



Parkinson's Disease Awareness Month

Marking 15 Years of Educating the Community & Hosting Pig Out for Parkinson's

by Michelle Haub, Special Programs Leader

April is Parkinson's Disease Awareness Month, 30 days dedicated to increasing public understanding of the disease, supporting those affected, and helping the community learn of the free services Meadowlark Parkinson's Program provides. This year holds special significance as it marks the 15th anniversary of Pig Out for Parkinson's, a cherished event that has played a crucial role in raising awareness and understanding about support for all affected by Parkinson's in the Flint Hills region and beyond.

Over the past 15 years, Pig Out for Parkinson's has grown into a cornerstone event for the Parkinson's community. Established with the goal of bringing people together to learn, empower, and share

compassion, the event has shown a well-deserved spotlight on Parkinson's care in Kansas.

Each year, Pig Out for Parkinson's brings together people with Parkinson's disease (PD), caregivers, medical professionals, generous patrons, and others who want to enjoy great food and learn more about PD. It is a neutral environment for individuals who are wanting to learn more but are hesitant to attend a structured activity. Twelve years ago, two gentlemen, both diagnosed in their 40s-50s, attended Pig Out, then held at Cox Bros. BBQ. They arrived in hopes of discovering that they were not alone in this Parkinson's journey. However they soon realized that living with PD while raising a family and working full-

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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, April 10, 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!

Technology Help—scheduled visits!

Deborah Goins, Meadowlark Tech Volunteer, is now available for on-campus home/household visits!

She still plans to resume her bi-monthly schedule of visits on the 1st and 3rd Tuesday of the month, but will dedicate that first week to in-home, pre-scheduled visits.

She will be available to meet in 30-minute time increments at 4 p.m., 4:30 p.m., and 5 p.m. on the 1st Tuesday of the month. Visits will be first-come, first-serve. Independent Living residents can sign up in the Blue Book. Household residents can contact their Household or Clinical Coordinator to register.

Deborah will continue to come on the 3rd Tuesday of the month dedicating those visits to walk-ins. See her in the Flint Hills Room, starting at 4 p.m. until 5 p.m.

Dinner with The League

Thursday, April 3, at 5:30 p.m.

Join in the Event Center on Thursday, April 3, at 5:30 p.m. for the Dinner with The League. The Speaker will be former Kansas Senator Tom Hawk. He will moderate a panel on past and future trends of the Kansas Legislature. Enjoy a Cobb Salad with roll for \$15.

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!

Worship Services

Sunday, April 6, at 10 a.m. and 11 a.m.

Join Monte Spiller for worship at 10 a.m. or 11 a.m. on Sunday, April 6, in the Community Room/Chapel. This week, Monte will explore the books of I and II Corinthians.

K-State Phi Mu Alpha

Sunday, April 6, at 1 p.m.

Sunday, April 6, at 1 p.m. in the Event Center, Meadowlark welcomes K-State's Phi Mu Alpha chapter. They are a music social fraternity who aim to better themselves and others through music, and one of the ways they do so is through their fraternity's service initiative, called Mill's Music Mission. They are excited to share their love of music with us. All are welcome.

ML Summer Camp Info Session

Monday, April 7, at 3:30 p.m.

This summer, Meadowlark is thrilled to plan our first-ever Summer Camp for employees' children ages preschool through 6th grade! Our theme is "Be Your Best!" There will be song, dance, lessons, games, and crafts. Our hope is to involve as many resident volunteers and participants as possible. You're invited to an informational session at 3:30 p.m. Monday, April 7, in the Bison Room. Come to this initial meeting to learn how you can be a part of this amazing summer event! If you've helped

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with vacation bible schools in the past or have educational experience, this will be right up your alley!

Page Turners Book Club

Wednesday, April 9, at 11:30 a.m.

Join the Page Turners book group on Wednesday, April 9, at 11:30 a.m., in the Patriot Room, as we begin our discussion of *Killers of the Flower Moon: The Osage Murders and the Birth of the FBI* by David Grann. This non-fiction National Book Award finalist takes a close look at one of the most chilling conspiracies in American history, the murders of the Osage Nation in Oklahoma in the early 1900s. Investigating these murders is the newly created FBI, a Texas Ranger, and an undercover team that includes a Native American agent. We have copies of the book available from the Manhattan Public Library. If you would like to borrow one, please contact Katie Sigman with Special Programs at ksigman@meadowlark.org or (785) 323-3899. You do not have to come to every discussion to participate; just come when you are able.

Lenten Lecture Series

Wednesday, April 9, at 1:30 p.m.

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. Join Rev. Melanie Nord for the final session in this series at 1:30 p.m. Wednesday, April 9, in the Event Center. Our speaker will be Ned Seaton, Editor-in-Chief of the Manhattan Mercury. His topic is "Sharing News in the Valley."

Hy-Vee Mediterranean Food Tour

Wednesday, April 9 OR April 16, at 5 p.m.

Meadowlark Special Programs is working with Hy-Vee to bring you more education! You may have heard that the Mediterranean diet is good for the brain. Learn more about buying ingredients and pre-made food fitting the Mediterranean diet, led by the Manhattan Hy-Vee nutrition team! This educational tour is free and there are two opportunities to participate.

Meadowlark Memory Program will provide transportation from Meadowlark to Hy-Vee. The

bus will depart from the Village Entrance at 4:50 p.m. and return to Meadowlark around 5:45 p.m. Participants can choose one of two tour dates: Wednesday, April 9, or Wednesday, April 16.

There are 12 spots available for each tour; one on April 9 and the other on . The tours are identical, so please sign up for only one date. You can sign up in the Blue Book at the Meadowlark hospitality desk or call (785) 323-3899.

UFM: Great American Statesmen

Wednesday, 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 the final session from 6:30 to 8 p.m. Wednesday, April 9.

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.

Pump It For Parkinson's

Thursday, April 10

Meadowlark will participate in the Pump It for Parkinson's challenge on Thursday, April 10. Facilities across the country will come together with a goal to complete 25 million steps on NuStep machines. This event aims to raise awareness for those living with Parkinson's disease and emphasize the benefits of exercise and physical activity. NuStep machines will be available in the Kansas Room all day, and we encourage participants to log as many steps as possible. The event is open to anyone interested, with machines available on a first-come, first-serve basis. For any questions about the Pump It for Parkinson's event, please contact Jeff Heidbreder, Fitness Services Leader, at jheidbreder@meadowlark.org or (785) 341-2995.

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“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.

Ladies Luncheon

Thursday, April 10, at 11:30 a.m.

Gary La Grange and K-State professor Brian McCornach will speak about bees at April's Ladies Luncheon. The pair will share about caring for bees, honey, and all the honey-related foods we like to eat. They will even have samples for tasting!

Meadowlark and Passport ladies are welcome and encouraged to attend.

Please sign up in the Blue Book at the Hospitality Desk to join us for the meal. Lunch will include a chicken salad plate, raw veggies, and fresh fruit for \$11.50.

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.

Blood Pressure Check

Thursday, April 10, 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, April 10, at 1 p.m. No sign-up required.

Knitting & Crocheting Group

Thursday, April 11, 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, April 10, for a fun, social, creative opportunity. All skill levels are welcome!

Visitation & Memorial Service

Friday, April 11, & Saturday, April 12

Virginia Bigbee, Meadowlark resident since July 2023, passed away at the age of 101 on March 19, 2025. Her daughter and son-in-law would like to thank the staff at Miller Place for the wonderful care they gave Virginia while she lived at Meadowlark.

The family will greet friends during a visitation from 5:30 to 7:30 p.m. Friday, April 11, at the Yorgensen-Meloan-Lundeen Funeral Home. Memorial services will be held at 10 a.m. Saturday, April 12, at the First Congregational United Church of Christ located at 700 Poyntz Ave. Private inurnment will be at the Valley View Memorial Park in Manhattan.

K-State String Quartet

Friday, April 11, at 6 p.m.

Meadowlark welcomes the newly established K-State Graduate String Quartet on Friday, April 11, at 6 p.m. in the Community Room. The group is composed of violinists Mara Gee, Hollis Hagenbuch, and Suzie Johnston, with cellist Kat Sterbenz. Gee, Hagenbuch, and Johnston are pursuing master's degrees in performance, and Sterbenz a master's in music education. Hagenbuch and Johnston both have experience playing viola; however, Johnston has been the group's primary violist thus far.

They have performed for the fall Sticks & Strings concert; on the K-State Symphony Orchestra tour day for the K-State Radio Centennial celebration; as well as for high schoolers in Great Bend, where the members also gave a day clinic for those auditioning for KMEA All-State Orchestra.

Zoological/Wildlife Medicine: “50 Years of International Consultations and Epic Adventures!”

Friday, April 11, at 7 p.m.

On Friday, April 11, at 7 p.m. in the Event Center, Meadowlark welcomes resident Jim Carpenter. Jim will present a program highlighting his 50-year career as a zoo, wildlife, and exotic animal

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veterinarian. He has worked with endangered species and other wildlife in Russia, Japan, South America, and Africa. In addition, stories about cool cases, such as treating sick Madagascan hissing cockroaches to tigers and chimps at the KSU College of Veterinary Medicine and the Sunset Zoo, will be shared. Also, some interesting specimens will be displayed. All are welcome.

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/Chapel. 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.

Prairie Star Writing Group

Tuesday, April 15, 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 15, in the Patriot Room.

The April 15 session is titled, "Springtime and Love, an Eternal Combination." The sunshine and flowers of spring bring the world alive, like the song, "April in Paris." It is also a time when many people fall in love, renew their love, or remember a love worth remembering.

I wish my parents had shared more about their early days together. How could they be best friends for 63 years until their last days? Or my grandparents who married at 16?

Let us take some time to write love stories, even love lost, because everyone loves a good story.

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.

Shopping at Target & Dollar Tree

Saturday, April 19, at 10:30 a.m.

The next scheduled trip is Saturday, April 19, 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.

Next month's trip will travel to Hobby Lobby and Dollar Tree East on Saturday, May 17. Please sign up in the Blue Book to participate.

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

Wednesday, April 23, at 1 p.m.

Did you know that Spiritual Life Leader Melanie Nord also is 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 either the Courtyard or Kansas Room, depending on the weather, before heading to the outdoor area by the Village Entrance. We'll

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‘A Strange Freedom’
Global Citizenship and Anti-Nationalism
in the American Century

2025 Parrish Lecture
 Featuring Sheyda Jahanbani,
 Assoc. Prof. of History, University of Kansas

Free and open to the public
 6:00-7:30 pm, 8 April 2025
 Tadtman Boardroom, 100 Alumni Center
 1720 Anderson Ave.

KANSAS STATE UNIVERSITY
 Department of History

On May 19, 1948, Garry Davis, Broadway actor and decorated WWII veteran, walked onto the grounds of the US embassy in Paris and declared his intention to renounce his US citizenship. For days, embassy staff worked to convince Davis that he was making a mistake. Undeterred, he demanded that they administer the Oath of Renunciation on May 25th. He left the embassy that day as, in the words of one French official, “nothing, nothing, nothing.” He was a stateless, paperless non-entity. Within a few weeks, he had also become a trans-Atlantic celebrity. Befriended by Albert Camus, Davis was welcomed into the fold of a world government movement struggling to find its place in the context of the geopolitics of the emerging Cold War. Prof. Jahanbani will discuss a new project that uses Davis’s experience at the US embassy to explore the history of anti-nationalist politics in the immediate aftermath of World War II. It offers insight into how the US government came to see Davis’s profile as a “world citizen” and shows how his story coincided with renewed Cold War anxieties about the threat of stateless people to a world of nation-states.

For assistance call
 785-532-6730
 or email
 hoffice@k-state.edu

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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.

The Thundering Cats: Road Show

Friday, April 25, at 7 p.m.
 The Thundering Cats Big Band will be in concert Friday, April 25, at 7 p.m. in the Event Center. They are calling this their “Road Show,” featuring Big Band Jazz arrangements of songs about cars and roads. The charts include “Ease on Down the Road,” “Route 66,” “On the Road Again,” and “Mustang Sally.” The concert is underwritten by the Bell Family Foundation.

Gifts benefiting Bramlage House, the Good Samaritan Fund, Helping Hands Fund, Meadowlark Memory Program, Meadowlark Parkinson’s Program, and Stolzer House were received by Meadowlark Foundation during the month of March.



Memory of

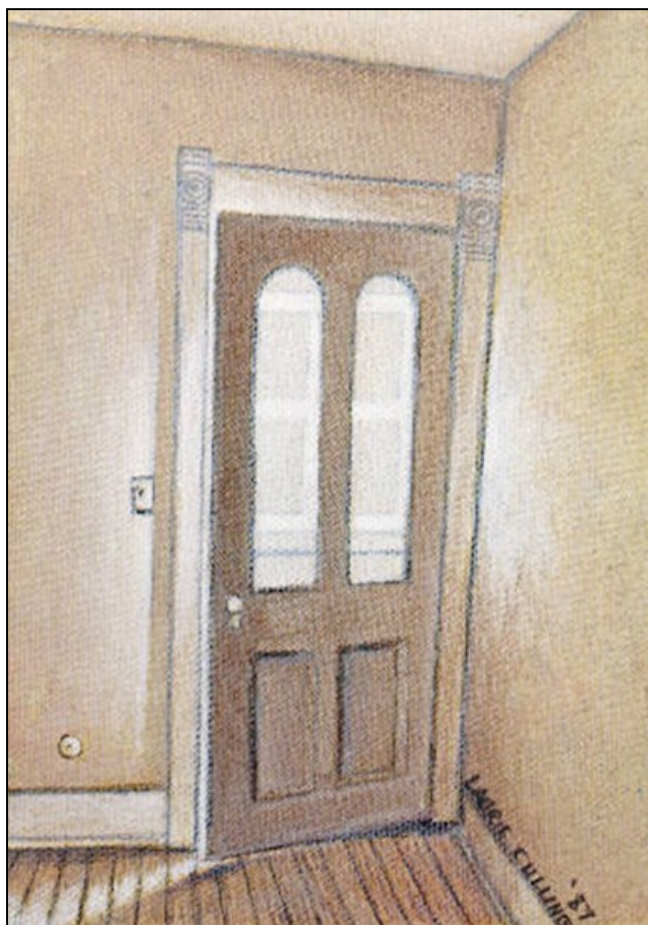
- | | |
|-----------------|----------------------------|
| Carol Barnett | Robert L. “Bob” Johnson |
| Bonnie Barnett | Benjamin Kyle |
| Dixie Bergmeier | James “Scott” Merritt, Jr. |
| Eleanor Deibler | Rodulfo “Dr. P” Pacumbaba |
| Earl Dreher | Sherry Schooley |
| Teresa Foreman | Ed Skidmore |
| Mary Fryer | Shirley Stone |
| Barbara Johnson | Michael Strope |

Elisabeth Vanderlip

Honor of

- Art Mingle committee, volunteers, & Prairie Star team
- | | |
|------------------|---------------|
| Becky Fitzgerald | Michelle Haub |
|------------------|---------------|

Art Engagement from the Beach Museum of Art



Doors can convey many meanings. They may be inviting or foreboding, simply functional, or ornate and impressive, thresholds of passage, or barriers to entry. Humble dwellings, mansions, and apartment buildings all need doors. As you look at this photomechanical reproduction of a painting, what kind of door do you see? Is it warm and welcoming, or solitary and stark? What type of structure do you think it belongs to? What might be on the other side? What might be on this side of the entry, but out of view? What do you notice that supports your thoughts?

Laurie Culling (United States, born 1950)

Door at 1022 Ohio Street, 1987

Kansas Artists' Postcard Series X

Association of Community Arts Councils of Kansas

Photomechanical reproduction on paper

KSU, Marianna Kistler Beach Museum of Art,

CM9h.2023

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time is much different than the experience of retirees living with PD. It is difficult to attend meetings and exercise classes during the work day among other issues. Thus, the longest running and only consistent group in the state of Kansas that supports those affected by Young Onset Parkinson's was formed. Throughout the years, Pig Out has attracted many individuals in the community wanting and needing support for themselves or friends/family to navigate the paths of living with PD.

Parkinson's disease affects nearly 10 million people worldwide, with symptoms ranging from tremors and stiffness to cognitive challenges and swallowing difficulties. Despite advances in treatment, there is still no cure, making awareness and support services all the more critical. Meadowlark Parkinson's Program works to help individuals get connected with activities in the areas of education, exercise, and support. The Program also provides free consultations to help participants learn more about treatment options

and opportunities to get involved in the FREE services.

Join us for the 15th annual Pig Out for Parkinson's on Thursday, April 24, at Rockin K's restaurant. Presented by CenterPointe Physicians, the event will feature food specials and an appearance from K-State football coach Chris Klieman and his wife, Rhonda. There also will be opportunities to learn about resources and treatment for Parkinson's disease from Meadowlark Parkinson's Program representatives and vendors. By attending Pig Out for Parkinson's, you are also showing financial support of the Meadowlark Parkinson's Program, as Rockin K's donates 10% of its proceeds for the day. In addition to coming to eat in person, residents are welcome to place to-go orders by completing forms that will be available in a future edition of the Messenger or at the Hospitality desk.

We hope you will join us on April 24 to support our friends living with Parkinson's disease. Please contact Michelle Haub at mhaub@meadowlark.org or Katie Sigman at ksigman@meadowlark.org or call 785-323-3899 to learn more.

RESTAURANT **SPECIALS**

<p>Sunday, April 6</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>\$14 Dinner Homemade Chicken Tenders Herb-Roasted Potatoes Honey-Garlic Carrots</p>
<p>Monday, April 7</p>	<p>\$11 Lunch Roasted Pork Sandwich Sweet Potato Fries</p>	<p>\$15 Dinner Chicken Parmesan <i>served over Pasta</i> Garlic Bread Side Caesar Salad</p>
<p>Tuesday, April 8</p>	<p>\$10 Lunch Chicken Fried Rice Egg Roll</p>	<p>\$14 Dinner Bacon-Wrapped Meatloaf <i>stuffed with Cheese</i> Cheesy Potatoes Peas & Onions</p>
<p>Wednesday, April 9</p>	<p>\$11 Lunch Cowboy Burger French Fries</p>	<p>\$14 Dinner Swiss Steak Mashed Potatoes Honey-Glazed Carrots</p>
<p>Thursday, April 10</p>	<p>\$11 Lunch Fried Chicken Sandwich French Fries</p>	<p>\$17 Dinner Chicken & Sausage Cajun Pasta Garlic Bread House Side Salad</p>
<p>Friday, April 11</p>	<p>\$11 Lunch Taco Bar</p>	<p>\$16 Dinner Fried Catfish Cornbread Pudding Coleslaw</p>
<p>Saturday, April 12</p>	<p>\$11 Lunch Sloppy Joe Tator Tots</p>	<p>\$15 Dinner Chicken Fried Steak Mashed Potatoes & Gravy Corn</p>

Weekly Opportunities Calendar April 6 to April 12

Sunday • April 6 *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
 1:00 p.m. ~ K-State Phi Mu Alpha, EC

Monday • April 7 *Trash pick-up*

8:30 a.m. ~ IL Resident Council, BR
 9:30 a.m. ~ Town Meeting, EC
 9:30 a.m. ~ Seated Strength, CR/1960
 9:30 a.m. ~ Memory Care Partner Group, STM
 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
 3:30 p.m. ~ ML Summer Camp Info Session, BR
 5:30 p.m. ~ Tuttle Creek Dinner, BR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • April 8

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
 12:00 p.m. ~ 4th Floor Luncheon, MR
 1:00 p.m. ~ Prairie Star Writers Group, PR
 2:00 p.m. ~ 10-Point Pitch Group, KR
 2:00 p.m. ~ Social Circles, PS
 3:00 p.m. ~ Coffee Corner, EC

Wednesday • April 9

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
 11:30 a.m. ~ Lutheran Luncheon, BR
 11:30 a.m. ~ North Monarch, MR
 1:30 p.m. ~ Lenten Lecture Series, EC

Wednesday • April 9 continued

2:00 p.m. ~ Tai Chi, 1960 only
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-A-Long, FHR
 4:50 p.m. ~ Depart for Mediterranean Food Tour, VE
 6:30 p.m. ~ UFM: Great American Statesmen, CR

Thursday • April 10

ALL DAY ~ Pump It for PD - NuStep, KR
 9:00 a.m. ~ Messenger Team, KSU CL
 10:00 a.m. ~ Wamego Memory Care Partner Support Group, WUMC
 10:00 a.m. ~ Spiritual Cinema, 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 • April 11

7:30 a.m. ~ Rock Steady Boxing, BF
 9:00 a.m. ~ Outdoor Committee, FHR
 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
 6:00 p.m. ~ K-State String Quartet, CR
 7:00 p.m. ~ Zoological/Wildlife Adventures, EC

Saturday • April 12

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	STM, St. Thomas More Church
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: April 6

PRIDE & PREJUDICE (2005) PG, 2 hr. 9 min. *Romance, Drama*

Cast: Keira Knightley, Matthew Macfadyen, & Brenda Blethyn

Sparks fly when spirited Elizabeth Bennet meets single, rich, and proud Mr. Darcy. But Mr. Darcy reluctantly finds himself falling in love with a woman beneath his class. Can each overcome their own pride and prejudice?

MONDAY: April 7

LINCOLN (2012) PG-13, 2 hr. 31 min. *Drama, History*

Cast: Daniel Day-Lewis, Sally Field, & David Strathairn

Steven Spielberg's inspiring drama focuses on Lincoln's final four months.

TUESDAY: April 8

SURVIVE & ADVANCE (2013) TV-14, 1 hr. 42 min. *Documentaries, Biography*

In 1983, the NC State Wolfpack basketball team advanced to the national championship, and one play will be remembered forever.

WEDNESDAY: April 9

SPIRITUAL CINEMA GROUP REQUEST

JUROR #2 (2024) PG-13, 1 hr. 54 min. *Legal Drama*

Cast: Nicholas Hoult, Toni Collette, & J.K. Simmons

While serving as a juror in a high-profile murder trial, a family man finds himself struggling with a serious moral dilemma, one he could use to sway the jury verdict and potentially convict or free the wrong killer.

THURSDAY: April 10

TO CATCH A KILLER (2023) R for violence and gore, 1 hr. 59 min. *Thriller, Mystery, Action*

Cast: Shailene Woodley, Ben Mendelsohn, & Jovan Adepo

An intuitive but troubled police officer is recruited by an FBI expert to stop a relentless shooter who is terrorizing Baltimore.

FRIDAY: April 11

ALEXANDER & THE TERRIBLE, HORRIBLE, NO GOOD, VERY BAD ROAD TRIP (2025) PG, 1 hr. 36 min. *Comedy*

Cast: Thom Nemer, Eva Longoria, & Jesse Garcia

Alexander and his family's Spring Break vacation to Mexico City goes wrong as they discover a curse.

SATURDAY: April 12

THE LIFE LIST (2025) PG-13, 2 hr. 3 min. *Drama, Romance*

Cast: Sofia Carson, Kyle Allen, & Sebastian De Souza

A woman revisits her childhood aspirations, endeavoring to achieve her old goals, only to discover that pursuing these lifelong dreams takes her on an unforeseen and surprising journey.