



Tacos, Tunes, Friends: It's Time to Fiesta!

by Katie Sigman, Special Programs Coordinator

Mark the calendar and gather your friends for the 6th annual Fiesta to Remember on Friday, July 12, at Rockin' K's. The purpose of this annual party is to help the community better understand dementia and raise awareness about the FREE local support available through the Meadowlark Memory Program. Get ready to enjoy some tasty food, toe-tapping tunes, and time well-spent with friends.

Our friends at Central National Bank are once again providing their support as our Presenting Sponsor. This is the 5th year they have provided not only financial support, but also assistance in planning, advertising, and working at the event. Their consistent support of this event is key to its success and growth. Additional support is provided this year by Steel & Pipe Supply and the H. Alan and Karen K. Bell Family Foundation.

Another friendship worth celebrating is the continued partnership with Rockin K's which is once again generously hosting this event and donating 10% of the day's proceeds to the memory program.

So, grab your friends and head to Rockin K's, located at 1880 Kimball Ave., any time from 11 a.m. to 10 p.m. on Friday, July 12. Delicious food and drink will be available all day, including a taco buffet, available from 11 a.m. to 1:30 p.m., featuring beef and chicken tacos with all the fixin's and satisfying sides. Rockin K's also will feature an all-day special taco menu and

"Fiesta-Rita" drink. The regular menu will also be available to purchase your Rockin K's favorites (cookie bake, anyone?). To-go orders will be available for residents not able to attend the party in person. Be on the lookout for additional information and order forms.

This year's Fiesta will feature exciting additions in the evening, including snazzy tunes by Andy Bell Jazz, performing at 7 p.m. Also available from 6 to 8 p.m. is a VIP experience, featuring a private room and balcony, an exclusive fajita buffet, and a private El Bandido Tequila tasting. El Bandido Tequila was founded by Jim Bob Morris, whose previous accomplishments include participating in K-State football's first bowl appearance in 1982. VIPs will have the chance to participate in a guided tasting of El Bandido's three premium tequilas. They will enjoy a fajita buffet that includes steak and chicken fajitas and a special Mexican bread pudding. VIPs may also enjoy a variety of Mexican beers and a private margarita keg. A limited number of VIP tickets are available for \$50 each.

All this fiesta-ing is for a good reason. As a community outreach program, Meadowlark Memory Program serves individuals affected by mild cognitive impairment, dementia, and/or Alzheimer's disease. Our service and friendships extend beyond the Meadowlark campus, with 60% of participants in our

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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. Currently in our gallery: The Watermedia Exhibit. Come experience this annual favorite now through June 28. The gallery is open noon to 5:30 p.m., Tuesdays through Fridays.

Want to volunteer? Be a gallery host on the weekends, help with the Box Office during Theatre Performances, help build sets for Theatre, water plants on our front patio, help take posters around town... and so much more! Tons of opportunities for any interest and ability level.

Contact Addie at

youththeatre@manhattanarts.org, or call (785) 537-4420 to sign up or for more information.

The MAC's 2024 to 2025 Theatre Season is full of new and engaging performances! Season tickets are on sale NOW! There's a new ticketing system; it's easier than ever to order online! Tons of perks are offered to Season Ticket holders this year!

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.

MAC office is open to the public Tuesdays through Fridays, noon to 5:30 p.m. Our motto is "Arts For All!"

IL Towers window washing

Weather permitting, window washing will take place at the independent living towers starting Monday, June 24.

Bald Eagle (The American Eagle)

Friday, June 21, at 7 p.m.

Meadowlark's very own Nathan Bolls will be speaking at 7 p.m. Friday, June 21, in the Event Center about one year in the life of a mated pair of bald eagles.

From courtship and nest repair to egg laying, hatching of chicks, their growth, what foods they are fed, to their rapid growth toward the age and size to where the chicks begin "flying in place" in

and above the nest, to their learning to fly, to knowing how to hunt and to spend nights high up in some neighboring tree away from the nest.

And one day, after it is evident that the chicks can live on their own, the female parent will rise into the air and soar. The male soon will follow, and they will have a few months of relative ease before the urges begin again for the mating ritual and for nest repair. Bald eagles may live in the wild for 20 to 25 years. Some experts say 25 to 30 years!

Worship Service

Sunday, June 23, at 10:30 a.m.

Join Pastor Melanie Nord for worship at 10:30 a.m. Sunday, June 23, in the Community Room/Chapel. Pastor Melanie will continue the worship series titled "Understanding Our Bible." This week Pastor Melanie will explore the book of Numbers with a sermon titled "The Pentateuch." All are welcome to attend.

Hable Espanol

Monday, June 24, at 4:15 p.m.

Nos vemos en el Flint Hills Room at Meadowlark Hills.

Improve Posture: Feldenkrais Method for Easier Turning

Tuesday, June 25, at 2:30 p.m.

UFM Lifetime Learning presents *Improve Posture: Feldenkrais Method for Easier Turning*. This two-part class will conclude on Tuesday, June 25, from 2:30 to 3:30 p.m. in the Community Room.

The Feldenkrais Method® is a unique approach to movement improvement. Developed by physicist and engineer Moshe Feldenkrais, the Method refines the fidelity of our neuromotor functions by close attending to the sensations, feelings, thoughts, and actions. Anyone engaging with Awareness Through Movement® lessons can develop better self-organization and self-regulation so that people know what they are doing and can do what they want. Dr. Feldenkrais said this about his Method: "What I am after isn't flexible bodies but flexible brains. What I'm after is to restore each person to their human dignity."

Enrollment is now open and can be completed by calling (785) 539-8763. This class is offered

EVENTS & OPPORTUNITIES

through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

ARTful Making

Wednesday, June 26, at 1:30 p.m.

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

Meadowlark Special Programs partners with K-State Marianna Kistler Beach Museum of Art for this experience-filled informal class. The fourth Wednesday of every month, Kim Richards, Education Specialist for the Beach Museum, facilitates unique art making opportunities in the Meadowlark KSU Classroom from 1:30-2:30 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, June 26, from 1:30 to 2:30 p.m. in the KSU Classroom.

K-State String Leadership Institute

Wednesday, June 26, at 10:30 a.m.

Join the student musicians of the K-State String Leadership Institute Wednesday, June 26, from 10:30 to 11:30 a.m. as they showcase their music camp experiences at Meadowlark. Students who attend the String Leadership Institute are high school orchestra musicians from Kansas and Missouri who gather to learn more about leadership through music. This summer's camp theme is "Cultural Connections." SLI musicians will be preparing and performing works from a wide range of cultures and musical genre at Prairie Star Event Center. The H. Alan and Karen K. Bell Family Foundation is providing support for this program.

Knitting & Crochet

Thursday, June 27, 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 Thursday, June 27 at 2:30 p.m. in the Bison Room for a fun, social, creative opportunity. All skill levels are welcome!

Music with Dave Zervas

Friday, June 28, at 7 p.m.

Meadowlark is happy to welcome back Dave Zervas! You're invited to listen to Dave play rock ballads, acoustic songs, and country tunes at 7 p.m. Friday, June 28, in the Event Center.

Children's Music Recital

Sunday, June 30, at 3 p.m.

Meadowlark is pleased to host a Children's Music Recital at 3 p.m. Saturday, June 30, in the Community Room. Four musical families from Manhattan (Basslers, Cranes, Durrettts, and Thiesens) will be putting on a variety of musical numbers! The kids range from kindergarten to high school and play piano and string instruments. Their parents may also be convinced to perform a number or two! All are welcome for a fun, talent-filled afternoon.

Prairie Star Writer's Group

Tuesday, July 2, at 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, July 2, in the Patriot Room.

The July 2 session is titled, "In Honor of Father's Day: Fathers Biological or Chosen." Unique as each father or chosen father is, so are our experiences. Some are sweet, others bitter, like the men themselves. Perhaps you would describe your own story or that of a fine father you admire. Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays.

Ladies Luncheon

Thursday, July 11, at 11:30 a.m.

All Meadowlark and Passport ladies are invited to attend the monthly Ladies Luncheon at 11:30 a.m. Thursday, July 11, in the Event Center. Monte Spiller will be our speaker, and the hostesses are sure you will learn something new. The lunch menu will include seafood bisque, a green salad, and sherbert for \$13. Please sign up in the Blue Book no later than 10:30 a.m. Wednesday, July 10.

Arbor Day Celebration

by Jo Fey

On Wednesday, June 5, the Meadowlark Outdoors Committee held what it hopes will be the first traditional celebration of Arbor Day on the Meadowlark grounds. This celebration was inspired by resident and committee member, Carroll Hackbart, as the beginning of a plan to replant trees along the Meadowlark pathway.

Working with Meadowlark leaders Mike Davis, Jayme Minton, and Becky Fitzgerald, the committee has participated in the hiring of Clinton Parsons, a local arborist, to remove dangerous overhanging tree branches, poison ivy, and invasive bush honey suckle which was overtaking many of the native trees along the pathway. Clinton also widened Donner's Way, making the unpaved section of the pathway easier to navigate.

As honey suckle was removed, several bare spots were visible along the paved portion of the pathway. To fill in the bare spots, Carroll received a grant from his church insurance company in order to purchase and plant replacement trees. He ordered 10 seedlings from Arbor Day Farm, which were potted and will be planted in a year or two as they grow stronger. Additional seedlings were donated by Missy Brewer, Passport Member. Carroll was also able to stop at Arbor Day Farm in Nebraska City on the way home from his grandson's graduation and purchase 14 plants ready to go in the ground.

Because the larger trees needed to be planted quickly, the



[left to right] Karen Matthews, John Walters, Janet Walters, Wanda Fulks, Pat Freeman, Forrest Chumley, Doug Tippen, Barbara Hackbart (seated), Carroll Hackbart, & Warren Prawl.

committee planned this first Arbor Day celebration soon after Carroll purchased the trees, including crab apple, lilac, and redbud. Carroll also prepared the ground and dug holes for the ceremony. Pat Freeman, another committee member and resident, purchased compost to help in the planting of the trees. Several Meadowlark residents, including several residents from Miller Place, joined in the celebration and cheered on the committee members as the trees were planted for future enjoyment of Meadowlark residents.

Arbor Day was first celebrated in the United States in 1872 with an estimated million trees planted in Nebraska. Since then, the day is celebrated worldwide with the mission being to inspire people to plant, nurture, and celebrate trees. Although the first celebration was held on April 10, the holiday is recognized throughout the year as it aligns to optimal planting seasons in different parts of the country and world. The Outdoors Committee hopes to continue celebrating Meadowlark's own Arbor Day for many years to come.

Ask Sarah!

What is the status of the exterior signage project?

by Sarah Duggan

Boy, is waiting hard to do! The long-anticipated exterior signage update is in full swing. This initiative is part of our broader effort to enhance the community's aesthetic appeal and ensure that all residents and visitors can easily navigate our neighborhood.

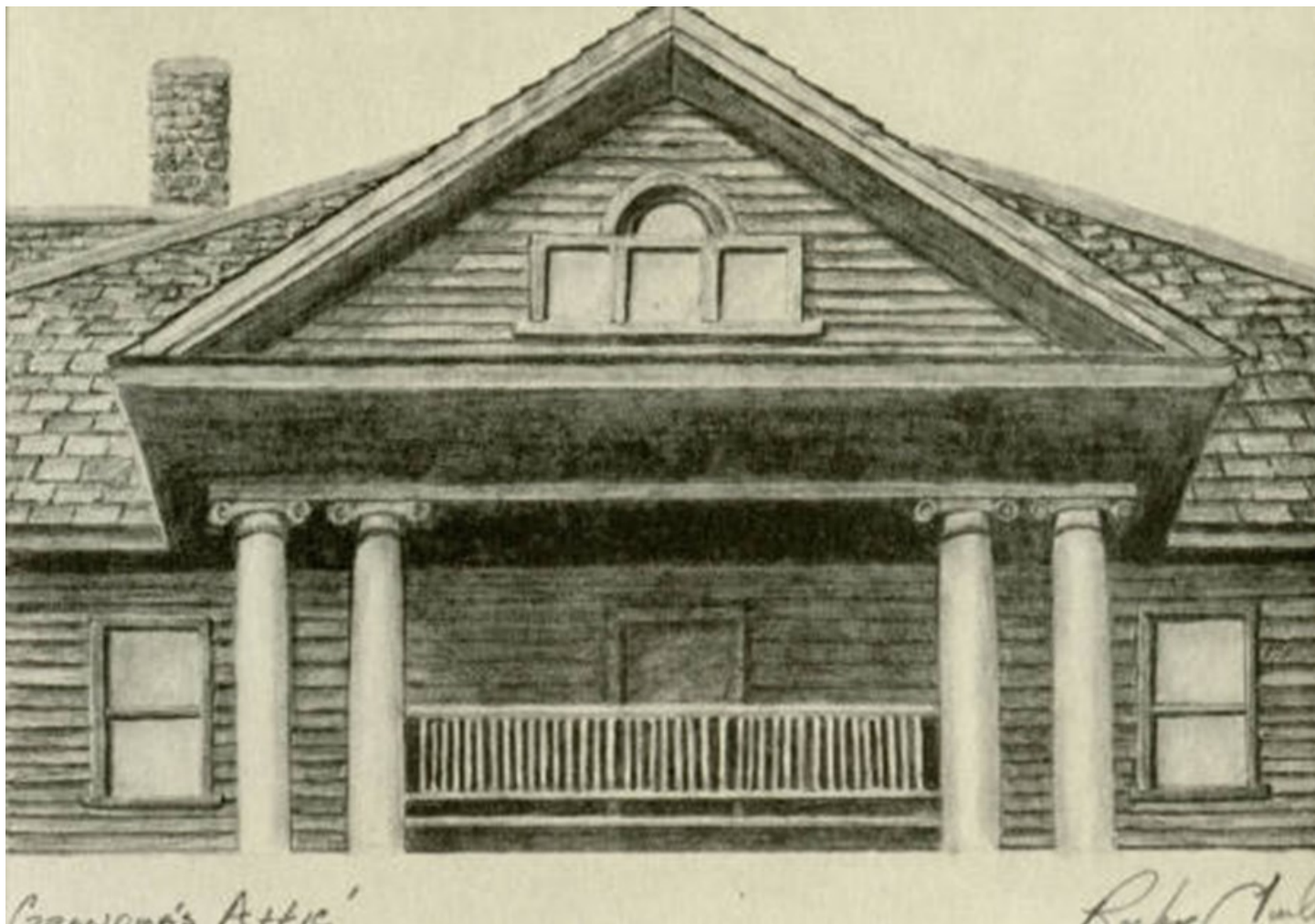
As of now, the letters for the new signs are still in the fabrication process. Production was scheduled to begin early last week, and we are happy to report that this timeline was successfully met. However, the project is entering the next phase, which involves painting the signs. This step is the most time-consuming because of to the intricate detail and quality control required to ensure a perfect finish.

We understand the anticipation surrounding the new signage and appreciate your patience. Our team is dedicated to delivering high-quality results that will serve our community for years to come. Currently, we are projecting that the signs will be ready for installation by late summer.

Thank you for your continued support and understanding as we work to improve our community. We look forward to unveiling the new signs soon and enhancing the welcoming atmosphere of Meadowlark.

Art Engagement *from the* Beach Museum of Art

Shapes are the building blocks of architecture, and shape is an element of art. In this reproduction postcard of a pencil drawing of a house, there are multiple shapes to be seen. As you identify the many shapes used, also make note of the repetitive way in which the artist arranged them. This repetition unifies the composition, creates a feeling of rhythm, and actively directs the viewer's eye around the image. Where do you notice the use of repetition?



Rocky Turley, *Grandma's Attic*, 1982, Kansas Artists' Postcard Series, Photomechanical reproduction on paper, KSU, Marianna Kistler Beach Museum of Art, CM1h.2023

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weekly opportunities living in the greater Manhattan community. We even have regular participants who live in different states and one who lives across the Atlantic! Meadowlark Memory Program is recognized as a place of support and friendship in the often-isolating experience of living with dementia. One of the main goals of the memory program is to support people during their journey so they do not feel alone. The support of caring and compassionate people is one of the most acknowledged benefits of the program. As one care partner stated, "That group [the Meadowlark Memory Care Partner Support Group] has been a

great benefit to me, both mentally and physically. The people in that group have or are now experiencing what it is like to be a caregiver for a loved one. I have gained knowledge and comfort in knowing that I am NOT alone in this ongoing part of our lives." All program services are free of charge including consultations, education events, classes, and support groups.

To learn more about the program or to purchase VIP tickets, please contact Michelle Haub or Katie Sigman at 785-323-3899. We look forward to celebrating with you, our friends, on Friday, July 12!

RESTAURANT **SPECIALS**

Sunday, June 23	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$16 Dinner Pot Roast
Monday, June 24	\$9 Lunch Ham & Beans Cornbread	\$15 Dinner Maple-Roasted Pork Tenderloin Sweet Potato Mash Roasted Broccoli
Tuesday, June 25	\$11 Lunch Cuban Sliders Macaroni Salad	\$13 Dinner Stuffed Bell Pepper Cheesy Potatoes Glazed Carrots
Wednesday, June 26	\$11 Lunch Vegetable Lasagna Garlic Bread	\$15 Dinner Creamy Garlic Chicken <i>served over Ravioli</i> Caesar Salad
Thursday, June 27	\$13 Lunch Fish & Chips Coleslaw	\$14 Salisbury Steak Mashed Potatoes Green Beans
Friday, June 28	\$11 Lunch Pasta Bar	\$17 Dinner Grilled Salmon <i>with Sundried Tomato Sauce</i> Roasted Fingerlings Asparagus
Saturday, June 29	\$10 Lunch Chili Dogs Pub Chips Fried Pickle Spear	\$23 Dinner 4 oz Filet & Garlic Shrimp Baked Potato Fresh Green Beans

Weekly Opportunities Calendar *June 23 to June 29*

Sunday • June 23 *Put your trash at the curb!*

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

Monday • June 24 *Trash pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**
10:30 a.m. ~ Weights 101, CR/**1960**
10:30 p.m. ~ Mindful Memories, **MSC**
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
1:45 p.m. ~ Parkinson's Voice Class, CR
2:00 p.m. ~ Change & Loss Support Group, FHR
4:15 p.m. ~ Hable Espanol, FHR
7:00 p.m. ~ Community Bingo, CR

Tuesday • June 25

10:00 a.m. ~ ARTful Memories, KSU CL
10:30 a.m. ~ Steady Yourself, CR/**1960**
2:00 p.m. ~ 10-Point Pitch Group, GR
2:00 p.m. ~ Social Circles, PS
2:30 p.m. ~ UFM: Improve Posture Class, CR
3:00 p.m. ~ Coffee Corner, EC
7:30 p.m. ~ 3rd Floor Supper, BR

Wednesday • June 26

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
10:00 a.m. ~ K-State Strings, EC
10:30 a.m. ~ Weights 101, CR/**1960**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
1:30 p.m. ~ ARTful Making, KSU CL
1:30 p.m. ~ Diabetic Wellness Group, FHR
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-Along, FHR
5:30 p.m. ~ 1st Floor Supper, MR

Thursday • June 27

9:00 a.m. ~ Messenger Team, KSU CL
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. ~ Caring Conv. for People w/ PD, FHR
12:00 p.m. ~ College Avenue UMC Luncheon, BR
1:00 p.m. ~ Parkinson's Exercise Class, CR

Thursday • June 27

1:00 p.m. ~ PD Care Partners Support Grp, FHR
2:30 p.m. ~ Knitting and Crochet, BR

Friday • June 28

7:30 a.m. ~ Rock Steady Boxing, **BF**
9:30 a.m. ~ Seated Strength, CR/**1960**
10 a.m. to 3 p.m. ~ Meadowlark Market, **MM**
10:30 a.m. ~ Weights 101, CR/**1960**
11:30 a.m. ~ Sit & Be Fit, CR/**1960**
3:00 p.m. ~ Call Hall Ice Cream Social, GR
7:00 p.m. ~ Music with Dave Zerfas, EC

Saturday • June 29

9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
10 a.m. to 3 p.m. ~ Meadowlark Market, **MM**

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

Walkin' to Wamego

Congratulations to resident Gerry Posler for completing 225 laps around the courtyard, which equals the distance it would take to walk to Wamego!

The Courtyard Walking Challenge is a self-paced way to get you moving and enjoying some fresh air. For anyone

interested in starting the challenge, the binder is located in the Kansas Room, formerly known as the Game Room. Record the number of laps that you walk each time, and we will award prizes when you achieve certain distances. Even if 225 laps seems like too much for you, you can still benefit from completing a few!





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 23

SECRETS OF EDEN (2023) TV-PG, 1 hr. 30 min. *Drama, Crime*

Cast: John Stamos, Anna Gunn, & Sona Salomaa

This LFT Original Movie centers on Stephen Drew, an adored small-town minister in Haverhill, Vermont.

MONDAY: June 24

SOUL (2020) PG, 1 hr. 51 min. *Family, Comedy*

Cast: Jamie Foxx, Tina Fey, & Angela Bassett

Joe is a middle-school band teacher whose life hasn't quite gone the way he expected. His true passion is jazz, but when he travels to another realm to help someone find their passion, he soon discovers what it means to have soul.

TUESDAY: June 25

BUTTERFLY IN THE SKY (2022) TV-PG, 1 hr. 27 min. *Inspiring, Heartfelt*

Cast: LeVar Burton

This documentary celebrates “Reading Rainbow” — from its origins to the impact of host LeVar Burton — and how this TV series inspired kids to love books.

WEDNESDAY: June 26

THE GUILT TRIP (2012) PG-13, 1 hr. 36 min. *Sentimental, Comedy*

Cast: Barbra Streisand, Seth Rogan, & Julene Renee

Andy and his mom, Joyce both, have emotional baggage to carry on an impromptu cross-country road trip. The good news is that they also have each other.

THURSDAY: June 27

OCEAN'S 8 (2018) PG-13, 1 hr. 51 min. *Action, Comedy*

Cast: Sandra Bullock, Cate Blanchett, & Anne Hathaway

Sandra Bullock leads the cunning heist of a \$150 million necklace at the star-studded Met Gala in this female-slanted Ocean's sequel.

FRIDAY: June 28

MILLION DOLLAR DUCK (1971) G, 1 hr. 33 min. *Sci-Fi, Family*

Cast: Dean Jones, Sandy Duncan & Joe Flynn

A research scientist discovers his lab duck now lays golden eggs.

SATURDAY: June 29

THE BATMAN (2022) PG-13, 2 hr. 57 min. *Action, Adventure*

Cast: Robert Pattinson, Zoe Kravitz, & Jeffrey Wright

When a sadistic serial killer begins murdering key political figures in Gotham, The Batman is forced to investigate the city's hidden corruption and question his family's involvement.