

About a Boat, Mostly

by Noel Stanton

1956. My generous parents gave me a 12-foot rowboat for high school graduation. It was a Penn Yann Cartop, a beautiful, somewhat fragile-looking craft with delicate ribs and thin planking of varnished cedar covered by sea-green watertight canvas. Three seats, two sets of oarlocks; weight without oars only 60 pounds.

Our family had been camping since I was 10. Every year we spent two summer weeks at lakeside sites in the Adirondack Mountains of northern New York, a cool respite from the clammy heat and chemical-tainted air of central New Jersey. We had always rented our fishing rowboats,

ponderous wooden craft built to take years of heavy abuse. Compared to these scows, the beauty and agility of the Cartop were striking.

1958. On this trip to the lake, I improvised a sail. A trimmed pine sapling was the mast, an aluminum tent pole was the boom, and the sail was a small brown tarpaulin square-rigged like a Viking longship. A leeboard made of pieces of orange crate and other scrounged bits of wood kept the boat from slipping sideways. A volunteer first mate from the next



The Penn Yann Cartop on Schroon Lake.

campsite operated this splintery hand-held leeboard while I steered and tended the sail. Although we had a lot of fun with the ugly, bizarre rig, we always needed an outboard motor to get us home against the wind.

1962. I met Marie, the love of my life, on a blind date in 1959 and we married three years later. Our first home was a cozy attic apartment (reached by fire escape) in a policeman's house in Ithaca, NY. Since there was absolutely no place to store a boat, the Penn Yann had to live on the roof of our Volkswagen to allow us some occasional fishing. This odd pairing reminded people of a bug crawling out from under a log.

1983. For the last several years, Marie and I had spent one summer week with our two young sons at a cottage on Schroon Lake in the Adirondacks, making the long trek from our Columbus home with the Penn Yann atop our Plymouth Valiant. The family really enjoyed fishing from the boat, but the sailing bug bit me again and over the next year I built a rig that I hoped would make the Penn Yann perform like a real sailboat.

See BOAT, page 6

EVENTS & OPPORTUNITIES

Thank You

submitted by Gloria Heiberger

A big thank you to all my friends who attended my 90th party on Saturday. You all made my day! Sunday afternoon was spent opening all my cards—just know how special you all are to me.

Attention ML Library Patrons

If you check out *The Firm* by John Grisham from Meadowlark's Library, it may be one that belongs to Manhattan Public Library (MPL). Please check your copy, and if you have the MPL copy, please call Mike Kearns at (785) 537-4911 to arrange for him to retrieve it from you. He will return it to MPL.

Summer Music Transportation

Sign-up sheets for transportation to the Arts in the Park and Manhattan Municipal Band performances are now available in the Blue Book. The cost is \$3 per person.

Artist Showcase—Artists Wanted!

Meadowlark will be hosting an Artist Showcase and Sale on Oct. 18, 2025, at Prairie Star's Event Center, and looking for resident, passport, and employee artists who are interested in selling their artwork. Artists are sought in the mediums of woodwork, fiber, ceramic, jewelry, and/or 2D (watercolor, photography, oil, etc.). Based on interest, a selection criteria may apply. Those interested should contact the Meadowlark Hospitality Desk. All participating artists must have their own method of taking payment for art and follow all necessary tax regulations.

Music with Dave Zervas

Friday, June 13, at 7 p.m.

Dave Zervas will provide musical entertainment at 7 p.m. Friday, June 13, in the Event Center. All are welcome!

Worship Services

Sunday, June 15, at 10 & 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10

a.m. or 11 a.m. on Sunday, June 15, in the Community Room/Chapel. Since Melanie was unable to preach last Sunday, this week she will explore the books of I & II Timothy.

Prairie Star Writing Group

Tuesday, June 17, at 1 p.m.

Interested in joining the writing group at Meadowlark? Prairie Star Writers is led by Cathy Hedge. The next meeting is set for 1 p.m. Tuesday, June 17, in the Flint Hills Room and the session is titled, "Then and Now." Sometimes the hardest part of writing is getting started. One helpful strategy is a 3-minute write-as-fast-as-you-can exercise. Join us to try this technique!

Rhythm, Poetry, & Story

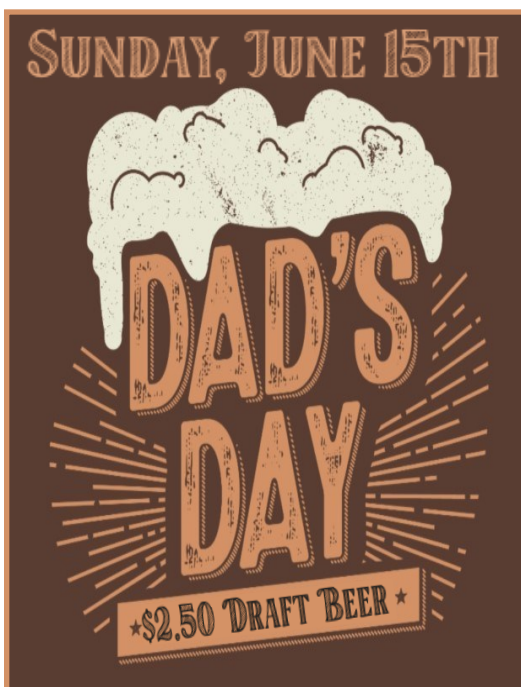
Tuesday, June 17, at 3:30 p.m.

Meadowlark Special Programs and KSU Drama Therapy Graduate Program are offering a summer drama therapy group every Tuesday through July 22. Drama games, music, and art activities are all great ways to exercise your brain, learn new art forms, and connect with others. The group meets in the Community Room every Tuesday afternoon from 3:30 to 4:30 p.m. 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 or Katie and Michelle at (785) 323-3899.

Volunteer & Tech Helper

Tuesday, June 17, at 4 p.m.

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, June 17, 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!



EVENTS & OPPORTUNITIES

Courtyard Vesper Service

Tuesday, June 17, 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. In the case of inclement or extreme weather, our service will be moved indoors.

FUMC Communion

Wednesday, June 18, at 9 a.m.

Join Pastor Donna and Pastor Courtney from First United Methodist Church at 9 a.m. Wednesday, June 18, in the Bison Room to receive communion.

KSU String Camp

Wednesday, June 18, at 11:30 a.m.

On Wednesday, June 18, at 11:30 a.m., residents will be treated to the sound of string! Several students from the String Leadership Institution music camp at K-State will perform for Meadowlark Residents in the Event Center. The students also will share information about music and their personal experiences with music. The camp is led by Rachel Dirks and Nate McClendon. The institute motto is "inspiring tomorrow's leaders through the power of music."

Page Turners Book Club

Wednesday, June 18, at 11:30 a.m.

Join the Page Turners Book Club on Wednesday, June 18, at 11:30 a.m. in the Patriot Room for our final discussion of *This is Where I Leave You* by Jonathan Tropper. The movie, based on the book, will show at Grosh Cinema on Tuesday, June 17, 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 *Water for Elephants* by Sara Gruen. If you have any questions, please reach out to Katie in Special Programs at ksigman@meadowlark.org or (785) 323-3899.

Technology Help Drop In

Thursday, June 19, at 9 a.m.

Visit Wandean Rivers with Manhattan Public Library every third Thursday from 9 to 11 a.m. in

the Kansas Room to take advantage of one-on-one help with tablets, laptops, and phones.

Registration is not required to attend.

Veteran's Group

Thursday, June 19, at 10 a.m.

Veterans and their spouses are invited for coffee and conversation at 10 a.m. Thursday, June 19, in the Manhattan Room. This group meets every third Thursday.

Lollipops & Lemonade

Thursday, June 19, at 3 p.m.

All are welcome to attend the Lollipops and Lemonade event from 3 to 4 p.m. Thursday, June 19. Come and enjoy some refreshing lemonade and tasty lollipops in the Courtyard. This special event is hosted by the Meadowlark Ambassadors.

Les Harms Memorial Livestream

Friday, June 20, 10:30 a.m.

On behalf of the Harms family, we extend the invitation to celebrate the life of Les Harms via livestream in the Miller Dining Room. All are welcome to attend.

The Music of Kennedy Anne Wichman

Friday, June 20, at 7 p.m.

Meadowlark, you are in for a treat at 7 p.m. Friday, June 20, in the Event Center! For the first time, we will welcome Kennedy Wichman. Kennedy is from the small town of Green, Kan., and was homeschooled through high school. In 2020, she started teaching herself guitar and recently took a leap of faith to get out there and perform. Her style of music is traditional country and gospel. She performs solo, and sometimes with her dad, which is the best! No matter what she does, and especially with her music, she aims to glorify God. We are excited to have her here.

Shopping at Target & Dollar Tree

Saturday, June 21, at 10:30 a.m.

The next scheduled trip is Saturday, June 21, 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. Please sign up in the Blue Book to participate.



by G. Kent Stewart

As babies, we learned to crawl; in childhood, we played on the floor; and in adolescence, some of us played sports that often found us on the ground or floor. Playing on the floor, taking spills from bicycles, chasing a ball on the hardwood or gridiron are no longer fun ways to while time away. Now that we have reached our 70s and 80s and some of us our nineties, falling to the floor is an unexpected catastrophic event, often with dire results. Actually, there are two broad kinds of falls—those that occur outdoors while engaging in some activity we enjoy such as gardening; and those occurring indoors, sometimes caused by traps we unconsciously set for ourselves. Let's talk for a few moments about falls and falling.

First, be aware that I am not expert or schooled on falls or fall prevention. I am just a 90-year-old guy who has fallen a lot of times beginning in my teenage years and extending to as recently as only a few months ago! I was never clumsy; perhaps just a little too physically active for my own good. So thanks for letting me share some experiences from which others may profit.

Falls Outdoors While Doing What We Like Doing

If you are aging, but still like to fish the pond behind Bramlage, walk the trails, venture into the woods, and work a garden plot, you may have the stage set for an occasional fall. That's why at age 90, I used a walking stick when afield or fishing and

hiking whether alone or with a friend. If I do fall, and occasionally I do like some other individuals who spend a lot of time outside, before getting up and resume activity, I remain down long enough to satisfy myself that I am not hurt. Hiking, fishing, bird watching, hunting, shooting, and land scouting has its hazards, such as exposed tree roots, uneven ground, slippery gravel, hidden rocks, fence wire, and vines. Watch out for them! If you are contemplating a risky step, don't take that step; choose an alternative. Enjoy your outings, but be careful. Move slowly, look carefully, assure yourself that you are balanced, and take extra care not to stumble. Walk slowly, move carefully, be alert, observant, and use your walking stick as a third leg, thus enjoying the safety and rigidity of a triangle.

Falls From Traps We Set Ourselves

If I must fall, I prefer to fall outdoors rather than inside my home. In-home falls too often include striking some solid object like wood furniture, doors, cabinetry, bathroom fixtures, kitchen appliances, stairs, walls, and hard floor surfaces. Older adults who have never fallen in their homes, are among a fortunate minority. Falls do not necessarily accompany old age; but the natural infirmities that accompany aging do tend to contribute to imbalance and unsteady gait. The danger we seniors face from falling, especially indoors or on concrete, is the risk of fractures and head injuries. Plainly, following a fall, it is really

good judgment to seek medical evaluation of our well-being.

Falls, particularly those occurring at home, seem fairly prevalent among elderly individuals. Yet, propensity for falling as a characteristic of old age is indeed debatable. Some in-home falls result from traps we unconsciously set for ourselves. We cannot eliminate all the traps, but we surely can be cognizant of them and reduce their prevalence. First, be once again aware that your author is not a falls expert; and realize that this little story is just an introduction to fall prevention. The Internet is replete with detailed strategies to prevent falls. Take advantage of this marvelous technological resource, and by all means, talk with your physician and other medical experts about falls and fall prevention. Here are some indoor fall prevention strategies. Incidentally, they may be good conversation starters.

~ An often-overlooked fall prevention strategy shared with me by an ophthalmologist is to simply turn up the lighting. That is, install brighter light bulbs in your light fixtures! We spend decades illuminating our homes with indirect and soft lighting contributing to a relaxing and subdued ambience. Visual acuity diminishes with age and propensity to fall increases, so use additional lighting to reduce that potential.

~ Watch out for rugs, big thick ones and little slippery ones. They are dangerous. As we age, we tend to almost shuffle rather than raise our feet as we walk. Shuffling into the edge of a rug is a near guarantee of a fall.

~ If your home features hardwood floors, you are well-advised to avoid walking in slick stockings. Walking safely on hardwood requires we wear non-slip footwear.

~ Pets, God love the furry companions, have caused many a fall among elderly people. Don't get rid of kitty-cat or doggie, but do know where they are in reference to your feet. The furry little creatures, especially cats, love to rub our ankles.

~ Many homes still popularly feature multiple interior floor evaluations. There may be a step up or a step down to walk from one room to another. For example, some homes may have a step up or a step down to get from the kitchen to the dining or living area. Even one step is a hazard, and installing a stair railing or a ramp for one step may be impractical. So, install a vertical grab bar on the door casing to hold when going from one elevation

to another. Using a walker or Rolator is a lot less costly than medical treatment for a fall that could have been avoided.

~ For those who live in two-story homes with bedrooms upstairs, the safest alternative, other than relocating a bedroom to the main level, to negotiating the stairs is to install a stairway chair lift. Today's top brand chairlifts are well-engineered safety devices. Again, keep a walker or a Rolator on each floor.

~ Before moving with your walker or Rolator, take a moment to assure yourself that you are comfortably balanced—not too forward or too far back, but just standing comfortably and naturally before starting to move. It is also good practice to be positioned so as to avoid having to step backwards.

~ The kitchen and the bathroom are fertile places for serious falls. Both rooms are replete with equipment, appliances, and cabinetry dangerous to fall against, and both usually feature hard floor coverings. Install grab bars strategically and always wear non-slip shoes when entering these rooms; or walking on any hard, potentially slippery floor surfaces.

~ Probably the most overlooked fall prevention strategy is to be well-exercised. Upper body strength is basic to easing the impact of a fall, and lower body strength helps us maintain balance and facilitates mobility. Exercise regularly, then exercise some more. An exercised body is a stronger body and a great deterrent to falling.

~ Keep your cell phone charged and nearby at all times. If you live alone, an electronic alert device worn around your neck or on your wrist is a good investment and a good companion.

~ When transferring from walker to walker, walker to Rolator, or Rolator to Rolator, be sure the Rolator brakes are set. Position the device you are using so as to move laterally or forward to the awaiting device, not backwards. Again, avoid walking backwards when using any mobility assistance device, whether it be a simple walking stick or a sophisticated Rolator.

Summarizing quickly, if you engage in outdoor activities, you can expect an occasional but hopefully not serious fall. If you are sufficiently strong and agile to engage in outdoor activity such as hiking and gardening, you may be strong enough

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FALLS, from page 5

to survive an outdoor fall. While a person might expect an outdoor soft ground fall, it is far better to avoid an occurrence. Be alert and exercise judgment and forethought. Just because a fall occurs outdoors, does not mean it is not potentially serious.

The inherent dangers (so-called traps) of in-home falls can be mitigated by being sensitive to home features that contribute to accidents. Be alert and consult the Internet for fall avoidance and medical professionals for guidance. Maintain good in-home

lighting, avoid slippery footwear, and install grab bars strategically. Consider installing a hand rail on the corridor wall because it's a fall deterrent, and it's greatly helpful for regaining footing if you do find yourself down. Realize the importance of regular exercise, and keep your cell phone easily accessible.

Note: These guidelines were developed from general reading and personal experience of the author, and should not be substituted for professional or medical advice. GKS

BOAT, from page 1

I bought a pair of sails (main and jib) made for a commercial 11-foot sailboat. That was the easy part. Using the sails with the fragile Penn Yann was a challenging design and construction problem. Most important was preventing damage to the hull from the new mast and leeboards. Also, switching between sailboat and mast-less fishing skiff needed to be quick and easy. Finally, the homemade additions should please the eye and be in harmony with the varnished wood interior.

I laminated the two-piece mast and the boom from strips of cedar, lovingly planed, sanded, and varnished. The twin redwood leeboards mounted to a cedar crosspiece that bolted to the oarlocks added strength and rigidity to the boat. A redwood rudder assembly clamped like an outboard motor to the rear transom. It all came together in our backyard days before we left on our trip, and the neighbors cheered loudly as the sails were raised for the first time.

Marie rode along on the maiden voyage at Schroon. (I hadn't told her that my only sailing experience involved a pine sapling and a tarpaulin.) Using only the mainsail, we cruised downwind for a pleasant quarter mile, then tried to turn into the wind. The boat turned halfway around and stalled. Then the leeboard mounts started to fail, one of the leeboards fell off, and I had to row us home. As the rocketry folks say as debris rains from the sky, I learned a lot from that test. Unfortunately, what Marie learned was that sailing wasn't really her cup of tea.

After crude repairs were made with scrap lumber and borrowed tools, the second try was with both sails and teenage son David as crew. Once we got the hang of things, the boat moved briskly in only a light breeze and could indeed tack upwind; we

never needed to row home again. David and I sailed it on Schroon the next two summers, and on a reservoir near Columbus, and even on a saltwater bay in Virginia.

2000. Marie and I, longtime empty-nesters and Kansans since 1993, now lived in a hilltop house overlooking Tuttle Creek Reservoir. The Penn Yann in the garage was used only for fishing. I got a sturdy one-person sailboat for the big gusty lake; maybe not as fast as the modified Penn Yann, but a lot safer. The homemade mast and boom were still in the basement—I couldn't bear to scrap them.

2006. We drove east for my 50th high school reunion, and then north to a B&B on lovely little Kiwassa Lake (formerly Lonesome Pond) in the Adirondacks. The Penn Yann rode along; it hadn't bathed in Northwoods waters for 20-odd years.

On a rainy day, we visited the wonderful Adirondack Experience Museum, 120 acres and 20 buildings devoted to the history and life of the region. In the large Boats and Boating exhibit, among the guideboats, ultralight canoes, and a racing yacht, was a twin of my old friend, the now "historic" Penn Yann Cartop. I felt quite proud, and a bit antiquated too.

2025. In 2019, Marie wisely persuaded me to downsize to a duplex in Meadowlark Valley. The boat came along and now rests compactly on its side in a special cradle that keeps its delicate frame from warping.

There was no way to foresee in 2019 that in a year Meadowlark would be a safe harbor to ride out a pandemic, or that in two years I would be learning to live without Marie. But I'm muddling through, and the Penn Yann in its cradle still looks almost new, eager for its next adventure. I guess some things are just made to last.

Orchids We Have Known, Grown, or Killed

by Richard Vanderlip

After the article on Darwin's orchid, I've had several people ask about our hobby of growing orchids. A friend here in the Monarch asked how long we had been growing them. We got our first orchids in 1961 on our first anniversary while we were in Ames, Iowa, for my graduate degrees. We saw an ad in "Horticulture" magazine for four orchids, two blooming sizes, and two seedlings for \$12. Keep in mind that my Graduate Research Assistantship paid \$2,500 per year! We grew them in a homemade "Wardian Case" in front of a north window in student housing.

That Thanksgiving, we came back to Kansas and a fellow graduate student from Hawaii said he would take care of our orchids. When we returned, he had written to his mother and had her send divisions of 17 of his orchids for us! With 21 orchids, we were hooked.

After we moved to Manhattan in 1964, we grew orchids under lights in the basement, on a partially covered patio, and finally, in a greenhouse from 1970 until we moved to Meadowlark in 2023. (We moved 22 orchids to Meadowlark, and purchased an additional four since the move.) Every few years I give a talk at the Kansas Orchid Society on "Orchids we have Known, Grown, or Killed," and now plan to share stories about some of our orchids each month.

The pictures at top right show where we have grown them, including at our apartment in the Monarch. So, Steve, this month makes it 64 years. I now have 25 orchids. Yes, that means one has bit the dust.



[top, left] The Vanderlip greenhouse on Oregon Lane. The orchids were grown in the greenhouse. [top, right] Hybrid Cattleya, one of the two first blooming size orchids the Vanderlips acquired. [above] Orchids at an East window in his Monarch apartment.



Art Engagement *from the Beach* Museum of Art

A smart combination of the elements of art can result in an artwork that is interesting to the viewer. There are seven elements: line, shape, form, color, value, texture, and space. The skilled artist uses a brush, pencil, pastel, or carving tool to add the elements to a surface. How might an artist use textile to create the same effect? How many art elements can you find in this artwork made from pieced silk? You can experience the texture of this fabric collage in person at the Beach Museum of Art, where it is currently on display.

Debra Smith (United States, born 1971), *Separate Conversations*, 2018, Pieced vintage silk, KSU, Marianna Kistler Beach Museum of Art, 2019.268

RESTAURANT **SPECIALS**

Sunday, June 15	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$14 Dinner Swedish Meatballs <i>over Egg Noodles</i> Buttered Carrots
Monday, June 16	\$11 Lunch Maple-Bacon-Chicken Sandwich <i>on Croissant</i> Macaroni Salad	\$14 Dinner Ham Loaf Roasted Red Potatoes Creamed Peas
Tuesday, June 17	\$12 Lunch Steak Gyro Garlic Parmesan Fries	\$16 Dinner Chicken Alfredo Garlic Bread Side Caesar Salad
Wednesday, June 18	\$10 Lunch Everything Bagel Sandwich <i>(Ham, Turkey & Swiss Cheese)</i> Potato Salad	\$16 Dinner French-Onion-Stuffed Pork Loin Roasted Brussel Sprouts Garlic Red Mashed Potatoes
Thursday, June 19	\$11 Lunch Chicken & Vegetable Curry White Rice	\$16 Dinner Pot Roast <i>with Carrots, Onions and Celery</i> Mashed Potatoes and Gravy Green Beans
Friday, June 20	\$11 Lunch Mac & Cheese Bar	\$17 Dinner Pesto Grilled Shrimp Risotto Asparagus
Saturday, June 21	\$12 Lunch Lobster Hoagie Cucumber Salad	\$18 Dinner Short Ribs Loaded Mashed Potatoes Green Beans

Weekly Opportunities Calendar *June 15 to June 21*

Sunday • June 15 *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 • June 16 *Trash & Recycling pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**
 9:30 a.m. ~ Memory Care Partners Group, **STM**
 10:00 a.m. ~ Tuttle Creek Men's Group, MR
 10:00 a.m. ~ Tuttle Creek Women's Group, BR
 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. ~ Catbackers, EC
 5:30 p.m. ~ 5th Floor Supper, MR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • June 17

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**
 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
 5:30 p.m. ~ 2nd Floor Supper, BR
 6:30 p.m. ~ Summer Vespers, CY

Wednesday • June 18

9:00 a.m. ~ FUMC Communion, BR
 9:30 a.m. ~ Seated Strength, CR/**1960**
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
 10:00 a.m. ~ 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. ~ KSU String Camp, EC
 11:30 a.m. ~ West Monarch Luncheon, BR
 11:30 a.m. ~ Page Turners Book Club, PR

Wednesday • June 18 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

Thursday • June 19

9:00 a.m. ~ Library Tech Help, KR
 9:00 a.m. ~ Messenger Team, KSU CL
 10:00 a.m. ~ Mat Yoga, KSU CL
 10:00 a.m. ~ Veterans' Group, MR
 10:00 a.m. ~ Memory Care Partners Group, **WPL**
 10:30 a.m. ~ Steady Yourself, CR/**1960**
 11:15 a.m. ~ Chair Yoga, CR/**1960**
 11:30 a.m. ~ Ladies Luncheon, EC
 11:30 a.m. ~ Lettuce Ketchup, KSU CL
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
 1:00 p.m. ~ Parkinson's Care Partners Group, FHR
 2:00 p.m. ~ Water Media Painting, KSU CL
 3:00 p.m. ~ Lollipops & Lemonade, CY
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • June 20

7:30 a.m. ~ Rock Steady Boxing, **BF**
 9:30 a.m. ~ Seated Strength, CR/**1960**
 10:30 a.m. ~ Weights 101, CR/**1960**
 10:30 a.m. ~ Les Harms Memorial Live Stream, Miller Dining Room
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**
 2:30 p.m. ~ Fanny & Furby, KR
 3:00 p.m. ~ Catholic Rosary, CR
 7:00 p.m. ~ Music of Kennedy Anne Wichman, EC

Saturday • June 21

9:00 a.m. ~ Tai Chi, **1960 only**
 9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
 10:30 a.m. ~ Depart for Target and Dollar Tree, VE

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
 VBL, Verna Belle's Lounge
 VE, Village Entrance
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: June 15

FATHER OF THE BRIDE (1991) PG, 1 hr. 46 min. *Romance, Comedy*

Cast: Steve Martin, Diane Keaton, & Kimberly Williams

A father has a hard time letting go of his daughter when she wants to wed.

MONDAY: June 16

GRAN TORINO (2008) R *for language and some violence*, 1 hr. 56 min. *Action, Thriller*

Cast: Clint Eastwood, Bee Vang, & Christopher Carley

After a Hmong teenager tries to steal his prized 1972 Gran Torino, a disgruntled, prejudiced Korean War veteran seeks to redeem both the boy and himself. *DVD generously donated by the family of Bob Weber.*

TUESDAY: June 17

PAGE TURNER REQUEST

THIS IS WHERE I LEAVE YOU (2014) R *for language, sexual content, and drug use*, 1 hr. 43 min. *Drama, Comedy*

Cast: Jason Bateman, Tina Fey, & Jane Fonda

After their father passes away, four grown siblings are forced to return to their childhood home and live under the same roof for a week, along with their over-sharing mother and an assortment of spouses, exes, and might-have-beens.

WEDNESDAY: June 18

OPEN RANGE (2003) R *for violence*, 2 hr. 19 min. *Western, Drama*

Cast: Kevin Costner, Robert Duvall, & Diego Luna

A former gunslinger is forced to take up arms again when he and his cattle crew are threatened by a corrupt landowner. *DVD generously donated by the family of Bob Weber.*

THURSDAY: June 19

I AM SAM (2001) PG-13, 2 hr. 12 min. *Legal Drama*

Cast: Sean Penn, Michelle Pfeiffer, & Dakota Fanning

An intellectually disabled man fights for custody of his 7-year-old daughter, and in the process, teaches his cold-hearted lawyer the value of love and family. *DVD generously donated by the family of Bob Weber.*

FRIDAY: June 20

NONNAS (2025) PG, 1 hr. 51 min. *Comedy*

Cast: Vince Vaughn, Lorraine Bracco, & Talia Shire

After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual grandmothers as the chefs. Based on a true story.

SATURDAY: June 21

OH BROTHER WHERE ART THOU (2000) PG-13, 1 hr. 47 min. *Adventure, Comedy*

Cast: George Clooney, John Turturro, & Tim Blake Nelson

In the deep south during the 1930s, three escaped convicts search for hidden treasure while a relentless lawman pursues them. *DVD generously donated by the family of Bob Weber.*