



Infinity pool at Ventus Ha' at Marina El CID Spa & Beach Resort. This four-star property, one of several that may be available to the high bidders, is located in the Riviera Maya area of Mexico, south of Puerto Morelos.

by Sarah Duggan & 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 March 7 at SNW Gallery and Union Hall, 328 Poyntz Ave. Doors open at 6 p.m.

Art Mingle 2025: Hidden Gems, presented by Community First National Bank, promises to be a delightful evening in the **HEART** of downtown Manhattan. Your ticket includes savory and sweet options, libations, and lively music by Bell Family Trio. 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 two- and three-dimensional gems, 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 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

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EVENTS & OPPORTUNITIES

Outdoors Committee Project

The Outdoors Committee in partnership with Development Director Becky Fitzgerald has taken on a project to provide more benches on the Meadowlark campus, including the pathways. Additional benches will make it possible for more residents to enjoy the outdoors by providing rest stops at more frequent intervals.

Several people have recently purchased benches in memory or honor of someone special. If you would be interested in donating funds for such a gift, please contact Becky Fitzgerald at (785) 323-3843. A plaque honoring your loved one can also be purchased. The present cost of a four foot bench is around a thousand dollars. Depending on the location selected, a concrete pad may be necessary at an additional cost.

We hope that this project will continue to provide greater access to the beautiful outdoor spaces at Meadowlark.

Meadowlark Video Shoot, rescheduled

The Meadowlark team is working on gathering current video footage to add video enhancements to our website! A videographer will be on campus to capture video clips next Thursday, Feb. 20, starting at 9 a.m. Sarah Duggan, Community Relations Director, will escort the videographer around campus, including to regularly scheduled activities and lunch time in the restaurant.

If you do not want to be included in the video project, please let Sarah know. Otherwise, dress your best, wear your wonderful smiles, and keep your eye out for the paparazzi!

Research participants needed

We are an interdisciplinary research team working on a project titled "*Empowering Older Adults to Use Smart Assistive Technology (SAT) for Combating Financial Exploitation.*" This project, funded by the National Science Foundation, seeks to understand the socio-demographic, emotional, and economic factors that contribute to financial exploitation vulnerability among older adults. According to the FBI Internet Crime Complaint Center (2023), adults age 60+ are particularly vulnerable to fraud and scams, making this the most affected age group.

To address this critical issue, it is essential to

explore the factors linked to the financial exploitation vulnerability. We invite you to participate in this survey to help us gather meaningful collective findings.

If you are 60 or older and live in the State of Kansas, please consider participating in our online screening survey. [Survey for Empowering Older Adults for Combating Financial Exploitation.](#)

Our research assistant will send you the full survey link if you are eligible. The first 200 people to complete the survey will receive a \$20 cash payment to compensate their time.

The quickest way to participate in this survey is by providing names and contact information (email and/or cell phone number) of those who are interested in participating and meet the eligibility criteria (residing in Kansas rural or urban areas, aged 60+). Our research assistants will then contact them to help complete the survey.

If you have any questions about this survey, please contact Jung Sim Jun, Ph. D., at simj@ksu.edu or Research Assistants, Mark at rack24@ksu.edu, or Sarah at sbiehle@ksu.edu. You may also contact Shing Chang, Ph. D., at chang@ksu.edu for more information.

College Ave. UMC Transportation

College Avenue United Methodist Church provides bus transport to Sunday School, Church Service, and transportation by bus back to Meadowlark. Departure times are 8:45 a.m. and 10 a.m. from Meadowlark's main entrance. Return rides pick up at the church at 11:45 a.m. Please sign up in the Blue Book if you plan to use this opportunity. Transportation is provided by College Avenue UMC via Meadowlark transportation at no charge to residents.

K-State discontinuing inactive emails

K-State is discontinuing a lot of resident emails due to inactivity with the college. Alicyn Willich at the Meadowlark Hospitality Desk can help residents set up a new email address if it is needed. If you'd like assistance, stop by the Hospitality Desk to set up a meeting time.

Tai Chi Classes on Channel 1960

Tai Chi warm up and full form will be available in the comfort of your home on Channel 1960

EVENTS & OPPORTUNITIES

starting Monday, Feb. 17, at 2 p.m. The video will stream every week on Mondays and Wednesdays at 2 p.m. and Saturdays at 9 a.m.

Valentine's Day Dinner Special

Friday, Feb. 14

Love is in the air, and that includes the love of food! Prairie Star Restaurant is excited to offer a Valentine's Day Dinner Special for the evening meal on Thursday, Feb. 14. This *lovely* special includes a bacon and bleu cheese wedge salad, filet mignon oscar, grilled asparagus, and a berry tart. The cost of the meal is \$30 per person.

Heart Strings Band

Friday, Feb. 14, at 7 p.m.

Friday, Feb. 14 at 7 p.m., in the Event Center, Meadowlark welcomes back the Heart Strings Band! Joe and Kathy Hopeck are a husband/wife duo who have been performing in Topeka, KC, Manhattan, and Wichita areas for the last 10+ years. They play a variety of songs from the 1950s, '60s, and '70s, including favorites from the Beatles, Elvis, Eagles, Jimmy Buffet, and many other artists. They provide a wonderful listening experience, and if you love to dance, Heart Strings is for you!

Shopping at Target & Dollar Tree

Saturday, Feb. 15, at 10:30 a.m.

The next scheduled trip is Saturday, Feb. 15, with transportation going to Target and Dollar Tree West. The bus will depart from the Village Entrance at 10:30 a.m., and the return time is set for 11:45 a.m. Sign up in the Blue Book to attend.

Next month's trip will travel to Hobby Lobby and Dollar Tree East on Saturday, March. 15.

Worship Services

Sunday, Feb. 16, at 10 a.m. and 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, Feb. 16, in the Community Room/Chapel. This week, Melanie will explore The Apocrypha writings that aren't part of the Bible's canon of scripture.

Prairie Star Writing Group

Tuesday, Feb. 18, at 1 p.m.

Interested in joining the writing group at Meadowlark? Prairie Star Writers is led by Cathy

Hedge. The group meets on the first and third Tuesdays. The next meeting is set for 1 p.m. Tuesday, Feb. 18, in the Patriot Room.

The Feb. 18 session is titled, "Groundhogs, Sidewalk Cracks, and Other Superstitions." What were some of the superstitions you heard and maybe believed when you were a child? How many do you gleefully hold on to today? Happy writing!

UFM: A Tour of the World's Religions

Tuesdays, Feb. 18, Feb. 25, & March 4, at 1 p.m.

Join on Tuesdays, Feb. 18, Feb. 25, to March 4, at 1 p.m. in the Community Room for a three-week journey exploring the diverse spiritual traditions that shape human culture. In this engaging one-hour weekly class, we'll travel through the beliefs, practices, and stories of the world's major religions.

Our tour begins with the Eastern philosophies of Hinduism, Buddhism, Taoism, and Confucianism. We'll then explore the Western monotheistic faiths of Judaism, Christianity, and Islam. In our final week, we'll discover fascinating, lesser-known religions like Bahá'í, Cao Dai, Daesoon Jinrihoe, and the Yoruba tradition. Whether you're curious about different faiths or looking for deeper insights into spirituality, this course offers an accessible and enriching exploration of religion's role in human history and modern life.

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.

Special Sing-Along Soiree

Tuesday, Feb. 18, at 3 p.m.

Let's celebrate Valentine's Day all month long with an exciting addition of Sing-Along Social on Tuesday, Feb. 18. Guests are invited to sing or listen to a special repertoire of songs that will fit the theme, led by the talented stylings of fellow Meadowlark residents Jim Reed and Vera Williams. There will also be festive drinks and snacks to munch on! Meadowlark Ambassadors will serve as hostesses and

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EVENTS & OPPORTUNITIES

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popcorn attendants, so you do not want to miss out! This event will take place in the Community Room from 3 p.m. to 4 p.m.

Volunteer & Tech Helper

Tuesday, Feb. 18, at 4 p.m.

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, Feb. 18, in the Kansas Room (formerly known as the Game Room). Deborah looks forward to building connections through this opportunity and meeting others, so be sure to stop by during her visits!

FUMC Communion

Wednesday, Feb. 19, at 9 a.m.

Join Pastor Donna and Pastor Courtney from First United Methodist Church at 9 a.m., Wednesday, Feb. 19, in the Bison Room to receive communion. This opportunity is open to anyone wanting to invite Christ into his or her heart.

“What Is Love?”

Wednesdays, Feb. 19, at 2 p.m.

Some call February the month of love, but what is love?! Join Rev. Melanie Nord, Spiritual Life Leader, on Wednesday, Feb. 19 from 2 to 3 p.m. in the Bison Room, as we discuss the three ancient types of love: *eros*, *philia*, and *agape*. We'll use history, scripture, and our own life experiences to look at how love spans well beyond cupid, hearts, and romance!

Technology Help with MPL

Thursday, Feb. 20, 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 Kansas Room.

“Spiritual Cinema” Group Discussion

Thursday, Feb. 20, at 10 a.m.

Join Rev. Melanie Nord as we discuss the Oscar-winning film: *My Octopus Teacher* at 10 a.m. Thursday, Feb. 20, in the Bison Room.

In this movie, the filmmaker Craig Foster

develops an unusual friendship with an octopus while diving in the South African Kelp Forest. As their trust and bond grows, it makes us question everything we know about intelligence, spirits, and creation. Foster is also the author of the book *Amphibious Soul*, which challenges the reader to think about soul connections between humans and the natural world.

You're invited to view this film the day before the discussion on Wednesday, Feb. 19, in Grosh Cinema at 1, 4, or 7 p.m., or on your own via Netflix.

Lettuce Ketchup with Parkinson's Lunch

Thursday, Feb. 20, at 11:30 a.m.

Lettuce Ketchup (Let Us Catch Up) with Parkinson's is an opportunity for People with Parkinson's (PwPD) and their Care Partners to share a meal and fellowship on the third Thursday of every month. As our group has grown, we are trying out a new space this month. Join us in the KSU Classroom and enjoy meatloaf, mashed potatoes, and carrots from Prairie Star Restaurant or bring your own lunch. If you would like the restaurant meal, please RSVP to Katie or Michelle at (785) 323-3899. The cost of food and drink is the responsibility of PwPD and/or care partner. Michelle and/or Katie will join monthly as schedules allow.

Card Making with Michelle Lehmer

Thursday, Feb. 20, at 2:30 p.m.

The next Card Making with Michelle Lehmer class will occur on Thursday, Feb. 20, at 2:30 p.m. in the Flint Hills Room.

Community Garden Meeting

Friday, Feb. 21, at 9 a.m.

Spring is drawing near! All interested Meadowlark gardeners are invited to attend a meeting about the Community Garden at 9 a.m. Friday, Feb. 21, in the Bison Room. At the meeting, we will assign garden plots and discuss other pertinent garden items.

History of Manhattan with Phil Anderson

Friday, Feb. 21, at 2 p.m.

Phil Anderson, a previous member of the Manhattan Urban Area Planning Board, presents “The History of Manhattan,” at 2 p.m. Friday, Feb.

21, in the Event Center. Hear how Isaac Goodnow led Kansas to become the only state in the Union to vote to become a free state and not a slave state.

Little Apple Pilot Club: Annual Seminar

Saturday, March 1, at 8:30 a.m.

The Little Apple Pilot Club of Manhattan offers an educational seminar on an annual basis. Proceeds from this seminar will fund local service projects and various educational projects, some of which

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jewelry design, and the art of local experiences.

If five nights of pure paradise sounds enticing, you'll want to have your bid number in hand during the live auction. The high bidders for "Mexico Caribbean Resort Collection" will enjoy a luxurious, all-inclusive stay for two at a top-tier beach resort or hotel in Mexico. Savor delicious meals, sip refreshing drinks, and indulge in activities. The winner(s) selects from one of several destinations/resorts!

If traveling closer to home is appealing, look no farther than Kansas City. The owner of a mid-century house designed by Frank Lloyd Wright, considered by many as the greatest American architect of all time, invites up to four persons for a private tour and a happy hour, complete with hors d'oeuvres and beverages on his deck overlooking the Missouri River and Kansas City skyline. The Bott House is one of just three FLW-designed buildings in Kansas City, and this home has been called a jewel because it still contains its original furnishings, also designed by Wright. This package also includes an overnight stay and a restaurant certificate.

A third live auction item is a repeated, but slightly changed, favorite from the 2024 event — a guided Many Manhattan Murals tour for up to 10 people with drinks and a meal following the tour at Manhattan's newest restaurant, Bootsies, opening soon in Aggieville. This package was donated by WTC Fiber.

Paintings have traditionally been a part of the silent auction, but because art available to purchase will decorate SNW Gallery as well as Union Hall, items on the silent auction table include experiences, services, items to wear, items to consume, and more! For example, talented designer Judy Willingham, a Meadowlark resident, donated one-of-a-kind jewelry pieces that are sure

pertain to brain disorders. The 41st annual seminar is scheduled for 8:30 to 11:30 a.m. Saturday, March 1, at Manhattan Country Club. The cost to attend is \$40 per person and includes coffee, tea, and brunch. Tickets may be purchased from Little Apple Pilot Club members.

The program will focus on memory and aging. Speakers include Michelle Haub, Special Programs Leader at Meadowlark, and Dr. Melissa Rosso.

to add interest to your outfits. An authenticated, framed collage-style photograph of several Kansas City Chiefs players is signed by none other than Patrick Mahomes, Travis Kelce, Chris Jones, and head coach Andy Reid. Alongside the autographed photo are tickets from the Chiefs' three Super Bowl wins: 2020, 2023, and 2024!

This year's raffle prize was selected with the theme in mind. Purchase a numbered glass of champagne as you enter the venue for a chance to win a gem of a prize: a stunning tennis bracelet, necklace, and earrings set with sparkling amethysts, a desired gemstone for anyone who cheers for the Purple and the White. A prize for completing a scavenger hunt, designed to assist event-goers with their art gallery experience, will be fragrant lavender products.

Art Mingle tickets are available by calling Meadowlark's Hospitality Desk at (785) 323-3847, or purchase online at meadowlark.org. Cost is \$75, or elevate your experience by purchasing a reserved seat for an additional \$10. Limited number of reserved seats are available.

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

Meadowlark 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.



[Stock image] Bighorn Crags, Idaho: View of Terrace Lakes from pass above Heart Lake.

Backpacking with a Companion

by John Walters

In January of 1972, Jim Dix and I began plans for a backpacking trip in the summer of that year. He had grown up in Caldwell, Idaho, and wanted to hike in Idaho. During lunch one day we examined a highway map of the state, looking for lakes in the mountains. We found Ship Island Lake to the West of the towns of Challis and Salmon. We ordered the national forest map for the area, which arrived in a few weeks. We opened it up and there were many lakes and trails! We ordered the U.S. Geological topographic sheets of the same area and began planning for late July.

We packed up our gear and left Greenville, S.C., on Saturday, July 29, and were in Idaho by Sunday evening. We drove to our trail head (the end of the road, now Big Horn Crags campground) at 8600 feet elevation on Monday morning. We hiked 10 miles across gentle mountain trails (varying between 8600 and 9000 feet) to Heart Lake (at the Big Horn Crags) and looked down on the four Terrace Lakes and decided to camp at one of them. Our camping gear included our back packs, a 10x12foot coated nylon tarp for a tent, five days of food (dried), 1 qt. water each, cold gear, a small one burner gas stove, 1 qt. white gas, matches, maps,

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two sleeping bags, and two fly fishing rods. (I never carried a back pack of more than 35 pounds.) We soon discovered we did not have to make work assignments. We each performed the necessary work until it was all done!

Jim showed me how to fly fish along the lake shore. There were LOTS of cutthroat trout in that lake. We soon caught 5 nice 10-to-14 inch trout. The 14-inch trout was too big for the frying pan, so we didn't keep any that were over 12 inches after that. We were on the next to lowest of the four small lakes.

There was a wisp of smoke at the upper lake. So Jim walked up to see who our neighbors were. He found a young couple and she was making a Jello® cheese cake and Jim liked dessert! Jim offered to trade some trout for half the cheesecake. They said they would take all five (their fishing was unsuccessful), and Jim agreed. We went back to fishing and after catching two more, the fish stopped biting! So, we had 2 nice trout to supplement our packed-in food. We carried light weight tent stakes and 50 feet of 1/8-inch cord, but no tent poles. We strung the cord between two trees, about 3 feet off the ground, with the edges about 6 inches above the ground for ventilation.

On Tuesday, Aug. 1, we hiked down to the Middle Fork of the Salmon river, 10 miles from 8500 feet elevation to 3500 feet elevation. It was cool and sunny at the start of that day's hike. The forest was scattered with very tall conifers with expanses of grass in between. While we were in the early part of the hike, we saw a golden eagle family, male, female and a fully fledged young lighter-colored eagle.

The trail passed between two 100 foot tall conifers in which the eagles were sitting. As we approached, the male flapped his wings once, letting out a powerful call "you had better not harm my family!" Without moving his wings again, he circled back over us, and I took a picture with my small Olympia camera, silhouetting him against the very blue sky. He continued circling, soaring perhaps 2000 feet into the sky, almost out of sight! That roll of film jammed, and I had to open the

camera, ruining all the pictures! (Was the spirit of that eagle too strong to be captured in the camera?)

Eventually we came in sight of the river far below, a tiny Coke-bottle-green ribbon. It looked like there might be watercraft on the river, but it was so far below, we could not be sure. As we descended, we could begin to make out river rafts. As we got lower, we could see kayaks also. Eventually, we could see people in bathing suits on the gravel bar at the mouth of Big Creek.

It was very hot in that 5000-foot deep mountain canyon, hotter than anything I had ever experienced in Kansas (which was 113°F in the 1950s). It felt like at least 120°F, but it was VERY dry (how hot was it?). The river was 75 feet wide, 15 feet deep, and flowing about 10 miles an hour. In the quiet sections, the water was clear enough to see the rocks at the bottom!

Art Engagement *from the* Beach Museum of Art



Sometimes the simplest of compositions can grab our attention. So, what might an artist do to keep a viewer interested? As you look at this sketch by Charles Marshall, consider the color choices used by the artist. How many are there? Are they contrasting or similar in value? Is there a mix of warm and cool colors? Do the hues sit next to each other on the color wheel (like blue and green) or are they opposite each other (such as purple/yellow, red/green, blue/orange)? When you began looking at this piece, where did your eye go first? Was that due to a color choice? Imagine changing one of the colors in this artwork, how might this shift your viewing experience?

Charles Leroy Marshall Sr. (United States, 1905 - 1992)

Woman Holding Valentine, 1964

Watercolor with graphite on paper

KSU, Marianna Kistler Beach Museum of Art, gift of Charles L. Marshall, Sr., presented by Maybelle M. Scheetz, 2005.146

RESTAURANT **SPECIALS**

<p>Sunday, Feb. 16</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>\$12 Dinner Philly Cheesesteak French Fries</p>
<p>Monday, Feb. 17</p>	<p>\$11 Lunch Chicken Pot Pie Zucchini Fries</p>	<p>\$16 Dinner Turkey Mashed Potatoes & Gravy Asparagus</p>
<p>Tuesday, Feb. 18</p>	<p>\$11 Lunch Catfish Po' Boy Fried Okra</p>	<p>\$13 Dinner Spaghetti & Meatballs Garlic Toast Green Beans</p>
<p>Wednesday, Feb. 19</p>	<p>\$10 Lunch Chicken Fajita Quesadilla Corn Salad</p>	<p>\$13 Dinner Beef Enchilada Pasta House Salad</p>
<p>Thursday, Feb. 20</p>	<p>\$11 Lunch Tuna Melt Pasta Salad</p>	<p>\$15 Dinner Pork Tenderloin <i>with Red Pepper Pesto Sauce</i> Hashbrown Casserole Honey-Glazed Carrots</p>
<p>Friday, Feb. 21</p>	<p>\$11 Lunch Soup & Salad Bar</p>	<p>\$17 Dinner Mediterranean Salmon Couscous Garlic Crostini</p>
<p>Saturday, Feb. 22</p>	<p>\$11 Lunch Fried Pork Cutlet Sandwich Pub Chips</p>	<p>\$19 Dinner 6 oz. Ribeye Baked Potato Asparagus</p>

Weekly Opportunities Calendar Feb. 16 to Feb. 22

Sunday • Feb. 16 *Put your trash at the curb!*

8:45 a.m. ~ Transport to College Ave UMC, VE
 10:00 a.m. ~ Transport to College Ave UMC, VE
 10:00 a.m. ~ Worship Service, CR
 10:30 a.m. ~ Transportation to FUMC, VE
 11:00 a.m. ~ Worship Service, CR

Monday • Feb. 17 *Trash & Recycle pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**
 9:30 a.m. ~ Memory Care Partner Support Group, **St. Thomas More Catholic Church**
 10:00 a.m. ~ Tuttle Creek Ladies' Group, BR
 10:00 a.m. ~ Tuttle Creek Men's Group, MR
 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
 1:45 p.m. ~ Parkinson's Voice Class, CR
 2:00 p.m. ~ Tai Chi, EC/**1960**
 2:00 p.m. ~ Change and Loss Support Group, FHR
 5:30 p.m. ~ 5th Floor Supper, MR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Feb. 18

10:00 a.m. ~ Memory Activities Class, EC
 10:15 a.m. ~ Mat Yoga, KSU CL
 10:30 a.m. ~ Steady Yourself, CR/**1960**
 11:15 a.m. ~ Seated Stretch & Stability, CR/**1960**
 1:00 p.m. ~ UFM: Tour of World's Religions, CR
 1:00 p.m. ~ Prairie Star Writing Group, PR
 2:00 p.m. ~ 10-Point Pitch Group, KR
 2:00 p.m. ~ Social Circles, PS
 3:00 p.m. ~ Special Sing-Along Soiree, CR
 4:00 p.m. ~ Volunteer & Tech Helper, KR
 5:30 p.m. ~ 2nd Floor Supper, BR

Wednesday • Feb. 19

9:00 a.m. ~ FUMC Communion, BR
 9:30 a.m. ~ Seated Strength, CR/**1960**
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ Mem. Care Partner 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, BR
 2:00 p.m. ~ Tai Chi, EC/**1960**

Wednesday • Feb. 19, continued

2:00 p.m. ~ "What Is Love?", BR
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-A-Long, FHR

Thursday • Feb. 20 *Video Shoot Day!*

9:00 a.m. ~ Messenger Team, KSU CL
 9:00 a.m. ~ Library Tech Help with MPL, KR
 10:00 a.m. ~ Spiritual Cinema Group, BR
 10:00 a.m. ~ Wamego Care Partners Support Group, **WPL**
 10:15 a.m. ~ Mat Yoga, KSU CL
 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, KSU CL
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
 2:30 p.m. ~ Card Making with Michelle, FHR
 4:15 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • Feb. 21

7:30 a.m. ~ Rock Steady Boxing, **BF**
 9:00 a.m. ~ Community Garden Meeting, BR
 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**
 2:00 p.m. ~ History of Manhattan with Phil Anderson, EC
 2:30 p.m. ~ Fanny & Furby, KR
 3:00 p.m. ~ Catholic Rosary, CR

Saturday • Feb. 22

9:00 a.m. ~ Tai Chi, **1960 only**
 9:30 a.m. ~ Band Bust Exercise Class, **1960 only**

Room Abbreviations

1960 , TV Channel 1960	KSU CL, KSU Classroom
BF , Body First	MM , 120 Scenic Drive
BR, Bison Room	MR, Manhattan Room
CR, Community Room	PR, Patriot Room
CY, Courtyard	PS, Prairie Star Restaurant
EC, Event Center	MSC , Manhattan Sr. Center
FHR, Flint Hills Room	VBL, Verna Belle's Lounge
GC, Grosh Cinema	VE, Village Entrance
KR, Kansas Room	WPL , Wamego Public Library



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: Feb. 16

TITANIC (1997) PG-13, 3 hr. 15 min. *Drama, History*

Cast: Leonardo DiCaprio, Kate Winslet, & Billy Zane

A seventeen-year-old aristocrat falls in love with a kind but poor artist aboard the luxurious, ill-fated R.M.S. Titanic.

MONDAY: Feb. 17

AN AFFAIR TO REMEMBER (1957) TV-PG, 1 hr. 54 min. *Sentimental, Emotional, Romantic*

Cast: Cary Grant, Deborah Kerr, & Richard Denning

Although each is already engaged to another, Nickie Ferrante and Terry McKay meet on an ocean liner and fall in love.

TUESDAY: Feb. 18

SMART HOUSE (1999) TV-G, 1 hr. 23 min. *Drama, Coming-of-Age*

Cast: Ryan Merriman, Kevin Kilner, & Jessica Steen

A computerized Smart House becomes an overly possessive virtual mother.

WEDNESDAY: Feb. 19

SPIRITUAL CINEMA GROUP REQUEST

MY OCTOPUS TEACHER (2020) TV-PG, 1 hr. 25 min. *Investigative, Emotional, Documentary*

In this moving documentary, a filmmaker develops an unexpected bond with a resourceful octopus.

THURSDAY: Feb. 20

OBLIVION (2013) PG-13, 2 hr. 4 min. *Action Adventure, Science Fiction*

Cast: Tom Cruise, Morgan Freeman, & Olga Kurylenko

Haunted by dreams of an Earth he never knew, a drone technician seeks to uncover the long-lost truth about humanity's past and his own origins.

FRIDAY: Feb. 21

80 FOR BRADY (2023) PG-13, 1 hr. 39 min. *Goofy*

Cast: Lily Tomlin, Jane Fonda, & Rita Moreno

A group of friends make it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.

SATURDAY: Feb. 22

RICHIE RICH (1994) PG, 1 hr. 34 min. *Feel-Good, Goofy*

Cast: Macaulay Culkin, John Larroquette, & Edward Herrmann

Richie Rich is the wealthiest kid in the world! When his parents go missing, he'll need help from friends to save both his family and his fortune.