



Olé! Are you ready to enjoy great food and fun people? Join the Meadowlark Memory Program for the 7th annual Fiesta to Remember on Friday, July 11, Rockin' K's. The purpose of this annual party is to help the community better understand cognitive changes and dementia and to raise awareness about the FREE local support available through Meadowlark Memory Program. This inclusive program provides education, engagement, and exercise opportunities to participants. One participant noted, "it is a great benefit to me, both mentally and physically." So, come enjoy some tasty food with your amigos, all while supporting a great cause.

We want to give a big gracias to Steel and Pipe Supply for providing their support as our Presenting Sponsor this year! The event would not be possible without their generosity. Additional thanks goes to Rockin K's, who is once again generously hosting this event and donating 10% of the day's proceeds to Meadowlark Memory Program.

The festivities take place at Rockin' K's, located at 1880 Kimball Ave., between 11 a.m. to 10 p.m. on Friday, July 11. Delicious food and drink will be available all day, including a lunch taco buffet, from 11 a.m. to 1:30 p.m. It features beef, chicken, and pork carnitas tacos as well as Spanish rice, refried beans, chips, pico de gallo, and all the toppings you want for your tacos. Rockin K's will feature an all-day special taco menu and "Fiesta-Rita" drink. Also available for purchase on this day ONLY is Rockin K's muy bueno Mexican Bread Pudding with Whiskey Sauce. Don't miss your chance to get a serving, or two! The regular menu also will be available to purchase your Rockin K's favorites.

Meadowlark Memory Program will provide transportation for lunch and dinner. The bus will depart the Meadowlark main entrance at 10:50 a.m. for lunch and 5:30 p.m. for dinner. Please sign up in the Blue Book if you wish to ride the bus. To-go orders are available for residents not able to attend the party in person. Watch for order forms in the July 3 Messenger or pick up at the

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EVENTS & OPPORTUNITIES

Artist Showcase—Artists Wanted!

Meadowlark will be hosting an Artist Showcase and Sale on Oct. 18, 2025, at Prairie Star's Event Center, and we're looking for resident, Passport members, 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.

Prairie Star closes early July 4

Prairie Star Restaurant will close at 7 p.m. on Friday, July 4. Happy Independence Day!

Rhythm, Poetry, & Story

Tuesday, July 1, 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.

Courtyard Vesper Service

Tuesday, July 1, 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.

MHK Area Music Teachers Association

Friday, June 27, at 7 p.m.

Meadowlark will enjoy entertainment from the

Manhattan Area Music Teachers Association at 7 p.m. Friday, June 27, in the Community Room. This event will showcase performances by members of the Manhattan Area Music Teachers Association (MAMTA), featuring a variety of piano solos and duets. Joining them are talented university piano students from Kansas State University's KMTA (Kansas Music Teachers Association) student chapter.

Meadowlark Cart Rides

Saturday, June 28

You're invited to enjoy our lovely campus on a cart ride over the trails. The Outdoor Committee has arranged for three options over the next two Saturday morning. Sign up at the Hospitality Desk for a ride on Saturday, June 28. You will ride along the trail from the pond, past the gardens to the bee meadow. Departure times are 9, 9:30, and 10 a.m. Remember, access to the pond will end when construction on the Aster begins.

Tai Chi with Mal Returns!

Monday, June 30, at 2 p.m.

Mal will be resuming in-person Tai Chi classes starting Monday, June 30. Classes will be held every Monday and Wednesday at 2 p.m. in the Event Center. All are welcome to attend, and there is no cost to participate, thanks to funding from the North Central – Flint Hills Area Agency on Aging. Come enjoy the gentle flow of movement and relaxation—perfect for all experience levels!

William Feyerharm Celebration of Life

Monday, June 30, at 3 p.m.

The Feyerharm family invites you to join in a celebration of life for Bill Feyerharm on Monday, June 30, at 3 p.m. in the Community Room. All are welcome to attend.

Prairie Star Writing Group

Tuesday, July 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, July 1, in the Patriot Room.

The July 1 session is titled, "Going Forth on the Fourth." Do you have special memories about this

EVENTS & OPPORTUNITIES

time of year? What emotions did you feel and why? If one moment really stands out, please write it down. It will be good to share those memories with you, before we make new ones.

UFM: Photo Preservation & Digitization Workshop

Tuesday, July 1, at 3 p.m.

Preservation and digitalization are key components to keeping family photographs safe for generations to come. In this workshop, experts from the Riley County Historical Museum and the Chapman Center for Rural Studies will teach you the best practices for archiving and scanning. Participants are invited to bring no more than five standard-size photographs that they can digitize during the workshop.

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.

Volunteer & Tech Helper

Tuesday, July 1, at 4 p.m.

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, July 1, 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!

Page Turners Book Club

Wednesday, July 2, at 11:30 a.m.

Join the Page Turners Book Club on Wednesday, July 2, at 11:30 a.m., in the Patriot Room as we run away with the circus during our first discussion of *Water for Elephants* by Sara Gruen. This novel has everything from sideshows to romance to animal stampedes, all of it traveling by train across the U.S. during the Great Depression. We have copies of the book available from the Manhattan Public Library. You do not need to attend each group to participate; come when you are able! If you have questions or would like to borrow a copy of the book, please contact Katie in Special Programs at ksigman@meadowlark.org or (785) 323-3899.

Speedy PD Art Making

Wednesday, July 2, at 1:30 p.m.

Join Meadowlark Parkinson's Program and our partners from the Beach Museum of Art in making pieces of art that will be used in August for the 17th annual Speedy PD Race for Parkinson's Disease. These pieces of art are given as the age group awards for the 5K and 10K winners.

Speedy PD race helps raise awareness about Parkinson's and is the primary fundraiser for the Meadowlark Parkinson's Program. The Beach Museum of Art provides us with the supplies needed and also can assist with some inspiration. No prior art experience is necessary.

The art-making class will meet each Wednesday now through July 30, from 1:30 to 2:30 p.m., in the KSU Classroom. You're invited to come and go as your schedule and attention allows.

Dinner with The League

Thursday, July 3, at 6 p.m.

Join in the Event Center for Dinner with The League of Women Voters. The topic will be Affordable Housing Efforts and Challenges in Manhattan/Riley County, with the panel headed by Aaron Estabrook. The optional dinner selection is a California BLT with a berry medley for \$15. Please register for the meal in the Blue Book at the Hospitality Desk.

Fireworks Celebration

Thursday, July 3, at 8:55 p.m.

Join Meadowlark Hills as we celebrate Independence Day with fireworks a day early on Thursday, July 3! The fireworks display will begin at sundown around 8:55 p.m., in the west parking lot. Residents, staff, and family members are all welcome! We will have some seating available, but we encourage you to bring a lawn chair if you have one. We look forward to seeing you there!

Blood Pressure Check

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



July Birthdays



Skilled Nursing

7/5 Vera Strunk
7/5 John Berry
7/5 Jean Reynard
7/6 Karen Aeschliman
7/8 **E. Hedman Stainbrook**
7/14 Patricia Harrison
7/17 Judy Geering
7/18 Ron Janasek
7/19 Alene Clarke
7/22 Roberta Holdren
7/26 **Jim McCann**
7/30 Nancy Prawl

Assisted Living

7/6 Ellen Jantz

Independent Living

7/1 Karen Trail
7/2 Forrest Chumley
7/3 Ben Brent
7/5 Charlotte Kelly
7/7 **Anna Gleason**
7/7 **Linda Hall**
7/7 Pate Willingham
7/8 Sherry Butler
7/9 Paul Prince
7/11 DonnaDee Chastain
7/12 Nora Wark
7/12 Nyle Larson
7/19 Hoss Hostetter
7/21 **Joan Strickler**

7/22 Robert Evans
7/22 **Nelson Galle**
7/22 **Michael Kearns**
7/24 Gerry Posler
7/25 **Carla Cranmer**
7/25 Oran Gillmore
7/26 Enell Foerster
7/26 Paul Walker
7/26 Wanda Fulks
7/28 Orris Kelly
7/30 Tara Cupps

Bold denotes milestone birthdays!



Associated Audiologists is coming to Meadowlark Hills

Dr. Molly Whiteley, Au.D.
with Associated Audiologists, Inc.
will be at Meadowlark Hills



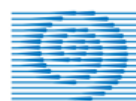
Tuesday, July 8 2025
1:00 pm –3:00 pm

****SEEN BY APPOINTMENT ONLY****
Call Associated Audiologists to schedule
785-539-7361

ON-SITE SERVICES INCLUDE:

(Service fees may apply)

- Consultations regarding state-of-the-art hearing aid technology
- Hearing aid cleaning and maintenance
- Assistive device recommendations
- Hearing aid batteries and wax filters for purchase
- Will answer your questions regarding hearing care issues



**ASSOCIATED
AUDIOLOGISTS**

Clinic Address: 1133 College Ave., Building A, Suite 101A, Manhattan KS 66502

Art Engagement *from the* Beach Museum of Art

Comparing two artworks that have similar subject matter is an effective way to discover differences. As you look slowly at the two paintings shown here, observe how each artist used the principles of design: contrast, movement, pattern, rhythm, emphasis, balance, and unity. Which principles were used in both compositions? Do you find that some were used in one design and not the other?



Hobart Vance Hays
Combo, 1953
Oil on canvas
KSU, Marianna Kistler Beach Museum of Art,
gift of Steel and Pipe Supply, 2024.20



Bruce Handiside Mitchell
Title Unknown (Kansas City jazz), ca. 1955
Oil on hardboard
KSU, Marianna Kistler Beach Museum of Art, gift of Jim
and Virginia Moffett, 2003.96

FIESTA, from page 1

Hospitality Desk.

All this food and fun is for a good cause. As a community outreach program, Meadowlark Memory Program serves individuals in the Flint Hills Region and beyond who are affected by mild cognitive impairment, dementia, and/or Alzheimer's disease. Our service and support extend beyond the Meadowlark campus, with 70% of participants in our weekly opportunities living in the greater Manhattan community. We even have regular participants who live in different states and one who is in another country!

Meadowlark Memory Program is designed to grow and support its participants' needs. A participant describes it as, "no activity or class is ever the same, but rather evolves in creative and varied responses to specific expressed needs." One of the main aims of Meadowlark Memory Program

is to provide support and connection in the often-isolating experience of living with dementia. As one care partner stated, "The people in that group [the Meadowlark Memory Caregiver Group] have or are now experiencing what it is like to be a caregiver for a loved one. I have gained knowledge and comfort in knowing that I am NOT alone in this ongoing part of our lives." The program supports and connects caring and compassionate people through all the opportunities provided. All opportunities and services are FREE, including consultations, education events, classes, and support groups. To learn more about the program, please contact Michelle Haub or Katie Sigman at (785) 323-3899.

Nos vemos pronto (see you soon) at Fiesta to Remember!

RESTAURANT **SPECIALS**

Sunday, June 29	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$14 Dinner Homemade Chicken Tenders Herb-Roasted Potatoes Honey-Garlic Carrots
Monday, June 30	\$11 Lunch Roasted Pork Sandwich Sweet Potato Fries	\$15 Dinner Chicken Parmesan <i>served over Linguine</i> Garlic Bread Side Caesar Salad
Tuesday, July 1	\$12 Lunch Beef & Broccoli Steamed Pork Dumpling	\$15 Dinner Cheese-Stuffed Meatloaf <i>wrapped in Bacon</i> Cheesy Potatoes Peas & Onion
Wednesday, July 2	\$11 Lunch Cowboy Burger French Fries	\$14 Dinner Swiss Steak Mashed Potatoes Honey-Glazed Carrots
Thursday, July 3	\$11 Lunch Fried Chicken Sandwich Macaroni Salad	\$17 Dinner Chicken & Sausage Cajun Pasta Garlic Bread House Side Salad
Friday, July 4	\$11 Lunch Red, White, & Bleu Burger <i>Roasted red pepper, Provolone, Peppered Bacon, Bleu Cheese</i> Curly Fries	\$8 Dinner Hot Dog Potato Chips Apple Pie
Saturday, July 5	\$12 Lunch Sloppy Joe Tator Tots Broccoli Salad <i>Check out the special American Classics menu at Prairie Star Restaurant!</i> <i>Available for lunch and dinner June 30 through July 4.</i>	\$15 Dinner Chicken-Fried Steak Mashed Potatoes & Gravy Corn

Weekly Opportunities Calendar *June 29 to July 5*

Sunday • June 29 *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 30 *Trash & Recycle pick-up*
9:30 a.m. ~ Seated Strength, CR/**1960**
9:30 a.m. ~ Memory Care Partners 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
2:00 p.m. ~ Tai Chi, EC/**1960**
7:00 p.m. ~ Community Bingo, CR

Tuesday • July 1
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
3:00 p.m. ~ UFM: Photo Preservation & Digitization Workshop, CR
3:30 p.m. ~ Rhythm, Poetry, & Story, CR
4:00 p.m. ~ Tech Help, FHR
6:30 p.m. ~ Summer Vespers, CY

Wednesday • July 2
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. ~ Page Turners Book Club, PR
1:30 p.m. ~ Speedy PD ARTful Making, KSU CL
2:00 p.m. ~ Tai Chi, EC/**1960**
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-A-Long, FHR

Thursday • July 3
9:00 a.m. ~ Messenger Team, KSU CL
10:00 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. ~ Parkinson's Exercise Class, CR/**1960**
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
8:55 p.m. ~ Fireworks Show by Monte Spiller, West Parking Lot

Friday • July 4
9:30 a.m. ~ Seated Strength, **1960 only**
10:30 a.m. ~ Weights 101, **1960 only**
11:30 a.m. ~ Sit & Be Fit, **1960 only**

Saturday • July 5
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: June 29

THE QUEEN (2006) PG-13, 1 hr. 43 min. *Docudrama, Biography*

Cast: Helen Mirren, Michael Sheen, & James Cromwell

After the death of Princess Diana, Queen Elizabeth II struggles with her reaction to a sequence of events nobody could have predicted.

MONDAY: June 30

THE LAST REPAIR SHOP (2023) TV-PG, 39 min. *Documentary, Music*

Cast: Dana Atkinson, Duane Michaels, & Paty Moreno

Tells the story of four unassuming heroes who ensure no student is deprived of the joy of music. It is also a reminder of how music can be the best medicine, stress reliever and even an escape from poverty

TUESDAY: July 1

80 FOR BRADY (2023) PG-13, 1 hr. 38 min. *Comedy, Drama, Sports*

Cast: Lily Tomlin, Jane Fonda, & Rita Moreno

A group of friends made it their life-long mission to go to the Super Bowl and meet NFL superstar Tom Brady.

RESIDENT REQUEST

WEDNESDAY: July 2

LONELY ARE THE BRAVE (1962) PG, 1 hr. 47 min. *Western, Drama*

Cast: Kirk Douglas, Gena Rowlands, & Walter Matthau

A fiercely independent cowboy gets himself locked up in prison to escape with an old friend.

RESIDENT REQUEST

THURSDAY: July 3

THE BUTLER (2013) PG-13, 2 hr. 12 min. *Biography, Drama*

Cast: Forest Whitaker, Oprah Winfrey, & John Cusack

As Cecil Gaines serves eight presidents during his tenure as a butler at the White House, the civil rights movement, Vietnam, and other major events affect this man's life, family, and American society.

FRIDAY: July 4

HAMILTON (2020) PG-13, 2 hr. 40 min. *History, Musical, Drama*

Cast: Lin-Manuel Miranda, Phillipa Soo, Leslie Odom Jr.

The real life of one of America's foremost founding fathers and first Secretary of the Treasury, Alexander Hamilton. Captured live on Broadway from the Richard Rodgers Theater with the original Broadway cast

SATURDAY: July 5

MAN OF THE YEAR (2006) PG-13, 1 hr. 55 min. *Satire, Comedy, Drama*

Cast: Robin Williams, Laura Linney, & Lewis Black

A comedian who hosts a news satire program decides to run for president and a computerized voting machine malfunction gets him elected.