



At Meadowlark, we've always believed in the power of community. That belief has shaped our mission for nearly 50 years, ever since a group of local citizens envisioned a not-for-profit retirement organization rooted in service to the people of the Flint Hills. Today, that same spirit continues to guide us, not just through exceptional care for our residents, but also through meaningful, accessible programs that support the health and well-being of adults throughout the region.

We're proud to offer two well-established community programs; Meadowlark Parkinson's Program and Meadowlark Memory Program. Both are free and open to the public, thanks to generous community support. Now, we're excited to share the newest addition to this legacy of care: Meadowlark Cancer Program.

### **Why a Cancer Program?**

Cancer touches all of us. Whether through our own

diagnoses or the experiences of friends, family, and colleagues, we know the toll it can take — physically, emotionally, and socially. That's why this program was born from both passion and need.

The idea began with community member Stephanie Johnson, who recognized the lack of local resources for those affected by cancer. She brought together a group of individuals, many with personal cancer experiences, united by a vision of something better. With the support of Meadowlark's Health Services Director and cancer survivor Annie Peace, the program has now found a home at Meadowlark, where it could grow with the structure, visibility, and compassion it deserves.

This program is built to serve **adults of all ages**, reflecting Meadowlark's belief that aging is a natural, lifelong process — not just something that begins in later years. Whether you're newly diagnosed, a long-

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## EVENTS & OPPORTUNITIES

### **Prairie Star Restaurant feedback**

A box to collect feedback, including likes and suggested changes to the menu at Prairie Star Restaurant, has been placed at the Hospitality Desk. If you have requests, suggestions, or feedback to share, please submit it in writing to the collection box.

### **Window Cleaning in June**

Window cleaning is scheduled for the first three weeks in June. Duplexes will be completed from June 2 through June 4. The Monarch building will be June 5. Bramlage House and the outer perimeter of the main tower will be June 9 through June 12. The main tower, courtyards, and patio doors will be June 16 through June 19. Of course, the schedule is weather-dependent.

### **The Dancin' Stew**

*Friday, May 30, at 7 p.m.*

Back by request, Meadowlark welcomes The Dancin' Stew at 7 p.m. Friday, May 30, in the Event Center! The story all started with the ladies performing together in "Beehive: The '60s Musical." They had such a blast singing in harmony that they thought, "Why not keep this party going?" That's how The Dancin' Stew came to be! Starting with the groovy sounds of '60s divas, they couldn't stop there. Now, they are all about mixing up the oldies with today's hits to keep the party alive wherever they go. This is a show you don't want to miss!

### **Doris Brannan Celebration of Life**

*Saturday, May 31, at 12:30 p.m.*

Doris's Meadowlark friends are invited to join her family for a Celebration of Life and luncheon at 12:30 p.m. in Meadowlark's Community Room.

Doris Lynne Binger Brannan, born July 10, 1939, in Topeka, Kan., passed away peacefully at Meadowlark Hills on May 6, 2025. She was a loving wife, dedicated community member, and cherished friend.

Visitation will be held Friday, May 30, from 6 to 8 p.m. at the Yorgensen-Meloan-Londeen Funeral Home. Her funeral will be at 10 a.m. Saturday, May 31, at First United Methodist Church, Manhattan, Kan. In lieu of flowers, donations may be made to Meadowlark Foundation to support the Good

Samaritan Fund or to the Brannan Scholarship Fund at Manhattan High School.

### **Worship Services**

*Sunday, June 1, 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, June 1, in the Community Room/Chapel. This week, Melanie will explore the books of II Thessalonians with the topic of "Early Christian Persecution."

### **Town Meeting**

*Monday, June 2, at 9:30 a.m.*

You're invited to attend the monthly Town Meeting at 9:30 a.m. Monday, June 2, in the Event Center. Attendees hear about upcoming events and campus news from members of Meadowlark's leadership team. Don't miss this great opportunity to ask questions and stay informed!

### **Prairie Star Writing Group**

*Tuesday, June 3, 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, June 3, in the Patriot Room.

The June 3 session is titled, "The Creatures in My Life." In your life, what creatures have brought you great joy? Not only our past, but in your life today? What stories would you like to share of the creatures who share our planet?

### **Social Circles**

*Tuesday, June 3, at 2 p.m.*

All residents are invited to attend Social Circles each Tuesday at 2 p.m. in Prairie Star Restaurant. This is an informal opportunity to gather with others who call Meadowlark home and get to know one another. Join us!

### **Rhythm, Poetry, & Story: A Drama Therapy Group**

*Tuesday, June 3, at 3:30 p.m.*

Meadowlark Special Programs is partnering with the KSU Drama Therapy Graduate Program to offer a summer drama therapy group. The group provides the opportunity to share your voice and socialize through words, songs, and stories.

## EVENTS & OPPORTUNITIES

Drama games, music, and art activities are all great ways to exercise your brain, learn new art forms, and connect with others. The group starts on June 3 and meets in the Community Room every Tuesday afternoon from 3:30 to 4:30 p.m. through July 22. Registration is not required; you can attend as your schedule allows. If you have questions, please contact drama therapy graduate student Eleanor at [ehn@ksu.edu](mailto:ehn@ksu.edu) or Katie and Michelle at (785) 323-3899.

### Volunteer & Tech Helper

**Tuesday, June 3, at 4 p.m.**

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, June 3, in the Kansas Room. Deborah looks forward to building connections through this opportunity and meeting others, so be sure to stop by during her visits on the first and third Tuesday of every month!

### Courtyard Vesper Service

**Tuesday, June 3, at 6:30 p.m.**

Join us for summer Vesper Services led by Rev. Melanie Nord each Tuesday from 6:30 to 7 p.m. in the Courtyard. A traditional Vesper service usually happens in the evening and revolves around time for devotion and quieting the heart and mind before bed or rest. Our Vesper "kick off" on Tuesday, June 3, will include special live music by David Romero from Relevant Church. In the case of inclement or extreme weather, our service will be moved indoors, and Melanie will greet those who come to the Kansas Room prior to the service.

### Page Turners Book Club

**Wednesday, June 4, at 11:30 a.m.**

Join the Page Turners Book Club on Wednesday, June 4, at 11:30 a.m., in the Patriot Room as we continue our discussion of *This Is Where I Leave You* by Jonathon Tropper. This New York Times bestselling novel is described as a riotously funny, emotionally raw story about love, marriage, divorce, family, and the ties that bind — whether we like it or not. Copies of the book are available from the Manhattan Public Library. If you would like to borrow one, please contact Katie Sigman with Special Programs at

[ksigman@meadowlark.org](mailto:ksigman@meadowlark.org) or (785) 323-3899. You do not have to come to every discussion to participate; just come when you are able

### String Recital

**Wednesday, June 4, at 11:30 a.m.**

All are welcome on Wednesday, June 4, at 7 p.m., in the Community Room to enjoy an evening of classical string music with the Chase & Crane families and members of the MHS Chamber Orchestra.

### Meadowlark Men's Social Supper

**Wednesday, June 4, at 5:30 p.m.**

Prairie Star Restaurant invites Meadowlark's men to attend a social supper at 5:30 p.m. Wednesday, June 4. Dinner can be purchased from the Prairie Star menu, or enjoy the daily special. Registration is not required, but please check in at the host stand when arriving. This opportunity will not feature a program.

### Parkinson's Education Group

**Thursday, June 5, at 2 p.m.**

You're invited to the June meeting for the Parkinson's Education Group from 2 to 3:30 p.m. in Meadowlark's Community Room. This month's program is presented by speech-language pathologists Michelle Haub and Malia Palenske, and is titled, "Your Voice Matters: Navigating Speech and Voice Changes in Parkinson's."

Do you find yourself speaking less or avoiding conversation because it's harder to be heard or understood? Do people often ask you to repeat yourself? Was singing something you once enjoyed, but now your voice feels unfamiliar? These are common changes many people with Parkinson's experience. Voice can be softer, less clear, or harder to control — but there *are* evidence-based strategies and therapies that can help.

Join Michelle and Malia as they discuss why these changes happen, what to expect, and what tools and treatments can make communication easier and you more confident. Questions? Contact Michelle or Katie at (785) 323-3899.

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**Dinner with The League**

*Thursday, June 5, at 5:30 p.m.*

You're invited to attend Dinner with the League at 5:30 p.m. Thursday, June 5, in the Event Center. Enjoy chicken salad served on a croissant, fruit, and coleslaw for \$15. Please sign up in the Blue Book at the Hospitality Desk if you plan to attend.

**Piano Recital**

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

Join us on Friday, June 6, at 7 p.m., in the Community Room as Meadowlark welcomes Aiden Levendofsky as he performs a piano recital. Aiden is a recent graduate of Rock Creek High School. He will attend the Conservatory at the University of Missouri-Kansas City in the fall to obtain a degree in Music Composition and Piano. This year, he was named Runner Up of the MTNA Senior Piano Competition and Winner of the 2025 Kansas Wesleyan Piano Festival. All are welcome.

**Birthday Celebration for Gloria!**

*Saturday, June 7, at 2 p.m.*

You're invited to celebrate Gloria Heiberger's 90th birthday from 2 to 4 p.m. Saturday, June 7, in the Community Room. All are invited to attend! No gifts, please.

**Ladies Luncheon**

*Thursday, June 12, at 11:30 a.m.*

The June Ladies Luncheon will feature a presentation from Meadowlark's Health Services Director, Annie Peace. She will be speaking about the long-term care and assisted living households on Meadowlark's campus, staffing qualifications for these areas, and the differences from house to house.

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. The menu will include a southwest salad and a mini banana split.

**Blood Pressure Check**

*Thursday, June 12, 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, June 12, at 1 p.m. No sign-up required.

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term survivor, a care partner, or navigating the ripple effects of treatment, Meadowlark Cancer Program is here for you.

Please join us for our next community education event, "Coping Together: Tools for Staying Close with Loved Ones Through the Cancer Journey," at 6 p.m. Tuesday, June 3, at Union Hall, 328 Poyntz Ave. Presented by **Dr. Jared Durtschi, professor of marriage and family therapy**, this free evening session will explore how couples, friends, care partners, and family members can stay connected during one of life's most challenging journeys. Dr. Durtschi, who supported his wife through breast cancer, will share both personal reflections and professional strategies for:

- ~ Navigating the highs and lows of cancer together
- ~ Communicating with empathy and honesty
- ~ Building a network of mutual support

- ~ Keeping hope alive
- ~ Practicing self-care and sustaining close relationships



**RSVP HERE!**

Whether you're living with cancer, caring for someone who is, or simply want to be part of a growing network of support and hope, you are welcome. Light refreshments will be served, and RSVPs are appreciated (but not required). **RSVP by calling Sarah Duggan at (785) 323-3878** or scan the QR code to pre-register. Learn more at [www.meadowlark.org](http://www.meadowlark.org).

**Together, We Can Make the Journey Less Lonely**

Like all Meadowlark community programs, the Cancer Program is designed to be inclusive, free, and open to the public. It will evolve alongside the people it serves, with compassion and flexibility at its core. While cancer is difficult, **finding support shouldn't be.**



# Art Engagement *from the* Beach Museum of Art

When color, line, and shape are repeated, the viewer sees pattern. Pattern can be regular (predictable) or irregular (less predictable) and found in nature or design work. An artist may use pattern in a composition to communicate different ideas. It can be used to add graphic interest or organize an artwork to build a visual flow. Pattern may convey meaning or create an area of emphasis. How do you observe the artist using pattern in this photomechanical reproduction of a watercolor?



Charles H. Sanderson (United States, 1925 - 1993), *Checkered Sky with Bovine*, 1986, Kansas Artists' Postcard Series IX, Photomechanical reproduction on paper, KSU, Marianna Kistler Beach Museum of Art, CM8i.2023



## June Birthdays



### Skilled Nursing

- 6/3 June Crumpler
- 6/3 Leticia Ross
- 6/5 Delores Thomas
- 6/7 Ray Hightower
- 6/10 Richard Van Nevel
- 6/11 Janet Ervin
- 6/12 Patricia Brensing**
- 6/13 Margaret Lanich
- 6/17 Shirley Hines
- 6/21 Celia Mosier
- 6/23 Lois Kennedy**
- 6/25 Elsie Fryer**

- 6/27 Wilma Harris
- 6/27 Theresa Molskness

### Assisted Living

- 6/1 Dixie Braden
- 6/18 Harry Manges
- 6/20 Katherine Smith

### Independent Living

- 6/2 Robert Goudy**
- 6/3 Gloria Heiberger**
- 6/3 Anthony Eye
- 6/8 Barbara Rees
- 6/9 Jack Hughey

- 6/10 Leo Lake
- 6/10 Venita Patzell**
- 6/12 Carol Parsons
- 6/14 Kay Shanks
- 6/15 Melvin Chastain
- 6/23 Ronda Parry**
- 6/26 Connie Hamilton**
- 6/28 Dee Ann Herde
- 6/29 David Fiser
- 6/29 John Henderson
- 6/30 Jo Fey

**Bold denotes milestone birthdays!**

# RESTAURANT **SPECIALS**

<b>Sunday, June 1</b>	<b>Sunday Brunch</b> Brunch Menu available from 9 a.m. to 2 p.m.	<b>\$16</b> <b>Dinner</b> Beef Tips Mashed Potatoes & Gravy Broccoli
<b>Monday, June 2</b>	<b>\$11</b> <b>Lunch</b> Cheeseburger Sliders French Fries	<b>\$17</b> <b>Dinner</b> Chicken Fajitas Refried Beans Mexican Rice
<b>Tuesday, June 3</b>	<b>\$10</b> <b>Lunch</b> Bacon-Cheddar-Egg Salad <i>served on a Croissant</i> Breakfast Potatoes	<b>\$15</b> <b>Dinner</b> Beef Stroganoff Garlic Breadsticks Roasted Broccoli
<b>Wednesday, June 4</b>	<b>\$11</b> <b>Lunch</b> Jambalaya Fried Okra Cornbread	<b>\$14</b> <b>Dinner</b> Fried Pork Cutlet Mashed Potatoes & Gravy Green Beans
<b>Thursday, June 5</b>	<b>\$11</b> <b>Lunch</b> Italian Beef Sandwich Pasta Salad	<b>\$14</b> <b>Dinner</b> Garlic-Rosemary Chicken Smashed Potatoes Broccoli
<b>Friday, June 6</b>	<b>\$11</b> <b>Lunch</b> Pizza Bar	<b>\$17</b> <b>Dinner</b> Pecan-Crusted Trout <i>with Dijon Sauce</i> Garlic Mashed Red Potatoes Asparagus
<b>Saturday, June 7</b>	<b>\$11</b> <b>Lunch</b> BBQ Chicken Sandwich Broccoli Salad	<b>\$15</b> <b>Dinner</b> Fried Chicken Mashed Potatoes & Gravy Corn

# Weekly Opportunities Calendar *June 1 to June 7*

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## Sunday • June 1 *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

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## Monday • June 2 *Trash & Recycle pick-up*

8:30 p.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 Partners Group, **STM**  
10:00 a.m. ~ Art Committee, BR (*or immediately following Town Meeting*)  
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  
2:00 p.m. ~ Tai Chi, EC/**1960**  
5:30 p.m. ~ Tuttle Creek Dinner, MR  
7:00 p.m. ~ Community Bingo, CR

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## Tuesday • June 3

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. ~ Chair Yoga, CR/**1960**  
12:00 P.M. ~ Kimball Luncheon, BR  
1:00 p.m. ~ Prairie Star Writers Group, PR  
2:00 p.m. ~ 10-Point Pitch Group, GR  
2:00 p.m. ~ Social Circles, PS  
2:00 p.m. ~ Water Media Painting, KSU CL  
3:00 p.m. ~ Coffee Corner, EC  
3:30 p.m. ~ Rhythm, Poetry, & Story, CR  
4:00 p.m. ~ Tech Help, FHR  
6:00 p.m. ~ Cancer Program Education Event, UH  
6:30 p.m. ~ Summer Vespers, CY

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## Wednesday • June 4

9:30 a.m. ~ Seated Strength, CR/**1960**  
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE  
10:00 a.m. ~ Memory Care Partners Group, 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. ~ North Monarch Luncheon, MR  
11:30 a.m. ~ Page Turners Book Club, PR

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## Wednesday • June 4, *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  
5:30 p.m. ~ Meadowlark Men's Social Supper, MR  
7:00 p.m. ~ String Recital, CR

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## Thursday • June 5

9:00 a.m. ~ Messenger Team, KSU CL  
10:15 a.m. ~ Mat Yoga, KSU CL  
10:30 a.m. ~ Steady Yourself, CR/**1960**  
11:15 a.m. ~ Chair Yoga, **1960 only**  
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**  
2:00 p.m. ~ Parkinson's Education Group, CR  
2:00 p.m. ~ Water Media Painting, KSU CL  
5:30 p.m. ~ Meadowlark Circle Dinner, MR  
6:00 p.m. ~ Dinner with the League, EC

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## Friday • June 6

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  
3:00 p.m. ~ Catholic Mass, CR  
7:00 p.m. ~ Piano Recital, CR

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## Saturday • June 7

9:00 a.m. ~ Tai Chi, **1960 only**  
9:30 a.m. ~ Band Bust Exercise Class, **1960 only**  
2:00 p.m. ~ Birthday Celebration for Gloria, CR

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### Room Abbreviations

**1960**, TV Channel 1960  
**BF**, Body First  
BR, Bison Room  
CR, Community Room  
CY, Courtyard  
EC, Event Center  
FHR, Flint Hills Room  
GC, Grosh Cinema  
KR, Kansas Room  
KSU CL, KSU Classroom

**MM**, 120 Scenic Drive  
MR, Manhattan Room  
PR, Patriot Room  
PS, Prairie Star Restaurant  
**STM**, St. Thomas More Church  
**UH**, Union Hall  
VBL, Verna Belle's Lounge  
VE, Village Entrance  
**WPL**, Wamego Public Library

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## GROSH CINEMA SHOWTIMES

MONDAY TO SATURDAY 1:00 P.M. / 4:00 P.M. / 7:00 P.M.  
SUNDAY 2:00 P.M. / 6:00 P.M.

### SUNDAY: June 1

***I STILL BELIEVE*** (2020) PG, 1 hr. 56 min. *Inspiring, Heartfelt, Emotional*

Cast: K.J. Apa, Britt Robertson, & Nathan Parsons

Christian song writer Jeremy Camp finds his faith tested following his fiancée's ovarian cancer diagnosis in this tender biopic.

### MONDAY: June 2

***WHERE HOPE GROWS*** (2014) PG-13, 1 hr. 38 min. *Drama, Sports, Faith*

Cast: Kristoffer Polaha, William Zabka, & Brooke Burns

After a minigame panic attack halts his career, a former pro baseball player gets a new perspective on life from an eager young supermarket employee.

### TUESDAY: June 3

***NOW YOU SEE ME*** (2013) PG-13, 1 hr. 55 min. *Thriller, Crime*

Cast: Jesse Eisenberg, Common, & Mark Ruffalo

An FBI agent and an Interpol detective track a team of illusionists who pull off bank heists during their performances, and reward their audiences with the money.

*DVD generously donated by the family of Bob Weber.*

### WEDNESDAY: June 4

***BONES OF CROWS*** (2022) TV-14, 2 hr. 10 min. *International, Drama*

Cast: Grace Dove, Phillip Lewitski, & Remy Girard

Cree code talker Aline Spears survives her traumatic past in Canada's residential school system to continue her family's generational fight against systemic starvation, racism, and sexual abuse.

### THURSDAY: June 5

***CAST AWAY*** (2000) PG-13, 2 hr. 23 min. *Adventure, Drama*

Cast: Tom Hanks, Helen Hunt, & Paul Sanchez

A FedEx executive undergoes a physical and emotional transformation after crash landing on a deserted island. *DVD generously donated by the family of Bob Weber.*

### FRIDAY: June 6

***THE WHOLE TEN YARDS*** (2004) PG-13, 1 hr. 38 min. *Comedy, Crime*

Cast: Bruce Willis, Matthew Perry, & Natasha Henstridge

Jimmy the Tulip's quiet new life is shaken up by his old pal Oz, whose wife has been kidnapped by a Hungarian mob. The Tulip and his wife, Jill, spring into action.

*DVD generously donated by the family of Bob Weber.*

### SATURDAY: June 7

***NIGHTS OF RODANTHE*** (2008) PG-13, 1 hr. 37 min. *Drama, Romance, Feel-Good*

Cast: Diane Lane, Richard Gere, & Christopher Meloni

A doctor, who is travelling to see his estranged son, sparks with an unhappily married woman at a North Carolina inn. *DVD generously donated by the family of Bob Weber.*