



From Our Hearts to Theirs

***submitted by the Staff Appreciation Fund
Committee***

Each year, we show appreciation to our Meadowlark staff for their hard work, dedication to our residents, and commitment to making Meadowlark the best retirement community in the area. The employees at Meadowlark are key to the comfort, happiness, and good health that we as Meadowlark residents enjoy.

This November, Meadowlark residents will reward the staff with a monetary gift to express our appreciation and thanks. Because

of Meadowlark's no-tipping policy, this is the best way we can reward them. Residents have received a letter requesting support toward the annual *Staff Appreciation Fund*. We ask that you consider giving and being as generous as possible.

We are fortunate to have the best staff here at Meadowlark, and we want to retain them. We can do that through "giving the best to keep the best."

***Note: The Staff Appreciation Fund gifts are not
processed by Meadowlark Foundation.***

EVENTS & OPPORTUNITIES

Meadowlark Singers

Come sing with us! Hello! My name is Heather Augustine, and I am the director of the choir at Meadowlark. We are always looking for more people to join the choir. Whether you can carry a tune or just carry the joy of music in your heart, we'd love to have you in Meadowlark Singers! Singing is about more than hitting the right notes. It's about connection, laughter, and lifting each other's spirits. No auditions, no pressure, no experience needed, just a welcoming group of neighbors coming together to make joyful noise. Come sing with us! Rehearsals are every Thursday from 4:15 to 5:15 p.m. Feel free to reach out with any questions!

Card Making with Michelle Lehmer

Thursday, Sept. 18, at 2:30 p.m.

The next Card Making with Michelle Lehmer class will occur on Thursday, Sept. 18, at 2:30 p.m. in the Flint Hills Room.

Wareham Hall Renovation Showcase

Thursday, Sept. 18, at 4 to 8 p.m.

Wareham Hall is offering a never-before-seen look at the renovation plans, alongside historical artifacts and other exhibits showcasing the theatre's history. Guests can enjoy a complimentary beverage and appetizers while exploring the exhibits from 4 to 8 p.m. Thursday, Sept. 18, in the event space above Manhattan Brewing Company.

Prairie Rose DJ

Friday, Sept. 19, at 7 p.m.

On Friday, Sept. 19, at 7 p.m., Meadowlark is thrilled to welcome Johnny Cyrene, better known as the "Prairie Rose DJ," to the Event Center for the first time!

Johnny began spinning tunes in 2006 as part of a fundraising effort for the American Legion, and what started as a cause quickly turned into a passion. He loves sharing classic country favorites alongside hits from the '50s and '60s, and he always encourages requests from the audience.

As Johnny celebrates his 79th birthday on Oct. 1, he's especially excited to play for those from his generation and beyond.

Shopping at Hobby Lobby & Dollar Tree

Saturday, Sept. 20, at 10:30 a.m.

Sign up in the Blue Book to join the next scheduled shopping trip to Hobby Lobby and Dollar Tree East on Saturday, Sept. 20. The bus will depart from the Village Entrance at 10:30 a.m. and return by 11:45 a.m.

Worship Services

Sunday, Sept. 21, at 10 & 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, Sept. 21, in the Community Room/Chapel. This week, Melanie will explore the lessons of faith from the Walmart company's culture.

All are welcome to enjoy coffee and fellowship before or after worship in the lobby between 9:30 a.m. and 12 p.m.

Transportation to Chamber Music Kansas

Sunday, Sept. 21, at 3 p.m.

Meadowlark is providing transportation to the inaugural Chamber Music Kansas performance. Transportation departs from the Village entrance at 2:30 p.m. Sunday, Sept. 21.

"Fields and Fountains: Music of Mozart, Bunch & Tchaikovsky" is free and open to the public at Union Hall in downtown Manhattan.

Catch the Season One kickoff concert of Chamber Music Kansas, a new series bringing dynamic and diverse programs to the Manhattan community! This free concert brings together masterful string musicians from around the nation to perform an exciting program of string ensemble music.

In this relaxed afternoon event, guests can grab a drink, enjoy the historic beauty of Union Hall, and take a musical journey from the American heartland to the streets of Florence, Italy.

Cost for transportation is \$3 per person. A signup sheet is in the Blue Book.

UFM Class: Intro to Feldenkrais

Tuesday, Sept. 23, at 1 p.m.

UFM is offering a three-part class titled "Introduction to Feldenkrais." Join the second and third sessions in the Community Room on Tuesdays, Sept. 23 and Sept. 30, from 1 to 2 p.m.

The Feldenkrais Method of somatic exercise uses gentle movement and directed attention to help

EVENTS & OPPORTUNITIES

people learn new and more effective ways of living the life they want. You can increase your ease and range of motion, improve your flexibility and coordination, and rediscover your innate capacity for graceful, efficient movement.

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. Please note, you will be seated on the floor during the class.

Page Turners Book Club

Wednesday, Sept. 24, at 11:30 a.m.

Join the Page Turners Book Club on Wednesday, Sept. 24, at 11:30 a.m., in the Patriot Room for our first discussion of *Rebecca* by Daphne du Maurier.

First published in 1938, this classic gothic novel is such a compelling read that it won the Anthony Award for Best Novel of the Century. It fuses psychological realism with a sophisticated version of the Cinderella story. Many of du Maurier's stories were popularized by filmmaker Alfred Hitchcock, including *Rebecca*. You do not need to attend each group to participate; come when you are able! If you have questions, please contact Katie in Special Programs at ksigman@meadowlark.org or (785) 323-3899.

Diabetic Wellness Group

Wednesday, Sept. 24, at 1:30 p.m.

The Diabetic Wellness Group will meet at 1:30 p.m. Wednesday, Sept. 24, in the Flint Hills Room. All who are interested are invited to attend.

College Avenue UMC Luncheon

Thursday, Sept. 25, at 12 p.m.

College Avenue United Methodist Church friends are invited to join in fellowship and lunch with Rev. John Collins at 12 p.m. Thursday, Sept. 25, in the Bison Room. **Please sign up by Tuesday, Sept. 23, in the Green Book at the Hospitality Desk.**

Knitting & Crocheting Group

Thursday, Sept. 25, 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, Sept. 25, for a fun, social, creative opportunity. All skill levels are welcome!

Special Meal Hosted by Prairie Star

Thursday, Sept. 25, at 5:30 p.m.

You're invited to participate in a special meal hosted by Prairie Star Restaurant at 5:30 p.m. Thursday, Sept. 25. The cost to attend is \$35 per person and includes a three-course pre-fixed menu. Limited seating available! To reserve your spot, call (785) 323-3821.

An Evening of Jazz at Meadowlark

Friday, Sept. 26, at 7:30 p.m.

Join us on Friday, Sept. 26, at 7 p.m. in the Event Center as Meadowlark welcomes Dr. G's Jazz Masters, presented by the Bell Family Foundation, for a night of smooth and swinging sounds!

Led by guitarist Wayne Goins, University Distinguished Professor of Music at Kansas State University, the group features the soulful vocals of guest artist Susan Hancock. Rounding out the ensemble are talented members of the Bell Family: saxophonist Andy Bell, Sr., pianist Alan Bell, and guitarist Andrew Bell.

Together, this accomplished lineup brings a rich mix of jazz styles—from blues and ballads to bebop and bossa novas—sure to delight music lovers of all kinds.

KSU Football Watch Party!

Saturday, Sept. 27, at 11 a.m.

You're invited to the Kansas Room, Verna Belle's Lounge, and Prairie Star Restaurant Pub to watch our K-State Wildcats take on the Knights of Central Florida on Saturday, Sept. 27, at 11 a.m. Light refreshments will be served during the game.

Thundering Cats!

Friday, Oct. 3, at 7 p.m.

Meadowlark is excited to welcome back the Thundering Cats at 7 p.m. Friday, Oct. 3, in the Event Center! The concert will feature songs by various big bands, and they never leave you disappointed. All are welcome, and let's get grooving!

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Remembering When Our Car Didn't Have a Trunk

by Carroll Hackbart

The first family car I remember was a Model A Ford. It didn't have a trunk or any kind of cargo space, so, whatever we needed to take to Watertown rode in the back seat with me. My brother Dennis was born in 1938; he took over my front seat space. Some cars had a rack attached to the rear bumper that you could strap a luggage trunk on—hence the term “trunk.”

Trips to town were never just about errands. They were family outings, and the car was packed. Here's what we might take along:

~ **A 5-gallon can of cream**, which we dropped off at North American Creamery. We'd pick up the empty can — and the cream check — on our way home. That check was Dad's spending money. He used it for things such as farm equipment parts, salt blocks for the milk cows, or a new pair of overalls or gloves.

~ **A crate of eggs**, left at the grocery store along with Mother's shopping list. When we returned, the crate held the groceries. If the eggs brought in more than the groceries cost, the grocer gave the extra to Mom. She used her “egg money” for sewing supplies or other household needs. If the groceries

cost more, she paid the difference. The grocer often slipped a small sack of candy into the crate as a treat.

~ **The radio battery** dropped off at the filling station to be recharged. Early home radios required two or three kinds of batteries. Ours used a B dry-cell battery and a 6-volt wet-cell (rechargeable) battery.

~ **A washtub**, especially in the summer, to bring back a block of ice for the icebox. The same station that charged the radio battery also sold ice.

~ **Chickens**, when the roosters were big enough to be spring fryers, or it was time to replace our old laying hens, called “stewing hens.” We'd put them in gunny sacks with small holes cut so they could breathe. The old hens often poked their heads out and stared at me. We'd take them to Peter Fox & Sons poultry processing plant.

~ **A sack of wheat**, if we were low on flour. We'd drop it off at the flour mill. They kept a portion of the flour as payment.

~ **Binder twine**, which came in bales of six balls packed in a gunny sack and tied with rope. This was a common stop during harvest season. Saturdays were our usual town days—Saturday

afternoons in the winter, Saturday nights in the summer. During harvest, stores stayed open almost until midnight to accommodate farmers who worked late.

After dropping off our goods, Mom would shop, and Dad would go to places like the McCormick-Deering store for repair parts. I remember Dad standing in long lines, waiting for grain binder parts or more binder twine.

The grain binder was a mechanical wonder with no engine, driven entirely by a bull wheel as horses pulled it. It had a cutter bar to cut the stalks of grain, a reel to lay them on the platform canvas, which carried them to elevator canvases that fed the stalks of grain to the binding mechanism. There, the grain stalks were compressed, wrapped with twine that was tied in a knot and kicked out on the bundle carrier — hundreds of times a day, like clockwork.

Watertown's business district bustled on Saturday nights. Stores were full of essentials. Grocery stores were modest, but they stocked basics such as salt, yeast, crackers, corn flakes, and oatmeal. The meat counter was small, and butchers cut meat to order on a butcher block. I remember plucked chickens hanging on the wall with paper hoods over their heads.

The milkman delivered milk in town. Grandma churned butter and delivered it herself. Ice was delivered to homes. Bread and cookies were usually homemade, and bakeries were small and local. Some households even ran small groceries out of their homes for everyday needs.

When O.P. Skaggs came to town, it was a game-changer: the first modern grocery store with shopping carts, aisles of food, and checkout counters. They also bought eggs. We'd buy soda by the case, choosing Pepsi because it came in 8-ounce bottles (Coke was only 6 ounces). We had to pay a deposit because the bottles were refillable. By then, we had a car with a trunk, which was just right for a full load of groceries and pop.

Going to town wasn't just business — it was community. We saw neighbors and friends, wandered the streets as we got older, and listened to the Salvation Army Band on summer nights. A nickel got us candy or fresh, roasted peanuts from the five-and-dime. A penny bought a big gumball or a handful of peanuts from the penny machines.

I was fascinated by the cash registers — brass

machines with crank handles and big black numbers that popped up in a window. The clerk would ring everything in, crank it down, and the drawer would pop open with a satisfying *ding*.

Watertown had two movie theaters: the Lyric and the State. They showed cowboy movies—John Wayne, Roy Rogers, Gene Autry—and comedies like *Ma and Pa Kettle*. During WWII, newsreels gave us glimpses of the frontlines. A child's ticket was 10 or 15 cents. Popcorn cost 5 cents.

Dining out meant simple fare. There were restaurants in the hotels, but we usually ate at hamburger joints such as The Pantry or The Inn. They had stools at the counter. You could watch the cook press and flip the patties, toss them on a bun, add a pickle, and serve them hot. They even sold them by the rack.

Drugstore soda fountains featured long marble counters, swiveling stools, hand-pumped syrup bottles, and fizzy carbonated water. You could order cherry Cokes, phosphates, or ice cream sodas.

The ice cream parlor was a popular place on warm summer nights. It had a long, four-sided rectangular counter with workers, ice cream cabinets, and prep space inside. Stools circled outside so you could sit and order a sundae, a malted milk (made with real ice cream, milk, malted milk powder, and your favorite topping), or a banana split. Or you could walk in and order an ice cream cone—single dip for 5 cents, double dip (two flavors) for a dime—or a quart carton of hand-packed ice cream to take home. They never closed the carton—it was packed too full.

I think the A&W Root Beer stand was the first true drive-in. They had carhop service and only served root beer and root beer floats in icy cold glass mugs—no ice, only root beer.

We'd always stop at the gas station to pick up our radio battery. If we needed fuel, the attendant filled the tank, cleaned the windshield, and checked the oil, water, and tires. We usually asked for only a buck's worth or a couple bucks' worth, and the attendant would have to run back inside to make change.

We had a four-wheeled trailer, made by a blacksmith from the running gear of a wrecked car. It had interchangeable tongues—long for a horse or short for a car or tractor. Dad used it with a hayrack

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How I Came to Be

Grade School in Eastern Tennessee/Western North Carolina: Part 1

Introducing How I Came to Be, a four-part series by Dale Wilson, Prairie Star Writers Group participant.

by Dale Wilson, Prairie Star Writers

I was conceived when my mother was 15, falling prey to the charms of a mountain boy of little education, with a boastful character and instinct to survive through either domination or charm, whichever suited his style at the moment. This man's pursuance toward her was introduced at a time when she probably felt socially incompetent, and to some degree, unwanted by her father. It was 1950, the war had not been silent for long and prosperity had even seeped into the mountains of Tennessee and North Carolina as the indigenous folk began to reap some benefits of an economic recovery they hadn't planned upon. My biological father at 18 had a fast car, nice clothes and drew a decent salary hauling moonshine for his uncle. Times were good down "Thunder Road" as you may recall that 1960s' movie starring Robert Mitchum about a moonshiner's son and his

ultimate demise at the hands of revenuers.

The earliest memories of my early life I have are the interior of a late 40's Chevrolet sedan, making mud pies in the driveway as they baked on the side porch stoop, my dog, Brownie, and my grandmother holding me on her lap feeding me grapefruit sections. The days were sunny, protected, and seemed never ending.

My birth was the result of an unexpected pregnancy in a time when unwed mothers were usually chastised, and many times swept under the carpet of institutions who cared for these "situations" but not so in my case. The biological father was run off at gunpoint by my grandfather, a suitable marriage was arranged to another beau of my mother's, and I was born, Jesse Dale Hodges, Jr. on July 20, 1951. Harry S. Truman was still President. I understand the buck stopped there!

Life in rural Sutherland, N.C., in the early 50's was the essence of bucolic America. We were mostly ignored by county, state and federal government. So long as taxes were paid, we were free to subsist as best we could, hunt for small

game, plant tobacco, beans, and cabbage as our cash crops and continue to marry our cousins when it seemed a good fit. After all, being landlocked both culturally and geographically had its peculiarities, but I digress.

At the age of seven I began my formal education at Mabel Elementary School in Zionville, NC. What is striking to me is that I traveled by bus through three counties and two states to arrive at Mrs. Mast's first grade class. There we learned organization, respect for our teachers, and how to read the King's English through snippets of the daily lives of Dick and Jane with a healthy dose of Spot. Each day commenced with a school bus ride under the watchful eye of one Willy Laing, who was charged with bringing us safely from our homes to school and back again. Willy began the pickups in the heart of a semi lawless area known locally as "Potter Town," where decent men neither treaded nor tarried due to the general domestic turmoil in that unhinged little community. Here, people simply settled their grievances with a gun, with no remorse for the outcome and little sympathy for the loser. I remember so well sitting between two children where one's father had slain the other child's father the day before in a squabble to do with a rhetorical insult or less. Mountain men did not insult each other in a cavalier way without suffering certain consequences. The Potters, the Ellisons, the Snyders, and Sheltons ... surnames of children I remember well but I especially remember their saddened downcast eyes as they were seated on the school bus in seats next to other children whose relatives had gunned down the other students loved ones. Today we would color this scenario "insensitive" at best. In those times and that mountain culture, it was simply a cold reality.

When does one's cognizance of life begin? I suppose around four or five years old you begin to store random scenes or daily routines that somehow embed into your newly formed brain. I recall bits and pieces, encoded more like still photos on my mind; a lit birthday cake on the steps of the front porch at age four or five. Walking beside my granddad holding on to the mechanical push blade lawn mower as he trimmed the grass. At best, those memories are foggy, and I'll admit aided somewhat by photographs I still have in my possession of these scenes. I'll never forget the

day I saw my first black snake, entwined on the back porch trellis and grandmother's race for the 22 rifle to make sure it didn't enter the house for supper. And how did supper even turn into dinner, by the way? Dinner is the noon day meal by any Southern reckoning and supper, the evening repast. I can only blame city slickers for that unnatural reversal. I need to clarify a point at this time. I refer to "mom" in this account many times; she is my biological grandmother. She and my grandfather adopted me when I was about a year and a half old, amending my given first and last name.

Life in Sutherland, N.C., was unencumbered, protected, and idyllic. To say that it was a near Camelot existence is an understatement. I was related by blood to nearly every neighbor within a six-mile stretch of NC Highway 88. Cousin intermarriage in the community for generations had insured not only my closely bonded network of living and caring kin but that I would also be totally confused forever about my lineage. Case in point, my paternal great great grandfather and maternal great great grandfather were brothers, making my grandmother and grandfather second cousins. Let that sink in. The nearest residents were my grandparents, uncles, aunts, and cousins. You ventured without worry through the woods, roads and paths of the community. Someone's eyes were always on you, standing guard, yet you felt complete freedom, and that the supremacy of your being and the gentleness of the day was yours to glory in forever.

I was reared as an only child due to the fact my younger sisters lived in Winston-Salem, N.C., with my biological mother. In contrast, I was brought up in rural Sutherland, N.C., on the Tennessee border. Most of my cousins were male and older and didn't have much to do with me, and I suspect mom was rather relieved that I stayed away from some of their more unbecoming influences. Fortunately, for me, my cousin Martha, two years younger than me, lived only some 100 yards down the road. We were inseparable as children and remained close to this day. She was my playmate, my sister, my cohort, my confidant, my partner in crime. Our days were filled with never-ending projects of some sort, building dams in the creek, dragging boards up the hill behind our house to a stand of trees where we

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for hauling hay or grain bundles during threshing. The rubber car tires made it easier to pull and lower than the larger wooden wagon wheels. He'd swap the hayrack for a grain box when we needed to haul grain to the elevator or hogs and calves to the sale barn or Swift's packing plant. We used it like the pickup we didn't have. We pulled it behind the car—slowly, but still faster than horses.

During the war, Dad's name came to the top of the wish list for a new, factory-built trailer at Hubbert's Implement. It came with four brand-new tires—all different brands—because it qualified as a farm implement. We couldn't get car tires, so we had to get ours recapped when they wore out. The new trailer trailed behind the car much better.

Later, after we moved to the Stein farm, Dad bought a used International Harvester pickup. Its spare was a used airplane tire with a big, vulcanized patch. We could finally haul grain,

hogs, calves, and poultry with ease. Dad even bought a proper chicken crate.

Not long after, the farmers started a co-op creamery. They began picking up our cream and eggs weekly. We no longer had to load up the car.

Those days were full of hard work, simple pleasures, and strong community. Times were changing. By the time we bought the pickup, brother #3, Merlin, had joined us. The new trailer continued to haul hay and grain bundles, and eventually, our bale-hauling wagon.

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Medicare Open Enrollment

Oct. 15 to Dec. 7, 2025

It's that time of year again. Time to review your Medicare insurance coverage and make changes to that coverage, if needed.

This year it is more important than ever to review the coverage you have. Several insurance companies are dropping their Medicare Advantage programs. This is due to the cuts made to the deductibles, co-pays, and cost shares. If you are on a Medicare Advantage Plan, you will receive a notice if the company will be dropping coverage. **Please pay close attention to any mailings from the insurance companies in the next few weeks.**

Any dropped Medicare Advantage coverage will automatically roll into the regular/original Medicare Program. However, anyone who loses coverage will still need to obtain Medicare Part D coverage. There also may be a need to sign up for a Medicare Supplemental Plan.

The Meadowlark Finance Team is here to help you navigate the maze of Medicare insurance. We are blessed to have a trained SHICK volunteer (Senior Health Insurance Counselor) working with the Finance team. James Beck, Meadowlark resident, has stepped in to work individually with residents utilizing Medicare.

Beck's availability is listed in the Blue Book at the Hospitality Desk. Please sign up for a time and date that works for you. The Finance team also will be available to assist you with the Medicare Open Enrollment process.

Making sure you have the insurance coverage you need is one of the Finance team's goals. Let us know how we can assist you during the upcoming Open Enrollment period.



*Gifts benefiting the Good Samaritan Fund,
Helping Hands Fund, Meadowlark Home Health,
Meadowlark Memory Program, Meadowlark
Parkinson's Program, and the Nation & Nurture
campaign were received during the month of August.*

Memory of

David Butler	Bill Feyerharm
Jerry Connery	Leanda "Lea" Orsborn
Linda Ferguson	C. Floyd Pauley
Ralph & Verna Turnquist	
Stephanie Upson	

Honor of

Fort Riley Jeep Club*	Papa's People*
Gail's Galloping Gala*	Stormont Shufflers*
Gail McPeak	Straub Squad*
Granny's Group*	Team VIPD*
Jack Miller	Viking Blood*

**Speedy PD Race team.*

Art Engagement *from the* Beach Museum of Art

An artist may use symmetry to create balance, harmony, and rhythm within a design. Humans look for a sense of order and find it pleasing. The challenge can be to develop order that holds visual interest. The artist can create imbalance within the balance in the way they organize color, breaks in pattern, shape differences, and texture. As you look at this artwork do you find symmetry with visual interest? What do you see that supports your answer? Would you like to view this art in person? It is currently on display in our new exhibition Kansas Triennial 25/26. Stop by the Beach Museum of Art



Mona Cliff
"You Cant's See the Wind," 2025
Mixed media

SCHOOL, from page 7

built a hide out, days-long games of Monopoly when school was suspended due to snow, Tiddlywinks, playing cowboys and Indians, and the list goes on.

Being reared by my grandparents gave me a very different generational grasp of life and its realities. The mid-1950's were modern times, yet the conversations I would hear from the great grandparents and others in their age group gave me their glimpse of old wars, particularly the War of Northern Aggression, why it occurred, great disease pandemics, family feuds, and stock market crashes. These elders remembered life before electricity, running water, telephones, TV's, cars, and airplanes. Through hearing their repeated stories and lore it became evident at my young age

that they had lived good and interesting lives without the amenities I grew up with. That was a very important lesson for me. Here in my later years, their stories and their feelings about life still frequently undergo my mental inspection when sitting alone and in deep thought.

My dive into the world of social structuring began at age 6 with my enrollment at Mabel Elementary School for first grade. Though it is a rural school, the building had a room for each grade one through eight, an auditorium, a library, and administrative offices. And to think, all that before LBJ saved our impoverished asses with Great Society.

By the way, we think we like shoes in the South, but the jury is still out on that one.

RESTAURANT **SPECIALS**

Sunday, Sept. 21	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, Sept. 22	\$11 Lunch Roasted Pork Sandwich Sweet Potato Fries	\$15 Dinner Chicken Parmesan <i>served over Linguine</i> Garlic Bread Side Caesar Salad
Tuesday, Sept. 23	\$12 Lunch Beef & Broccoli Steamed Pork Dumpling	\$15 Dinner Bacon-Wrapped Meatloaf <i>stuffed with Cheese</i> Cheesy Potatoes Peas & Onions
Wednesday, Sept. 24	\$11 Lunch Cowboy Burger French Fries	\$14 Dinner Swiss Steak Mashed Potatoes Honey-Glazed Carrots
Thursday, Sept. 25	\$11 Lunch Fried Chicken Sandwich Macaroni Salad	\$17 Dinner Chicken & Sausage Cajun Pasta Garlic Bread House Side Salad
Friday, Sept. 26	\$11 Lunch Taco Bar	\$16 Dinner Fried Catfish Cornbread Pudding Coleslaw
Saturday, Sept. 27	\$11 Lunch Sloppy Joe Tator Tots Broccoli Salad	\$15 Dinner Chicken-Fried Steak Mashed Potatoes & Gravy Corn

Weekly Opportunities Calendar Sept. 21 to Sept. 27

Sunday • Sept. 21 *Put your trash at the curb!*

8:45 a.m. ~ Transport to College Ave UMC, VE
 9:30 a.m. ~ Sunday Morning Fellowship, 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
 2:30 p.m. ~ Depart to Chamber Music Kansas, VE

Monday • Sept. 22 *Trash 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
 1:45 p.m. ~ Parkinson's Voice Class, CR
 2:00 p.m. ~ Tai Chi, **1960 only**
 4:15 p.m. ~ Hable Espanol, FHR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Sept. 23

10:00 a.m. ~ Memory Activity Class, EC
 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. ~ UFM Class: Intro to Feldenkrais, CR
 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
 5:30 p.m. ~ 3rd Floor Supper, BR

Wednesday • Sept. 24

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
 1:00 p.m. ~ Complaint Free Meadowlark, CR
 1:30 p.m. ~ Diabetic Wellness Group, FHR
 2:00 p.m. ~ Tai Chi, **1960 only**
 3:00 p.m. ~ Rock Steady Boxing, KSU CL

Wednesday • Sept. 24, continued

3:00 p.m. ~ Sing-a-long, FHR
 4:00 p.m. ~ 4th Floor Social, FHR
 5:30 p.m. ~ 1st Floor Supper, MR

Thursday • Sept. 25

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**
 11:30 a.m. ~ Caring Conv. For People w/ PD, FHR
 11:30 a.m. ~ PD Care Partner Social, PS
 12:00 p.m. ~ College Avenue UMC Luncheon, BR
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
 1:00 p.m. ~ PD Care Partners Group, FHR
 2:00 p.m. ~ Water Media Painting, KSU CL
 2:30 p.m. ~ Knitting & Crocheting, KR
 4:15 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ Special Meal hosted by Prairie Star, PS

Friday • Sept. 26

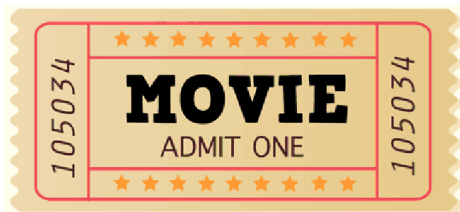
7:30 a.m. ~ Rock Steady Boxing, **BF**
 9:30 a.m. ~ Seated Strength, CR/**1960**
 10 a.m. to 3 p.m. ~ Meadowlark Market, **MM**
 10:30 a.m. ~ Weights 101, CR/**1960**
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**
 2:30 p.m. ~ Fanny & Furby, KR
 7:00 p.m. ~ An Evening of Jazz, EC

Saturday • Sept. 27

9:00 a.m. ~ Tai Chi, **1960 only**
 9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
 10 a.m. to 3 p.m. ~ Meadowlark Market, **MM**
 11:00 a.m. ~ KSU Football Watch Party, PS

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: Sept. 21

GREATER (2016) PG, 2 hr. 10 min. *Biography, Sport*

Cast: Neal McDonough, Leslie Easterbrook, & Christopher Severio

The story of Brandon Burlsworth, possibly the greatest walk-on in the history of college football.

MONDAY: Sept. 22

RESIDENT REQUEST

LES MISERABLES: THE STAGED CONCERT (2019) Unrated, 2 hr. 25 min. *Musical, Documentary*

Cast: Michael Ball, Alfie Boe, & Carrie Hope Fletcher

Seen by over 120 million people worldwide and one of the world's most popular musicals. Now cinema audiences can experience a live broadcast of the musical phenomenon which broke box office records and sold out its entire 16-week season.

TUESDAY: Sept. 23

SHARK WHISPERER (2025) PG-13, 1 hr. 30 min. *Documentary*

Cast: Ocean Ramsey, Mike Bolton, & Keoni TeTawa Bowthorpe

Marine conservationist and social media activist Ocean Ramsey fearlessly swims with sharks in this documentary about her risky mission to protect them.

WEDNESDAY: Sept. 24

RESIDENT REQUEST

GREYHOUND (2020) PG-13, 1 hr. 31 min. *Period Drama, War*

Cast: Tom Hanks, Elisabeth Shue, & Stephen Graham

Several months after the U.S. entry into World War II, an inexperienced U.S. Navy commander must lead an Allied convoy being stalked by a German submarine wolf pack.

THURSDAY: Sept. 25

THE FAST & THE FURIOUS (2001) PG-13, 1 hr. 46 min. *Action, Crime*

Cast: Vin Diesel, Paul Walker, & Michelle Rodriguez

Los Angeles police officer Brian O'Conner must decide where his loyalty really lies when he becomes enamored with the street racing world he has been sent undercover to end.

FRIDAY: Sept. 26

RESIDENT REQUEST

OPPORTUNITY KNOCKS (1990) PG-13, 1 hr. 43 min. *Comedy, Action*

Cast: Dana Carvey, Robert Loggia, & Todd Graff

Two con men hide out in a house while the owner is away; one of them assumes the identity of the absent house sitter when the owner's relatives come to visit, only for further complications to set in.

SATURDAY: Sept. 27

MONA LISA SMILE (2003) PG-13, 1 hr. 57 min. *Coming-of-Age, Drama*

Cast: Julia Roberts, Kirsten Dunst, & Julia Stiles

Katherine Watson teaches art history in 1953 at the respectable all-female Wellesley College. She encourages her conservative students to question and disregard the outdated societal mores for women.