedule and attention allows.

EVENTS & OPPORTUNITIES

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Meadowlark Men's Social Supper

Wednesday, June 5, at 5:30 p.m.

Prairie Star Restaurant invites Meadowlark's men to attend a Social Supper at 5:30 p.m. Wednesday, June 5, at Prairie Star Restaurant. Dinner can be purchased from the Prairie Star menu, or enjoy the daily special. Registration is not required, but please check in at the host stand when arriving. This is a casual opportunity, and it will not feature a program.

UFM Class: Young Union Generals of the American Civil War

Wednesday, June 5, 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 unprecedent size requiring a significant number of general officers. As a result, many general officers attained high rank while being relatively young.

UFM Lifetime Learning presents *Young Union Generals of the American Civil War.* This three-part class will continue with the second and third session will meeting on Wednesday, June 5, and June 12 from 6:30 to 8 p.m. in the Community Room. The sessions will focus on Union senior leaders under the age of 40 who attained high command.

The June 5 class 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 will exclusively examine the military career of William T. Sherman who achieved command of the entire western theater at the age of 35.

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.

PD Education Group

Thursday, June 6, 2 p.m.

You're invited to the monthly meeting of the PD Education Group at 2 p.m. Thursday, June 6, in the

Community Room.

This month's program is titled, "Parkinson's: Why Exercise?" Join Meadowlark Fitness Leader Jeff Heidbreder and Kaitlynn Walker, Registered Occupational Therapist, to learn why we do what we do in regards to exercise.

No registration is required to attend. If you have questions, please call Michelle at (785) 323-3899.

Dinner with the League

Thursday, June 6, at 6:00 p.m.

Come to Prairie Star restaurant for another dinner with the League of Women Voters! The \$15 meal will include a Fiesta Chicken Salad in a Tortilla Bowl with rolls and butter. Please sign up in the Blue Book at the Hospitality Desk.

Manhattan Area Teachers Music Association Performance

Saturday, June 8, at 3:00 p.m.

On Saturday, June 8, at 3 p.m., the Manhattan Area Music Teachers Association (MAMTA) will be performing in their annual Members Honors Recital at Meadowlark Hills! MAMTA has been serving the community of Manhattan, Kan. for more than 40 years. Comprised of music teachers of all ages and experiences, they have provided their students with meaningful competitions, recitals, and a variety of educational opportunities.

Every year they come together to perform at Meadowlark for the residents and community to share their love of music and give back to the community they love and serve. Please enjoy a lovely afternoon filled with beautiful music.

Royals Trip

Thursday, June 13, 9:30 a.m.

Summer is here and that means 2024 Royals Baseball is in full swing. This year's trip is scheduled for Thursday, June 13, with the game starting at 1:10 p.m. against the New York Yankees. The cost of the trip is \$85, which includes a ticket to the game, transportation provided by Meadowlark, a variety of snacks for the ride to the game, and a box lunch which includes a sandwich, chips, fruit, cookie, and

bottled water. Travelers are responsible for their own food and beverage during the game. The bus will depart from the Village Entrance at 9:30 a.m. (Please arrive by 9 a.m.) A sign-up sheet is in the Blue Book located at the Hospitability Desk. Pay your trip fee at the Hospitality Desk or have it applied to your monthly statement.

Kruh Graveside Service

Friday, June 14, at 1 p.m.

A graveside service and interment of ashes for Robert F. (Bob) Kruh, and his wife, Jan, both former Meadowlark residents, will be at 1 p.m. Friday, June 14, at Veterans Cemetery at Fort Riley, 5181 Wildcat Creek Road. Bob Kruh passed away on Sunday, May 12, and Jan Kruh passed away on April 6, 2020. A reception after the service will be held in Prairie Star's Event Center.





Skilled Nursing

- 6/1 Dixie Braden
- 6/3 June Crumpler
- 6/3 Larry Bowers
- 6/5 Delores Thomas
- 6/10 Richard Van Nevel
- 6/11 Janet Ervin
- 6/12 Margaret Barnett
- 6/12 Patricia Brensing
- 6/13 Margaret Lanich
- 6/17 Shirley Stone
- 6/17 Shirley Hines

June Birthdays

- 6/21 Celia Mosier
- 6/23 Lois Kennedy
- 6/25 Elsie Fryer
- 6/26 Donna Green
- 6/26 Carlyle Thompson
- 6/27 Wilma Harris

Assisted Living

6/15 Harry Manges

Independent Living

- 6/2 Robert Goudy
- 6/8 Barbara Rees



- 6/9 Jack Hughey
- 6/10 Leo Lake
- 6/10 Venita Patzell
- 6/12 Carol Parsons
- 6/14 Kay Shanks
- 6/15 Melvin Chastain
- 6/23 Ronda Parry
- 6/28 Dee Ann Herde
- 6/29 John Henderson
- 6/30 Barbara Johnson
- 6/30 Jo Fey

Bold denotes milestone birthdays!

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novel delves into a tense hostage situation at a women's health clinic. Picoult's intricate storytelling and exploration of complex moral issues make this book a profound and engaging read.

~ Frontier Manhattan by Kevin G.W. Olson: This captivating historical account details the founding and development of Manhattan, Kan. Olson's meticulous research and vivid storytelling bring to life the challenges and triumphs of the early settlers, offering a fascinating glimpse into the past of our own community.

Last weekend, a friend of mine gifted me a book that was wrapped in brown paper and stamped with the words, "Blind Date with a Book." It was labeled with potential genres that could be inside the wrapping, perhaps romance, mystery, thriller. When opened I unveiled a book I hadn't heard of and am looking forward to diving into something new. It is titled *Shadow Dance* by Julie Garwood. The back of the book promises a "brilliant novel of romantic suspense." Stay tuned to hear my review!

Summer is also a fantastic time to flex your creative muscles. Whether you're journaling, writing poetry, or starting that novel you've always dreamed of, the warm weather and longer days can provide ample inspiration. Here are a few prompts to get you started:

- 1. Write about a summer memory that changed you.
- 2. Describe a journey to a place you've never been but have always wanted to visit.
- 3. Create a story set during a summer festival or fair.

Meadowlark has reading and writing engagement opportunities as well! Check out the Page Turner Book Club to read novels that have been made into movies or attend a Prairie Star Writers meeting to exercise your creative writing muscle. You also are invited to submit your writings to be printed in future Meadowlark Messengers! Contact me for more information at (785) 323-3878 or e-mail <code>sguge@meadowlark.org</code>.

No matter what your reading or writing preferences are, summer at Meadowlark is brimming with opportunities to explore new stories and create your own. Happy reading and writing!

Art Engagement from the Beach Museum of Art

Emphasis is a principle of design that is achieved when the artist creates a focal point.

An artist might use contrast in color, line, value, texture, size, shape, or placement to establish a focus. The important item might be isolated within the composition or treated in a very unusual manner.

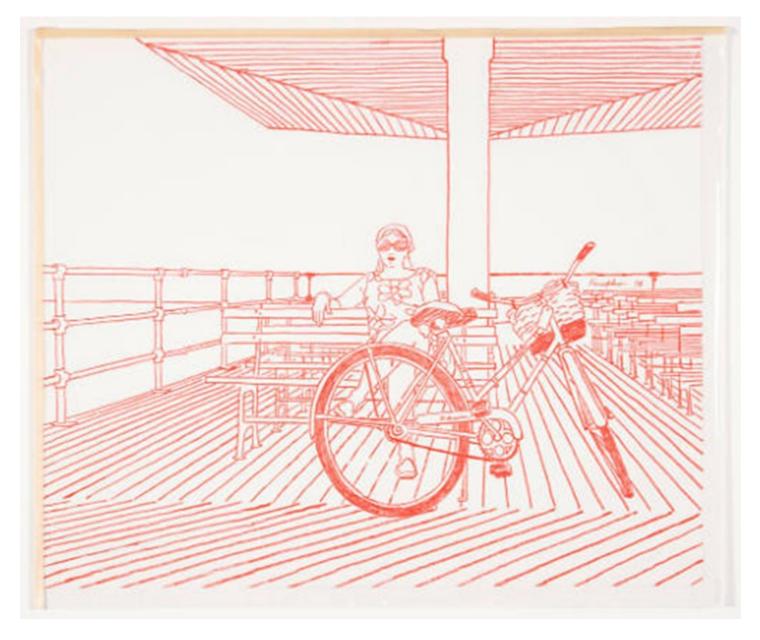
The artist may use or interruption of a pattern to get the viewer to notice an area.

What does your eye see when you first glance at this drawing?

As you spend more time looking, where does your eye go next?

What is the main focal point of the composition?

What techniques did the artist use to draw your attention there first?



Joseph Konopka (United States, born 1932), *Schwin*, 2003, Colored pencil on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Casimera Konopka, 2003.237.

RESTAURANT **SPECIALS**

Sunday, June 2	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$14 Dinner Swedish Meatballs served over Egg Noodles Buttered Carrots
Monday, June 3	\$11 Lunch Maple-Bacon Chicken Sandwich served on a Croissant Watergate Salad	\$16 Dinner Baked Catfish Cheese Grits Coleslaw
Tuesday, June 4	\$12 Lunch Caesar Steak Wrap Garlic Parmesan Fries	\$16 Dinner Chicken Alfredo Garlic Bread Side Caesar Salad
Wednesday, June 5	\$10 Lunch Everything Bagel Sandwich (Ham, Turkey, & Swiss Cheese) Potato Salad	\$13 Dinner Smothered Beef & Bean Burrito Mexican Rice Refried Beans
Thursday, June 6	\$11 Lunch Greek Pizza Side Caeser Salad	\$16 Dinner Pot Roast with Carrots, Onions, & Celery Mashed Potatoes & Gravy Green Beans
Friday, June 7	\$11 Lunch Mac & Cheese Bar	\$16 Dinner Pesto Grilled Shrimp Roasted-Garlic Mashed Potatoes Green Beans
Saturday, June 8	\$13 Lunch Fish & Chips Coleslaw	\$17 Dinner Short Ribs Loaded Mashed Potatoes Green Beans

Weekly Opportunities Calendar June 2 to June 8

Sunday • June 2

Put your trash at the curb!

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

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

Monday ● June 3

Trash & recycle pick-up

8:30 a.m. ~ Resident Council, BR

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

9:30 a.m. ~ Town Meeting, EC

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

11:00 a.m. ~ Rock Steady Boxing, BF/1960

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

5:30 p.m. ~ Tuttle Creek Dinner, BR

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

Tuesday • June 4

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. ~ Kimball Luncheon, BR

1:00 p.m. ~ Prairie Star Writers Group, PR

2:00 p.m. ~ 10-Point Pitch Group, GR

2:00 p.m. ~ Social Circles, PS

3:00 p.m. ~ Coffee Corner, EC

Wednesday ● June 5

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

1:00 p.m. ~ Parkinson's Foundation Virtual

Presentation, PR

1:30 p.m. ~ Speedy PD Art Making, KSU CL

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

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

5:30 p.m. ~ Meadowlark Men's Social Supper, MR

6:30 p.m. ~ UFM: Young Generals-The Union, CR

Thursday • June 6

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

10:15 a.m. ~ Mat Yoga, FHR

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

Thursday • June 6

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

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

2:00 p.m. ~ Parkinson's Education Group, CR

5:30 p.m. ~ Meadowlark Circle Dinner, MR

6:00 p.m. ~ Dinner with the League, PS

Friday • June 7

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

Saturday • June 8

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

3:00 p.m. ~ Manhattan Area Teachers Assoc., CR

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

You know when you buy a bag of salad, and it gets all soggy and brown?

Cookies don't do that.



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: June 2

GOD'S NOT DEAD (2014) PG, 1 hr. 53 min. Inspiring, Drama

Cast: Kevin Sorbo, Shane Harper, & David A.R. White

A spiritual college student clashes with an atheistic professor who insists that students will only pass his class by admitting that God is dead.

MONDAY: June 3

DREAMIN' WILD (2022) PG, 1 hr. 51 min. Drama, Biography

Cast: Casey Affleck, Walton Goggins, & Zooey Deschanel

In this true story, two teen brothers' obscure album resurfaces and finds success 30 years later, but past ghosts haunt their reborn dreams.

TUESDAY: June 4

THE BEAUTIFUL GAME (2024) PG-13, 2 hr. 5 min. Feel-Good, Inspiring

Cast: Bill Nighy, Michael Ward, & Susan Wokoma

In this film inspired by real events, an English football team makes a life-hanging trip to the Homeless World Cup street-soccer tournament in Rome.

WEDNESDAY: June 5

PEANUT BUTTER FALCON (2019) PG-13, 1 hr. 36 min. Feel-Good, Heartfelt

Cast: Shia LeBeouf, Dakota Johnson, & Zachary Gottsagen

A man who has Down syndrome runs away to realize his wrestling dreams and sets out for adventure with a new friend in tow and a caregiver in pursuit.

THURSDAY: June 6

ATLAS (2024) PG-13, 2 hr. Mind-Bending, Emotional

Cast: Jennifer Lopez, Simu Liu, & Sterling K. Brown

Decades after a deadly AI uprising, a brilliant counterterrorism analyst discovers the same tech may be her only hope to save humanity.

FRIDAY: June 7

MOTHER OF THE BRIDE (2024) TV-PG, 1 hr. 30 min. Charming, Romantic

Cast: Brooke Shields, Miranda Cosgrove, & Benjamin Bratt

In this lighthearted romantic comedy, a woman attending her daughter's destination wedding learns the groom's father is her college ex.

SATURDAY: June 8

CLIFFORD THE BIG RED DOG (2021) PG, 1 hr. 37 min. Comedy, Kids

Cast: Darby Camp, Jack Whitehall, Izaac Wang

When Emily Elizabeth meets a magical animal rescuer who gives her a little red puppy, she never anticipated waking up to find a giant, 10-foot hound in her small New York City apartment.