



## **Brain Changes & Mindset Shifts**

*Memory Matters Symposium set for March 24*

*by Katie Sigman, Special Prog. Coord.*  
If you have the privilege of living long enough, you learn that one thing you can always count on is change. Changes that occur as we age may include retirement, wrinkles, growing families, and more. But what changes happen to our brains as we age? How do we handle change if we become one of the more than 11 million people caring for a loved one with Alzheimer's disease or dementia? If you would like to learn more about the answers to these questions and explore ways to positively impact the outcome of

these changes, join us from 5 to 8 p.m. Monday, March 24, in the Meadowlark Event Center for the annual Memory Matters Symposium. A major change to the event this year is that registration is required. Please call (785) 537-4610 or sign up in the Blue Book at the Meadowlark Hospitality Desk by Wednesday, March 19, to guarantee your seat and snack. The goal of this outreach event, provided by the Meadowlark Memory Program, is to provide outreach and education about dementia and Alzheimer's disease to those in the Flint Hills region.

This year's event will highlight how the brain changes with age and dementia and the mindset shifts one can use to positively influence interactions with those living with cognitive change. Join us in encouraging engagement and understanding as we strive to help de-stigmatize cognitive changes and decline. We are honored to recognize Robert Reeves, Meadowlark resident, who is underwriting this event in honor of his wife, Sue.

Heather Bailey, Ph.D., will lead off the evening, addressing our first

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## EVENTS & OPPORTUNITIES

### Monthly Communion, starting March 23

The overwhelming majority of Sunday service attendees favor having an ecumenical opportunity to receive communion on a regular basis incorporated into our existing worship. Starting Sunday, March 23, Holy Communion will be offered at the conclusion of both worship services on the fourth Sunday of the month. This is open to all, but individuals who receive communion elsewhere or prefer not to partake are still encouraged to worship with us.

### Lenten Lecture Series

During the season of Lent, Melanie invites you to the Lenten Lectures at 1:30 p.m. on Wednesdays through April 9, in the Event Center. Whether you have a long-standing faith or no faith, this series will inspire and challenge us to think about the hills and valleys of life and how we can journey through them together.

Eash session will be followed by a question-and-answer opportunity as well as table discussion groups.

**March 12: Lonnie Baker**, Chief Executive Officer, Motivating People Through the Valley.

**March 19: Annie Peace**, Health Services Director, Caring for Others in the Valley.

**March 26: Kendra Kuhlman**, Executive Director of the Manhattan Arts Center, Creativity in the Valley.

**April 2: Richard Linton**, President of Kansas State University, Leading People in the Valley.

**April 9: Ned Seaton**, Editor-in-Chief of the Manhattan Mercury, Sharing News in the Valley.

### Art Mingle

**Friday, March 7, at 6 p.m.**

Mark your calendars! Meadowlark Foundation's 7th art-related fundraiser is set for Friday, March 7, at 6 p.m. *Art Mingle: Hidden Gems*, which benefits Meadowlark Memory Program, returns to 328 Poyntz Ave. with an earlier start time and, taking eventgoers' feedback into consideration, more seating! This Poyntz Avenue location in the HEART of downtown Manhattan is home to SNW Gallery & Custom Frames and Union Hall, which are located inside the historic, 127-year-old

Eames Building.

Tickets to Mingle are now available at \$75 each. Elevate your experience for an additional \$10 to guarantee a reserved seat beginning at 7 p.m.

*Note: A limited number of seats are available.*

Transportation to and from the event will be provided at no cost for Meadowlark residents and their guests. The bus will depart from the Village Entrance at 5:45 p.m. Please sign up in the Blue Book if you plan to utilize this service.

Cocktail or business casual attire is suggested. Purchase tickets by contacting a Hospitality team member at (785) 323-3847, or purchase online at [www.meadowlark.org](http://www.meadowlark.org). Residents may add the ticket fee(s) to their monthly statements.

### Worship Services

**Sunday, March 9, 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, March 9, in the Community Room/Chapel. This week, Melanie will explore the book of Luke.

### Change & Loss Support Group

**Monday, March 10, at 2 p.m.**

Change and Loss Support Group offers support to those that are struggling with the loss of a loved one, changes in health, changes in living situation, or other major life changes. A safe space is provided to share your struggles and stories with others who have also experienced a major change or loss. The group provides emotional support, validation, and education about the grief process. This is an open group, and weekly attendance is not required. You can attend when your schedule allows.

At 2 p.m. Monday, March 10, in the Flint Hills Room, we will be starting a new curriculum from "Griefwork: Healing from Loss." This curriculum provides education but also activities to assist with reconciliation of your loss.

If you would like more information, please contact Linda Montgomery at (785) 320-7299. If you prefer email, you can reach us at [lmontgomery@meadowlark.org](mailto:lmontgomery@meadowlark.org).

## EVENTS & OPPORTUNITIES

### **Dementia Friendly Manhattan Training**

*Tuesday, March 11, at 1 p.m.*

Dementia Friendly Manhattan is an initiative launched by the Flint Hills Wellness Coalition in 2021. The mission of Dementia Friendly Manhattan is to make Manhattan, Kan., a more inclusive, supportive, and engaging community for people with dementia and their care partners. To achieve this mission, a training was developed for Manhattan businesses and organizations. Meadowlark Special Programs will be offering this training at Meadowlark on Tuesday, March 11, from 1 to 2 p.m., in the Bison Room. Meadowlark staff and residents are encouraged to attend to learn more about dementia and how we can all better support our friends and neighbors.

### **Page Turners Book Club**

*Wednesday, March 12, at 11:30 a.m.*

Join the Page Turners on Wednesday, March 12, at 11:30 a.m., in the Patriot Room as we continue our discussion of *Eat, Pray, Love* by Elizabeth Gilbert. This memoir, published in 2006, chronicles the author's travels through Italy, India, and Indonesia on a journey of self-discovery. Copies of the book are available from the Manhattan Public Library. If you would like to borrow a copy or if you have questions, please contact Katie Sigman with Meadowlark Special Programs at [ksigman@meadowlark.org](mailto:ksigman@meadowlark.org) or (785) 323-3899. You do not need to attend every session, come when you are able, whether you have finished the book, have just started, or are interested in learning more.

### **“Spiritual Cinema” Group Discussion**

*Thursday, March 13, at 10 a.m.*

Join Melanie as we discuss the inspiring film, *Encanto*! In this movie, the Madrigal family lives in the mountains of Colombia in a magical house called an “Encanto.” The magic of the Encanto has blessed every child in the family with a unique gift—every child except one, Mirabel. This movie will inspire us to think about spiritual gifts. Some of us know and use our gifts, and others may feel like Mirabel, a soul still searching for our unique gift. You can view this film Wednesday, March 12,

in Grosh Cinema at 1, 4, or 7 p.m., or on your own via Disney+. Watching the movie is helpful, but not required. The Spiritual Cinema Group meets on the second Thursday of each month.

### **Ladies Luncheon**

*Thursday, March 13, at 11:30 a.m.*

The next Ladies Luncheon will be Thursday, March 13, at 11:30 a.m. in the Event Center. Our speaker will be school board member Katie Allen, who will update us on **our** Manhattan public schools, will present the pros and cons of the timely topic of school vouchers, and will allow time for questions and comments. Passport members and men are welcome and encouraged to attend.

A light lunch of spinach quiche, glazed carrots, and ice cream is planned at a cost of \$10 per person. Please sign up in the Blue Book at the Hospitality Desk to join us for the meal. If you want to attend the discussion but can't make it to lunch, come anyway and take a seat in the chairs arranged in the back of the Event Center.

If you have any school memory items (yearbook, baton, class pictures, etc.) that made the move to Meadowlark, please bring them to share. Come with your questions and concerns.

### **Blood Pressure Check**

*Thursday, March 13, at 1 p.m.*

Meadowlark Home Care hosts a monthly Blood Pressure Clinic on the second Thursday at 1 p.m. in the Kansas Room. The next scheduled clinic is Thursday, March 13, at 1 p.m. No sign-up required.

### **Shopping at Hobby Lobby & Dollar Tree**

*Saturday, March 15, at 10:30 a.m.*

The next scheduled trip is Saturday, March 15, 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, April 19. Please sign up in the Blue Book to participate.

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# EVENTS & OPPORTUNITIES

EVENTS, from page 3

## St. Patrick's Day Dinner

*Monday, March 17*

On Monday, March 17, Prairie Star Restaurant will have a St. Patrick's Day dinner special! The meal consists of corned beef and cabbage with boiled potatoes and Irish Apple Cake. The cost of the dinner is \$20 per person.

## Prairie Star Writing Group

*Tuesday, March 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, March 18, in the Patriot Room.

The March 18 session is titled, "My Top 10 is..." It seems everywhere we look we see a Top 10 list for something. Top 10 tools you need in your kitchen. Top 10 Movies of All Time. Top 10 \_\_\_\_\_ (Fill in the blank!) In your many long and productive years of life, you likely have a Top 10 list of something you would be willing to share. Each of you is so unique. It will be a real treat to hear your lists!

## Stories About Artificial Intelligence

*Tuesday, March 18, at 2 p.m.*

Come listen to *Stories About Artificial Intelligence* at 2 p.m., on Tuesday, March 18, in the Bison Room presented by Wesley Fryer. Wesley is the son of Meadowlark resident Tom Fryer.

## The Music of Eric Brown

*Friday, March 21, at 7:00 p.m.*

Friday, March 21, at 7 p.m., in the Event Center, Meadowlark welcomes Eric Brown. Eric was born and raised in Arlington, Texas. He spent 23 years at True Church of God in Christ (now True Church Powerhouse Ministries), where he grew up singing and playing piano and drums. Eric is a talented producer and arranger. His recent work includes producing for "The Voice" finalist Justin Aaron. He is also preparing to release his own music later this year. In addition to his production

work, Eric will be performing both well-known songs and original music, adding his unique sound to make it his own. All are welcome.

## Readers Theatre & 3-Course Meal

*Friday, March 28, at 5:30 p.m.*

Save the date! Members of the Columbian Theatre will proudly present *Tempest* at 5:30 p.m. Friday, March 28, in the Event Center. The entertainment will be performed in readers-theatre style. The cost to attend the three-course meal and show is \$32 per person.

Reservations for the meal are required and can be made at the Prairie Star Host Stand or by calling (785) 323-3821. If you would like to attend the performance only, please arrive at 6 p.m. for theatre-style seating in the back of the room. All are welcome to attend the performance at no charge.

## Manhattan Kansas Riverfront Masterplan

*Friday, April 4, at 2 p.m.*

Friday, April 4, at 2 p.m. in the Event Center, Tracy Anderson and Phil Anderson will give a presentation on the Manhattan Kansas Riverfront Masterplan, which will include images and what the riverfront could become. All are welcome.

## Shady Nook String Band

*Friday, April 4, at 7 p.m.*

Meadowlark welcomes the Shady Nook String Band at 7 p.m. Friday, April 4, in the Event Center. *This is a rescheduled performance that was postponed in February.*

For about four years, the Shady Nook String Band performed mostly for United Methodist Church services as a Bluegrass Group. Then as the group began playing in other venues with a broader range of music, it was time to search for a new name. Finally, it was decided. Shady Nook String Band offers music suitable for Saturday night and Sunday morning. Some are bluegrass classics, and some are written by the band with a classic bluegrass sound. All are invited to attend!

# Hiking with Family

by John Walters

I talked to Karen, my first wife, about taking a short backpacking trip, just the two of us. She was the one who encouraged my backpacking several years before. I had been interested in Chesler Park in the southern section of Canyonlands National Park, Utah. When I joined the Wilderness Society in 1967, the first issue of their magazine I received had a picture of the park, and an article discussing the controversy over building a Jeep road to the area. That did not happen, but I remained interested in the area.

We visited our parents in Manhattan, Kan., and drove from there. Our children visited with their grandparents while we were

gone for the four-day excursion. We drove via Monarch Pass in Colorado, but the pass was closed by 10 inches of snow on June 16, our 12<sup>th</sup> wedding anniversary. We drove back the short distance to Salida and got a motel for the night.

The next day, the pass was clear, and we drove to the Elephant Rock trailhead in Canyon Lands National Park by mid-afternoon. We got our hiking boots on and loaded our packs on our backs. Karen's had just her sleeping bag and poncho that weighed a total of 4 pounds, plus pack. Mine had my sleeping bag, poncho, my 1-pound Leica CL camera, 2 pounds of gorp of our own make and 5 quarts of water (desert hiking!). We had 3 miles to go into Chesler Park, but it was raining lightly, so we donned our rain ponchos. By the time we got there, the rain had stopped. We found a nice spot near a 10-foot tall cedar "tree," more like a tall bush with a dozen branches. We spread out our ponchos and laid out our sleeping bags: Holubar zip-together bags manufactured to our specific heights.

We ate some gorp and watched the sun go down over the true horizon to the West. It was so dry, the



Druid Arch, photo by John Walters

last sliver of the sun was pure white! I hung our food bag 8 feet up in the "tree." As we were going to sleep, the moonless starlight was so bright that I could see a pair of small rodents trying to find which branch the food bag was on — up and down, over and over again.

When we woke up as day was approaching, I retrieved our food bag. There was a small hole in it. It looked like the animals had only taken a couple of peanuts! We packed up again and started toward Druid Arch trail. I estimated we got 1/10 inch of rain the day before, from the puddles of water on the rock. The desert was flowers everywhere. Every 3 feet, there was another flower, red, yellow, purple, blue, white. Segol

lilies all over!

We passed several college-age men still in their sleeping bags to the side, 50 feet away. As I looked back there was a flurry of activity in their camp. They were being passed by a woman! They never did catch up to us. We entered the arroyo with Druid Arch trail. It was perhaps 75 feet deep and 100 yards wide. The sky above the walls was an amazingly deep sapphire blue color! If I did not have a photographic record of the scene, I would think my memory was faulty! We came to a good view of Druid Arch after about 5 miles, looking like a stray from Stonehenge!

We started hiking back out to our car, another 5 miles. On the way out, we passed a family, two parents and two boys around age 10. They had run out of water and were trying to collect some from the shallow rock pools. We still had four untouched quarts of water left and gave that to them in their cooking pots. That made my pack lighter! We got to the car and drank warm tomato juice, nice again! We found a motel in Moab and drove back to Manhattan the next day.



# Outdoor E

*submitted by Nathan Bolls*

How long has it been since you've experienced a moment of genuine healthful silence, a time during which you were profoundly, silently, reverently alone with yourself, or with Nature, or with another (your soulmate, perhaps), or with your God? Such rich moments are possible when you are watching, watching beyond motive, beyond any demand—just watching. When you see the beauty of a lone tree in the field, a single star in the void, when you watch your soulmate, or your internal self—or speak to your god—**silence** is something that comes naturally. When you maintain a great silence and space, something can bloom in that watching. In that alertness there is something beyond words, beyond all measure. You may even touch the Divine.

Most people seem to fear the quiet. Macrina Wiederkehr wrote: "The world is afraid of silence. Radios blare. Televisions are never turned off. The stereo is on at top volume. The voice speaks whether or not it has something to say." Whether the brain is engaged or not. iPhones rule the days. John Daniel Barry observed that, "Few people can endure silence for long. They must have some expression that corresponds to the unrest of the spirit." If silence borders on nothingness, as usually

envisioned, why the fear? Is the fear of one's own thoughts the root of discomfort?

Possessing a streak of the introvert, I consider silence to be a supportive sibling, and an aid to watching. I would like to share one of my most memorable moments of true silence. The story begins on Sunday, Aug. 20, 2017. I had spent the day locating a spot (some 35 miles NW of Beatrice, Neb.) from which to observe the total lunar eclipse of the sun scheduled for between 10:50 and 10:55 (in SE Nebraska) the next morning. My spot (less than a mile from the center of the band of totality) was the small parking lot that served the boat ramp of Swan Lake, the centerpiece of the Swan Lake State Game Refuge. The next morning, I would have 2 minutes and 54 seconds of eclipse darkness totality, enough time to observe the side effects I most wanted to see: coolness, darkness, quietness of wild creatures, and the diamond ring.

Monday morning revealed a broken sky, with dark, heavy clouds. Were we, for eclipse viewing, going to have a Russian roulette sort of morning? As it turned out, the sky was good to us. By late-morning show time, six other drivers had found the parking lot, and both sun and moon were in view and closing fast. As the moon began cutting across in front of our star, a deepening mid-day dusk



# Encounters

shadowed the cooling air. Voices indicated an increasing excitement among humans present. Red-winged black birds and marsh wrens, usually busy in and around the beds of cattails surrounding the lake, were becoming less active. The number of bank swallows slicing air in pursuit of insects was decreasing. Soon there were none. No one spoke, there was no traffic noise, and no breeze rustled plant branches and leaves.

When the moon snapped shut that last rim of sun, a sharp drop in visibility occurred; I could not read a license plate 30 feet away. The air very quickly became much cooler. The sun's corona glowed full around, and a deep spiritual quiet settled over both land and people. Our period of totality gave sufficient time for me to absorb a good dose of humility.

As the spheres moved on — the sun's corona still in view, an arc of sun rim flashed free from behind the moon's trailing edge, giving us a beautiful, but ephemeral diamond ring. While the moon moved to uncover the sun, the insight arose that I had not the slightest measure of control over any of what I was experiencing.

Yet, there was something else: It was as if the celestial bodies had sucked all motion, all vibration from the scene. I sensed an ethereal quietness so

deep that the atmosphere — in my mind's eye — seemed to have a texture, a series of great transparent mound-like waves. I imagined them as drumheads ready to be struck to send out even more intense sounds of silence. It seemed a quietness with a sense of force, a pressure, an expectation in the face of aloneness, an emptiness ripe with the possibility for communion with yourself, with another, perhaps even with the powers of the Universe.

My brain seemed strangely roiled, primed to spring into action. Then came the realization what that diamond ring stood for us. For each of the countless thousands of us who watched the shadow of that ephemeral celestial union racing eastward across our great and troubled land. For each of us, during our own period of darkness, as we symbolically joined hands and hearts to share a moment of wonderment.

Both sun and moon then sailed silently on, back to what they do so well, day-after-day, year-after-year, millennium after millennium. At the time of our leaving, no person broke the spell; no pleasantries were exchanged. Each viewer simply got into the appropriate vehicle and quietly drove away. I guess that is what one does after an encounter with real power.

## MEMORY, from page 1

question, with her presentation, *Brain Aging 101: How Aging & Dementia Reshape Our Minds*. We will learn how the brain functions and how it changes with age and dementia. Bailey is an associate professor in the department of psychological sciences at Kansas State University. Her research focuses on memory systems and aging, specifically studying factors that influence memory, as well as how the brain supports memory for real-world events. From her presentation, you will take away practical, science-backed actions to support cognitive health.

Following Dr. Bailey's presentation there will be a brief exercise break and opportunity to visit with members of the Meadowlark Memory Leadership Team. We will then learn from Karen Stobbe about *Being in the Moment: An Interactive Session of Practical Tips*. While Bailey's presentation will teach us about what happens when the brain changes, Karen Stobbe will help answer the second question of how to handle the change of caring for someone experiencing dementia. Her interactive presentation will teach you strategies and supports to enhance communication and decrease challenging situations, as well as how to create a better life and a better day for those living with dementia and anyone who loves them.

Stobbe comes to us from North Carolina, where she is the Chief Purpose Officer of In the Moment. She has facilitated over 700 presentations on person-centered dementia care and has co-created more than seven training programs about dementia. Her comprehensive expertise supports care partners and those living with dementia wherever they reside. Both of Karen's parents lived with Alzheimer's, and her mom resided with her family for 11 years. In her journey as a care partner, she learned how shifting one's mindset can improve quality of life for everyone impacted by cognitive changes. It is her mission to share what she has learned so others can benefit from her experience.

At the conclusion of the event, Dr. Matthew



**Dr. Heather Bailey**

Floersch, Meadowlark Memory Program Medical Advisor, members of the Meadowlark Memory Leadership Team, and the presenters will be available for questions.

The event continues to be free and open to the public and will feature a free brain-healthy snack. As noted previously, *registration is required this year*. To guarantee a seat please call (785) 537-4610 or sign up in the Blue Book at the



**Karen Stobbe**

Meadowlark Hospitality Desk by Wednesday, March 19. If you are unable to attend in person, you may join us via Zoom. Contact Michelle or Katie for the link. We look forward to another great year of learning and empowerment as we explore how we can positively impact some of the changes that may occur

as we age.

The Meadowlark Memory Program is designed to help those dealing with memory and cognitive changes, as well as their care partners. This program is open to anyone in the Flint Hills Region who is affected by memory and/or cognitive changes. All classes and groups are FREE of charge. Please contact Michelle Haub or Katie Sigman to learn more: [mhaub@meadowlark.org](mailto:mhaub@meadowlark.org), [ksigman@meadowlark.org](mailto:ksigman@meadowlark.org), or call (785) 323-3899.



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

### **Memory of**

Eleanor Deibler                      Steve Owens  
Thomas L. Holder                    Verna Turnquist  
Robert "Bob" Johnson              Fred Zeller

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



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

Special attention given to an area or object in an artwork is the design principle called *emphasis*. Artists might use placement or size to highlight an object. They may also use several art elements to create a focal point in a composition. As you view the print shown here, do you notice an area or object of emphasis? If yes, what elements are used to draw the viewer to it. Consider line, shape, color, texture, value, form, or space.



Amitabha Banerjee (Bangladesh, 1928-2013)

*The Wall*, 1984

Aquatint, inked intaglio and relief (color viscosity / simultaneous color inking)

KSU, Marianna Kistler Beach Museum of Art, 1985.50

# RESTAURANT **SPECIALS**

<p><b>Sunday, March 9</b></p>	<p><b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p><b>\$16</b> <b>Dinner</b> Beef Tips Mashed Potatoes &amp; Gravy Broccoli</p>
<p><b>Monday, March 10</b></p>	<p><b>\$11</b> <b>Lunch</b> Cheeseburger Sliders French Fries</p>	<p><b>\$15</b> <b>Dinner</b> Chicken Fajitas Refried Beans Mexican Rice</p>
<p><b>Tuesday, March 11</b></p>	<p><b>\$10</b> <b>Lunch</b> Bacon-Cheddar Egg Salad <i>served on Croissant</i> Breakfast Potatoes</p>	<p><b>\$15</b> <b>Dinner</b> Beef Stroganoff Garlic Breadsticks Roasted Broccoli</p>
<p><b>Wednesday, March 12</b></p>	<p><b>\$11</b> <b>Lunch</b> Jambalaya Fried Okra Cornbread</p>	<p><b>\$14</b> <b>Dinner</b> Fried Pork Cutlet Mashed Potatoes &amp; Gravy Green Beans</p>
<p><b>Thursday, March 13</b></p>	<p><b>\$11</b> <b>Lunch</b> Italian Beef Sandwich Pasta Salad</p>	<p><b>\$14</b> <b>Dinner</b> Garlic Rosemary Chicken Smashed Potatoes Broccoli</p>
<p><b>Friday, March 14</b></p>	<p><b>\$11</b> <b>Lunch</b> Pizza Bar</p>	<p><b>\$17</b> <b>Dinner</b> Pecan-Crusted Trout <i>with Dijon Sauce</i> Garlic-Mashed Red Potatoes Asparagus</p>
<p><b>Saturday, March 15</b></p>	<p><b>\$11</b> <b>Lunch</b> BBQ Chicken Sandwich Broccoli Salad</p>	<p><b>\$15</b> <b>Dinner</b> Fried Chicken Mashed Potatoes &amp; Gravy Corn</p>

# Weekly Opportunities Calendar *March 9 to March 15*

## Sunday • March 9 *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 • March 10 *Trash pick-up*

9:30 a.m. ~ Seated Strength, CR/1960  
 9:30 a.m. ~ Memory Care Partner Support Group,  
[St. Thomas More Catholic Church](#)  
 10:30 a.m. ~ Weights 101, CR/1960  
 11:00 a.m. ~ Rock Steady Boxing, BF  
 11:30 a.m. ~ Sit & Be Fit, CR/1960  
 11:30 a.m. ~ Meadowlark Valley Luncheon, BR  
 1:00 p.m. ~ Parkinson's Exercise Class, CR/1960  
 1:30 p.m. ~ God Talk, KSU CL  
 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  
 7:00 p.m. ~ Community Bingo, CR

## Tuesday • March 11

9:45 a.m. ~ Memory Activities Class, EC  
 10:15 a.m. ~ Mat Yoga, FHR  
 10:30 a.m. ~ Steady Yourself, CR/1960  
 11:15 a.m. ~ Seated Stretch & Stability, CR/1960  
 12:00 p.m. ~ 4th Floor Luncheon, MR  
 1:00 p.m. ~ Dementia Friendly MHK Training, BR  
 2:00 p.m. ~ 10-Point Pitch Group, KR  
 2:00 p.m. ~ Social Circles, PS  
 3:00 p.m. ~ Coffee Corner, EC

## Wednesday • March 12

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. ~ Page Turners Book Club, PR  
 1:30 p.m. ~ Lenten Lecture Series, EC  
 2:00 p.m. ~ Tai Chi, CR/1960  
 3:00 p.m. ~ Rock Steady Boxing, CR  
 3:00 p.m. ~ Sing-A-Long, FHR

## Thursday • March 13

9:00 a.m. ~ Messenger Team, KSU CL  
 10:00 a.m. ~ Spiritual Cinema Group, BR  
 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. ~ Ladies Luncheon, EC  
 11:30 a.m. ~ Caring Conv. For People w/ PD, FHR  
 11:30 a.m. ~ PD Care Partner Social, PS  
 1:00 p.m. ~ Parkinson's Exercise Class, CR/1960  
 1:00 p.m. ~ PD Care Partner Support Group, FHR  
 1:00 p.m. ~ Blood Pressure Check, KR  
 2:30 p.m. ~ Knitting & Crocheting, BR  
 4:15 p.m. ~ Meadowlark Singers Practice, CR  
 5:30 p.m. ~ Eastside Supper, BR

## Friday • March 14

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  
 2:30 p.m. ~ Fanny & Furby, KR

## Saturday • March 15

9:00 a.m. ~ Tai Chi, 1960 only  
 9:30 a.m. ~ Band Bust Exercise Class, 1960 only  
 10:30 a.m. ~ Depart for Shopping Trip, VE

### 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: March 9

***BROOKLYN*** (2015) PG-13, 1 hr. 52 min. *Drama, History*

Cast: Saoirse Ronan, Domhnall Gleeson, & Emory Cohen

An Irish immigrant in 1950s New York falls for an Italian plumber but faces temptation from another man when she returns to her homeland for a visit,

### MONDAY: March 10

***THE SUPREMES AT EARL'S ALL-YOU-CAN-EAT*** (2024) PG-13, 2 hr. 5 min. *Drama, Comedy*

Cast: Aunjanue Ellis-Taylor, Sanaa Lathan, & Uzo Aduba

Lifelong best friends share an unbreakable bond from decades of sisterhood.

### TUESDAY: March 11

***DEFINITELY, MAYBE*** (2008) PG-13, 1 hr. 51 min. *Romance, Charming*

Cast: Ryan Reynolds, Abigail Breslin, & Rachel Weisz

A political consultant tries to explain his impending divorce and past relationships to his 11-year-old daughter.

### WEDNESDAY: March 12

**SPIRITUAL CINEMA GROUP REQUEST**

***ENCANTO*** (2021) PG, 1 hr. 53 min. *Fantasy, Musical, Animation*

Cast: Stephanie Beatriz, Maria Cecilia Botero, & John Leguizamo

Mirabel discovers she may be the key to saving the magic that surrounds her extraordinary family.

### THURSDAY: March 13

***RUNAWAY JURY*** (2003) PG-13, 2 hr. 7 min. *Drama, Thriller, Based on Book*

Cast: John Cusack, Gene Hackman, & Dustin Hoffman

A gun manufacturer hires a jury consultant to score a favorable verdict in a landmark trial, but two scheming con artists have a different deal in mind.

### FRIDAY: March 14

***BARBIE*** (2023) PG-13, 1 hr. 54 min. *Nostalgic, Witty*

Cast: Margot Robbie, Ryan Gosling, & America Ferrera

Cold showers, bad breath, flat feet — something is off with Barbie. To fix it, she must venture into the real world and find the girl playing with her.

### SATURDAY: March 15

***SAY ANYTHING*** (1989) PG-13, 1 hr. 41 min. *Romantic, Comedy, Coming-of-Age*

Cast: John Cusack, Ione Skye, & John Mahoney

An underachiever falls for a valedictorian, but when she returns his sentiment, her dad disapproves.