

# Philosophical Backpacking

*by John Walters*

In 1980, my friend, Jim, and I decided to hike in the Uinta Mountains of Utah. Stuart Johnson, another good friend from the Geothermal Branch of Philips Petroleum said if we wanted to find good fishing, we should hike to Cliff Lake, just to the north of Kings Peak. He said very few people managed to get there. So, we made plans.

We got the maps and headed out from Bartlesville in August and drove 1,051 miles to Mountain View, Wyo., and then to the end of the road to the south to China Meadows Trailhead at 9,250 ft. elevation. We put on our boots and packs and hiked on the Big Meadows trail and the Henrys Fork trail to a small unnamed lake and set up camp. We were now at 10,800 ft. elevation after 10 miles hiking.

We had a heifer moose walk through our camp. She was a lot bigger than us, so we let her. The next morning, we saw a cow elk with twin calves 50 yards away! The next day, we hiked to Cliff Lake, another 5 miles to 11,500 ft. elevation above timberline. We set up camp and tried to light our small gas stoves. The wind was too high, and they would not stay lit! I was wearing hiking shorts with my cold gear. I was not cold, but I wanted hot food!



**John and Jim's camp below Red Castle Peak.**

While we were at that campsite, I was struck by the similarity of this wilderness to others we had hiked in. In the last five years we had hiked in the Big Horn Crags and Sawtooths (twice) of Idaho, the mission Mountains of Montana and the Wind Rivers (twice) of Wyoming. Particularly, the similarity of the Uintas and Wind Rivers impressed me. Although the Uintas were nearly billion-year-old sedimentary rocks from ancient beaches, dunes and oceans, and the Wind River rocks were 2-billion-year-old granite from the roots of ancient volcanoes, the mountain ranges were similar in construction: narrow ranges cresting to high plateaus. We chose our sites for mountains and lakes, and all the locations

were excellent for that.

Sitting in the windy and cold weather, I was wondering why I was doing this again! What value did it have for me? I decided that I could compare the advantages and disadvantages of the wilderness and civilization. My basic reason for backpacking has always been to visit beautiful places that cannot be driven to. The backpacking is only a necessary part of that effort.

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## EVENTS & OPPORTUNITIES

### **Prairie Star Restaurant schedule 3/24/25**

Prairie Star Restaurant will be taking to-go orders only on Monday, March 24, from 4 to 8 p.m. to accommodate the Memory Matters Symposium event.

### **Song Leader Desired for Sunday Services**

Do you enjoy singing or know someone who does? We are seeking a song leader for the two hymns sung during our 10 a.m. and 11 a.m. worship services on Sundays. To learn more, reach out to Melanie Nord at [mnord@meadowlark.org](mailto:mnord@meadowlark.org).

### **Manhattan Arts Center Events**

An annual favorite in the gallery at Manhattan Arts Center is the Manhattan Watercolor Group Exhibition, which showcases the creativity, skill, and diverse perspectives of local watercolor artists. The exhibit is open now through April 18. Visit the gallery between noon and 5:30 p.m. Tuesday through Friday. Please note the MAC is closed the week of March 17. Join us for the artist's reception on Friday, April 4, from 5 to 7 p.m. Several Meadowlark residents have paintings in this exhibit.

MAC & Cheese Arts and Music Festival provides creative experiences that celebrate arts and creativity. You're invited to join us for food and drink trucks, live music, live demonstrations, hands-on activities, specialty MAC & Cheese made by our food truck friends, an Empty Bowls fundraiser supporting Common Table MHK, and so much more! The fun happens on Saturday, March 29, from 11 a.m. to 4 p.m., at the MAC, located at 1520 Poyntz Ave.

### **Lenten Lecture Series**

During the season of Lent, Melanie Nord 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 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.

### **The Music of Eric Brown**

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

Meadowlark welcomes Eric Brown Friday, March 21, at 7 p.m. in the Event Center! 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 the songs his own. All are welcome.

### **Worship Services**

**Sunday, March 23, 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 23, in the Community Room/Chapel. This week, Melanie will explore the book of Acts. There will also be Communion at both services this week.

### **Memory Matters Symposium**

**Monday, March 24, at 5 p.m.**

The annual Memory Matters Symposium is from 5 to 8 p.m. Monday, March 24, in the Event Center. The event continues to be free and open to the public and will feature a free brain-healthy snack. A major change to the event this year is that **registration is required to guarantee your seat and snack**. Although the registration deadline was Wednesday, March 19, you're invited to inquire about available seats by calling (785) 537-4610. If you are unable to attend in person, you may join us via Zoom. Contact Michelle or Katie for the link.

Heather Bailey, Ph.D., will lead off the evening, addressing our first question, with her presentation, *Brain Aging 101: How Aging & Dementia Reshape Our Minds*. Following Bailey's

## EVENTS & OPPORTUNITIES

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*.

At the conclusion of the event, Dr. Matthew Floersch, Meadowlark Memory Program Medical Advisor, members of the Meadowlark Memory Leadership Team, and the presenters will be available for questions. We are honored to recognize Robert Reeves, Meadowlark resident, who is underwriting this event in memory of his late wife, Sue.

To learn more about the Memory Program, please contact Michelle Haub or Katie Sigman: [mhaub@meadowlark.org](mailto:mhaub@meadowlark.org), [ksigman@meadowlark.org](mailto:ksigman@meadowlark.org), or call (785) 323-3899.

### Planning for Transitional Care

**Wednesday, March 26, at 10:00 a.m.**

All independent living residents and Passport members are encouraged to join Kristen Martin, Care Transitions Leader, and Jayme Minton, Support Services Director, as they discuss Planning for Transitional Care at Bramlage House. This discussion will include advance planning, notification, insurance benefits, and other frequently asked questions.

This learning opportunity will begin at 10 a.m. Wednesday, March 26, in the Event Center.

### Page Turners Book Club

**Wednesday, March 26, at 11:30 a.m.**

Join the Page Turners Book Club on Wednesday, March 26, at 11:30 a.m. in the Patriot Room for our final discussion of *Eat, Pray, Love* by Elizabeth Gilbert. We will discuss the differences and similarities between the book and the movie. The movie, *Eat, Pray, Love* will show at Grosh Cinema on Tuesday, March 25, at 1, 4, and 7 p.m. You do not need to be at every discussion to attend this group. Come when you are able, whether you read the book or saw the movie.

Our next book will be *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI* by David Grann. If you have any questions please reach out to Katie in Special Programs at [ksigman@meadowlark.org](mailto:ksigman@meadowlark.org) or (785) 323-3899.

### ARTful Making

**Wednesday, March 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's Marianna Kistler Beach Museum of Art for this experience-filled, informal class.

The fourth Wednesday of every month, Kim Richards, Education Specialist for the Beach Museum, facilitates unique art making opportunities. 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, March 26, from 1:30 to 2:30 p.m. in the KSU Classroom. No registration required.

### Diabetic Wellness Group

**Wednesday, March 26, at 1:30 p.m.**

The Diabetic Wellness Group will meet at 1:30 p.m. Wednesday, March 26, in the Flint Hills Room. All who are interested are invited to attend.

### UFM: Great American Statesmen

**Wednesdays, March 26 to April 9, at 6:30 p.m.**

American history is replete with several legislators who guided this nation through troubled times. Join in the Community Room for this three-part class on Wednesdays, March 26 through April 9, from 6:30 to 8 p.m.

The first session focuses on the lives and careers of Benjamin Franklin and John Jay who negotiated the treaty of peace that ended the American Revolution.

During the second class, we'll examine the life of Henry Clay, a western state legislator, who, as a "war hawk," campaigned for a second war with Great Britain and then authored the Missouri Compromise that postponed conflict between the North and the South for 30 years.

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Our final session will examine the life of Theodore Roosevelt, who won the Noble Peace Prize for ending the Russo/Japanese War, Woodrow Wilson who championed the League of Nations at the conclusion of World War I, and George Marshall, a military leader, who as a civilian rebuilt war-torn Europe with the innovative Marshall Plan.

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.

## Technology Help Drop In

*Thursday, March 27, at 9 a.m.*

Are you new to technology or need help with existing computer questions? Take advantage of one-on-one help with tablets, laptops, and phones. This opportunity is offered by Wandean Rivers with Manhattan Public Library every third

Thursday from 9 to 11 a.m. in the Game Room. Registration is not required to attend.

## Major League Baseball Opening Day

*Thursday, March 27, at 11:30 a.m.*

We're celebrating Opening Day for Major League Baseball in the Courtyard! Prairie Star Restaurant will grill hotdogs for the lunch special. The \$5 meal will include a hotdog and potato chips.

## College Avenue UMC Luncheon

*Thursday, March 27, at 12 p.m.*

College Avenue United Methodist Church friends will join in fellowship and lunch with Rev. John Collins at 12 p.m. Thursday, March 27, in the Bison Room. All are welcome.

## Knitting & Crocheting Group

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

## Prairie Star Writers Group

*Tuesday, April 1, 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, April 1, in the Patriot Room.

The April 1 session is titled, "April Fool's Day... What Was I Thinking?" We like to remember our past positively, but as was mentioned in our last gathering, a good memoir also includes struggles. As April Fool's Day approaches, let's take some time to remember our less perfect times. Choices or moments we wish we'd done differently. These can be silly or serious as we share the full journey of our lives.

## Water Media Group

*Tuesday, April 1, at 2 p.m.*

A new group is being formed for Meadowlark residents. The Water Media Group will welcome all those who enjoy, have enjoyed, or would like to explore the world of watercolor and acrylic

JOIN US ON  
**MARCH 28TH**  
5:30 P.M.  
EVENT CENTER

FOR A READERS THEATRE OF  
**THE TEMPEST**  
BY COLUMBIAN THEATRE ACTORS

1ST COURSE  
ROMAINE SALAD  
WITH ROMAN DRESSING

CHOICE OF ENTREE  
RACK OF LAMB  
OR  
BROWN SUGAR GLAZED SALMON

SIDES  
GOLDEN GRUYERE POTATOES  
BROILED TOMATO FLORENTINE

DESSERT  
TIRAMISU

\$32

SIGN UP AT THE HOST STAND

SHAKESPEARE



## EVENTS & OPPORTUNITIES

painting. Some instruction will be offered for beginners, or you can come and work on your own while enjoying the fellowship of being with other painters.

The group will meet on Tuesday and Thursday afternoons from 2 to 4:30 p.m. in the KSU Classroom. Our first organizational session will be at 2 p.m. Tuesday, April 1.

All levels of painters are encouraged to attend from beginner to advanced. Participants will bring their own art supplies; however, we will have some supplies available for those who want to give painting a try before they invest in their own supplies.

Please join us for our first session to see if this is something you would enjoy. For questions, feel free to call Jo Fey at (281) 682-2136 or Graham Rose at (785) 236-1744.

### **Manhattan Kansas Riverfront Masterplan** *Friday, April 4, at 2 p.m.*

Tracy Anderson and Phil Anderson will give a presentation on the Manhattan Kansas Riverfront Masterplan on Friday, April 4, at 2 p.m. in the Event Center. The presentation will include images of 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!

### **Palm Sunday Worship Services**

*Sunday, April 13, at 10 a.m. & 11 a.m.*

Join us for a special Palm Sunday service at 10 a.m. or 11 a.m. Sunday, April 13, in the Community

Room/Chappel. The service will include a Palm Processional and focus on John's retelling of the triumphant entry of Jesus to Jerusalem. Musicians and K-State students JP Scheele and Ryan McClure will provide special music.

### **"Spiritual Cinema" Group Discussion**

*Thursday, April 10, at 10 a.m.*

Join Melanie as we discuss the challenging film, *Juror #2!* This film follows family man Justin Kemp who, while serving as a juror in a high-profile murder trial, finds himself struggling with a serious moral dilemma. Using this movie as a springboard, we'll discuss justice, fairness, and how we create our own personal ethics. You won't want to miss this engaging discussion!

You can view this film the day before the group meeting (Wednesday, April 11) at Grosh Cinema at 1, 4, or 7 p.m., or on your own via MAX, Amazon, or Hulu. Watching the movie is helpful, but not required. The Spiritual Cinema group meets on the second Thursday of each month.

### **Maundy Thursday Service**

*Thursday, April 17, at 1 p.m.*

All are welcome to attend a special Maundy Thursday service at 1 p.m. Thursday, April 17, in the Event Center. Join us as we follow the Gospel of John's retelling of the foot washing, last supper, and betrayal of Christ. We will learn more about these rituals and their application to our faith. The service will close with Holy Communion for all who wish to partake. Communion will also be offered to the households on this day.

### **Good Friday Service**

*Friday, April 18, at 1 p.m.*

All are invited to attend a special Good Friday service at 1 p.m. Friday, April 18, in the Community Room/Chapel. At this service, we will examine the final words and death of Christ. By sitting in this grief and the grief or losses we are currently carrying in our hearts, we will prepare our spirits for the anticipating and joy of Easter Resurrection.

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## **BACKPACKING, from page 1**

The wilderness: wild beauty of landscape and animals; no crowds, hiking with good friends, no news *versus* no escape from the weather, no easy replacement of broken equipment, no church.

Civilization: easy availability of things, association with family and friends, church *versus* crowds, traffic, news.

We were above timberline there and decided to hike down to a grove of trees a couple of miles away at 11,100 ft. elevation. We set up camp again, and our stoves stayed lit in the more sheltered spot. We got our hot food and a good night's sleep. The next morning, there was snow at our higher campsite!

We broke camp and hiked to Milk Lake (11,240 feet elevation) through Gunsight Pass (11,900 feet elevation), a total of 7 miles. On the way, we saw our first two people: two shepherders on horseback with about 5,000 sheep. They were soon out of sight.

We set up camp at Milk Lake and fished at the lake. We caught seven nice cutthroat trout right away and left them on a stinger in the cold lake water and then set up camp. I went back for the fish, and a weasel had eaten half of one of them! Its body was the same length as that of the trout! It ran under a pine bush 6 feet away and watched me intently. I removed the half-eaten fish and left it. As I walked back up to our camp, I looked back and saw the weasel dart out and seize

the fish half and retreat under the bush again. You know you are in a wild place if you are visited by a weasel! We had a nice supper, including the fish.

The next day, we ate breakfast, broke camp and started west to East Red Castle Lake, over Anderson Pass (12,700 feet elevation) on the North flank of Kings Peak (13,528 feet elevation) less than a mile to the south. As we approached the pass, I observed the switchbacks and expected to rest some on the way up, but we just walked right over without stopping! (I had been running that summer in Milford, Utah, at 5,000 feet elevation.) We continued for 10 miles to East Red Castle Lake (11,200 feet elevation) and set up camp. We tried fishing there, but there were myriads of small black "bugs" in the lake, and the fish were all sated!

I walked around the lake and noticed an underwater ledge on the far side. I told Jim to try casting his silver spoon just over the ledge. He did so and reeled back in. A BIG trout rolled up and over the edge, observing the curiosity. He was not hungry enough to bite. We had a nice meal and slept well that night. We got up in the morning, ate breakfast, broke camp, and hiked 10 miles down to our car on E. Fork Smiths Fork Trail. We saw five backpackers hiking up, for a total of seven people for the five-day hike. We found a motel somewhere in Wyoming, got cleaned up, put on clean clothes, ate pizza, and slept in beds. We drove back to Bartlesville by the end of the weekend.

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### **Easter Sunday Worship Services**

**Sunday, April 20, at 10 a.m. & 11 a.m.**

Easter Sunday Worship Services will be offered at 10 a.m. and 11 a.m. Sunday, April 20, in the Community Room/Chapel. All are welcome to attend our celebration of Christ's resurrection as we explore how we apply the joy and hope of Easter to our lives.

### **Earth Week Forest Bathing**

**Monday, April 21, through Friday, April 25**

Did you know that Spiritual Life Leader, Melanie Nord, is also trained in the art of Shinrin-Yoku/Forest Bathing? In this type of eco-therapy,

mindfulness and our six senses (yes, six) are used to fully embrace the meditative and healing properties the Earth has to offer us.

Join Melanie in a lesson on the practice of Shinrin Yoku at 1 p.m. Wednesday, April 23. Attendees will start with a lesson on this form of eco-therapy in the Courtyard (or weather-permitting, Kansas Room) before heading to the outdoor area by the Village Entrance. We'll use our six senses (yes, six) to soak in all that our natural world has to offer as a way to acknowledge Earth Day/Week.

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


Let us compare the painting and the earthenware piece shown here. How did each artist use space to organize their composition? Consider the rest of the art elements: line, color, shape, form, texture, and value. Do you find more similarities or differences in how each artist created their composition?




Orval F. Hempler (United States, 1915 - 1994)  
Title Unknown, 20th century  
Glazed earthenware  
KSU, Marianna Kistler Beach Museum of Art, bequest of Orval F. Hempler Estate




Robert Blunk (United States, 1923 - 2023)  
*Night in the Orange House*, 20th century  
Oil on hardboard  
KSU, Marianna Kistler Beach Museum of Art, gift of the family of Katherine and Robert Blunk, 2012.121

 **Employee of the Month**



**Alicyn Willich, Receptionist/  
Hospitality Team Member**

Sponsored by  **Meritrust**  
CREDIT UNION<sup>SM</sup>

**Easter Buffet**  
*April 20th 11:00-2:00*  
*\$29 per person*  
**Reserve your spot at Prairie Star**



# RESTAURANT **SPECIALS**

<p><b>Sunday, March 23</b></p>	<p><b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p><b>\$14</b> <b>Dinner</b> Swedish Meatballs <i>served over Egg Noodles</i> Buttered Carrots</p>
<p><b>Monday, March 24</b></p>	<p><b>\$11</b> <b>Lunch</b> Maple-Bacon Chicken Sandwich <i>served on a Croissant</i> Watergate Salad</p>	<p><b>\$16</b> <b>Dinner</b> Ham Loaf Roasted Red Potatoes Creamed Peas</p>
<p><b>Tuesday, March 25</b></p>	<p><b>\$12</b> <b>Lunch</b> Steak Gyro Wrap Garlic-Parmesan Fries</p>	<p><b>\$16</b> <b>Dinner</b> Chicken Alfredo Garlic Bread Side Caesar Salad</p>
<p><b>Wednesday, March 26</b></p>	<p><b>\$10</b> <b>Lunch</b> Everything Bagel Sandwich <i>with Ham, Turkey, &amp; Swiss Cheese</i> Potato Salad</p>	<p><b>\$16</b> <b>Dinner</b> French Onion-Stuffed Pork Loin Roasted Brussel Sprouts Garlic Red Mashed Potatoes</p>
<p><b>Thursday, March 27</b></p>	<p><b>\$5</b> <b>MLB Opening Day Lunch</b> <i>(in Courtyard)</i> Hot Dog Potato Chips</p>	<p><b>\$16</b> <b>Dinner</b> Pot Roast <i>with Carrots, Onions, and Celery</i> Mashed Potatoes &amp; Gravy Green Beans</p>
<p><b>Friday, March 28</b></p>	<p><b>\$11</b> <b>Lunch</b> Mac &amp; Cheese Bar</p>	<p><b>\$16</b> <b>Dinner</b> Pesto Grilled Shrimp Roasted Garlic Mashed Potatoes Asparagus</p>
<p><b>Saturday, March 29</b></p>	<p><b>\$13</b> <b>Lunch</b> Fish &amp; Chips Coleslaw</p>	<p><b>\$17</b> <b>Dinner</b> Short Ribs Loaded Mashed Potatoes Green Beans</p>



# Weekly Opportunities Calendar *March 23 to March 29*

## Sunday • March 23 *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 24 *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  
 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  
 4:15 p.m. ~ Hable Espanol, FHR  
 5:00 p.m. ~ Memory Matters Symposium, EC  
 7:00 p.m. ~ Community Bingo, CR

## Tuesday • March 25

10:00 a.m. ~ Memory Activities Class, EC  
 10:15 a.m. ~ Mat Yoga, FHR  
 10:30 a.m. ~ Steady Yourself, CR/1960  
 11:15 a.m. ~ Seated Stretch & Stability, CR/1960  
 2:00 p.m. ~ 10-Point Pitch Group, KR  
 2:00 p.m. ~ Water Media Painting, KSU CL  
 2:00 p.m. ~ Social Circles, PS  
 3:00 p.m. ~ Coffee Corner, EC  
 5:30 p.m. ~ 3rd Floor Supper, BR

## Wednesday • March 26

9:30 a.m. ~ Seated Strength, CR/1960  
 10:00 a.m. ~ Planning for Transitional Care, EC  
 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  
 1:30 p.m. ~ Diabetic Wellness Group, FHR  
 1:30 p.m. ~ ARTful Making, KSU CL  
 2:00 p.m. ~ Tai Chi, CR/1960

## Wednesday • March 26 continued

3:00 p.m. ~ Rock Steady Boxing, CR  
 3:00 p.m. ~ Sing-A-Long, FHR  
 5:30 p.m. ~ 1st Floor Supper, MR  
 6:30 p.m. ~ UFM: Great American Statesmen, CR

## Thursday • March 27

9:00 a.m. ~ Messenger Team, KSU CL  
 9:00 a.m. ~ Technology Help Drop In, KR  
 10:00 a.m. ~ Wamego Memory Care Partner Support Group, [WUMC](#)  
 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. ~ Opening Day, CY  
 11:30 a.m. ~ Caring Conv. For People w/ PD, FHR  
 11:30 a.m. ~ PD Care Partner Social, PS  
 12:00 p.m. ~ College Avenue UMC Luncheon, BR  
 1:00 p.m. ~ Parkinson's Exercise Class, 1960 only  
 1:00 p.m. ~ PD Care Partners Support Group, FHR  
 2:30 p.m. ~ Knitting & Crocheting, BR  
 4:15 p.m. ~ Meadowlark Singers Practice, CR

## Friday • March 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  
 2:30 p.m. ~ Fanny & Furby, KR  
 5:30 p.m. ~ Readers Theatre & Dinner, EC

## Saturday • March 29

9:00 a.m. ~ Tai Chi, 1960 only  
 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	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 23

***THE MONUMENTS MEN*** (2014) PG-13, 1 hr. 58 min. *War, Thriller*

Cast: George Clooney, Matt Damon, & Bill Murray

An unlikely World War II platoon is tasked to rescue art masterpieces from German thieves and return them to their owners.

### MONDAY: March 24

RESIDENT REQUEST

***SUPERMAN*** (1978) PG, 2 hr. 7 min. *Family, Adventure*

Cast: Christopher Reeve, Margot Kidder, & Gene Hackman

An alien orphan is sent from his dying planet to Earth, where he grows up to become his adoptive home's first and greatest superhero.

### TUESDAY: March 25

PAGE TURNER REQUEST

***EAT, PRAY, LOVE*** (2010) PG-13, 2 hr. 13 min. *Romantic, Comedy*

Cast: Julia Roberts, Javier Bardem, & Richard Jenkins

A married woman realizes how unhappy her marriage really is, and that her life needs to go in a different direction. After a painful divorce, she takes off on a round-the-world journey to "find herself."

### WEDNESDAY: March 26

***PREMONITION*** (2007) PG-13, 1 hr. 37 min. *Drama, Thriller*

Cast: Sandra Bullock, Julian McMahon, & Nia Long

A Midwest housewife whose husband dies in a car crash is shocked when he appears alive the next day.

### THURSDAY: March 27

***WATERWORLD*** (1995) PG-13, 2 hr. 15 min. *Action, Sci-Fi*

Cast: Kevin Costner, Jeanne Tripplehorn, & Dennis Hopper

In a future where the polar ice-caps have melted and Earth is almost entirely submerged, a mutated mariner fights starvation and outlaw "smokers," and reluctantly helps a woman and a young girl try to find dry land.

### FRIDAY: March 28

***BRUCE ALMIGHTY*** (2003) PG-13, 1 hr. 41 min. *Slapstick, Comedy, Fantasy*

Cast: Jim Carrey, Jennifer Aniston, & Morgan Freeman

A whiny news reporter is given the chance to step into God's shoes.

### SATURDAY: March 29

***THE PRESTIGE*** (2006) PG-13, 2 hr. 10 min. *Thriller, Science Fiction*

Cast: Christian Bale, Hugh Jackman, & Scarlett Johansson

Rival 19th-century magicians engage in a bitter battle for trade secrets.