



MEADOWLARK

Messenger

Sept. 24, 2026

Manhattan, Kansas

Messenger Editor: Sarah Duggan

*A local not-for-profit focused on
supporting people in living their best lives*



Annual celebration benefits Good Samaritan Fund

by Becky Fitzgerald, Development Director

Oink! HOGTOBERFEST has moved! The timing is earlier, and, weather permitting, the location is changing, too. The 13th annual awareness and fundraising event to benefit Meadowlark Foundation's Good Samaritan Fund is scheduled for Friday, Oct. 2, at Meadowlark's Courtyard! This date fits within the timeframe of multi-week Oktoberfest celebrations in Munich, Germany, and since the first Oktoberfest in 1810, party-goers eat, drink, and make merry in the great outdoors.

Because of the timing, event planners are opting for a HOG-size celebration inspired by the world's largest folk festival, featuring food and beer specials prior to the event as well as a day-long party. All are welcome to enjoy this FOOD, FRIENDS, and FUNdraising event on Oct. 2.

Prairie Star Restaurant is fully embracing traditional Bavarian fare and also plan to serve more modern takes on German dishes. A special HOGTOBERFEST menu will be available Sept. 28 through Oct. 1. Items include pork schnitzel, a knackwurst sandwich, German pizza, a tangy potato soup, and more. Item prices range from \$4 to \$18.

On Friday, Oct. 2, stop by the Courtyard (or Prairie Star in case of inclement weather) between the hours of 11 a.m. to 8 p.m. for lunch, dinner, or both. Taking cues from the tents and stalls found at Oktoberfest, the Prairie Star team plans to tempt us at lunchtime with smaller bites offered at stations. We'll find cups of potato soup, charcuterie, and quartered schnitzel with gravy, for example. Cost: \$16

In the evening, come hungry! The buffet table will be laden with German meatballs with spaetzle, red-cabbage-stuffed pork loin, German potato salad, large pretzels with beer cheese, German chocolate cake, and

much more. Cost: \$18

Prairie Star has pledged 10 percent of the proceeds generated from the special event menu as well as the buffets on Oct. 2 to the Good Samaritan Fund.

To add to the festive atmosphere on Oct. 2, a longtime Meadowlark favorite, David Zerfas, and a friend will play guitars and sing Americana/folk favorites, and in keeping with the spirit of Oktoberfest, perhaps a polka or two. Hear Zerf and Neal from 5:30 to 7:30 p.m.; their performance is generously funded as part of the Bell Foundation Music Series.

From its inception, HOGTOBERFEST also featured a raffle, but with the introduction this year of the \$50,000 RAFFLE, Meadowlark Foundation opted not to sell tickets to benefit the Good Samaritan Fund. Instead, \$50,000 RAFFLE tickets, supporting Meadowlark's Cancer & Memory Programs, will be available during lunch and dinner. Help us reach our goal of selling 3,000 tickets!

The 10% of proceeds generated from the sale of HOGTOBERFEST food and beverages, purchased from Sept. 28 through Oct. 2, support the Good Samaritan Fund. This fund assists residents in a Meadowlark healthcare household who have outlived their financial resources and bridges the gap between reimbursement from the state of Kansas and the cost of quality care and life enhancement.

In addition to Prairie Star and the Alan and Karen Bell Foundation, Meadowlark Foundation appreciates the continued generous support of Steel & Pipe Supply, McCullough Development, BHS Construction, and Flint Hills Beverage.

Questions? Contact Becky Fitzgerald at (785) 323-3843.

Known, Grown, or Killed

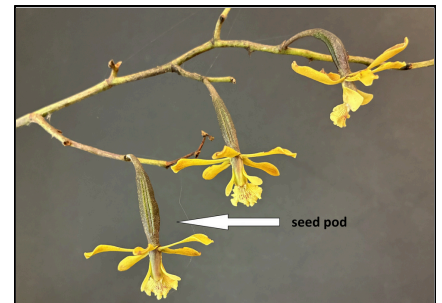
submitted by Richard Vanderlip, resident

I started these comments on orchids of the famous Darwin orchid and how it is pollinated. I later talked about the various methods other orchids are pollinated. I guess it's time to talk about orchid seed.

As some of you know, I put part of my orchids, which can benefit from the morning sun, out on the patio during the summer. One plant, *Encyclia guatamalensis*, now has seed pods on it. I don't know what pollinated it; I haven't seen bees around it. Three of the 21 flowers produced seed pods. I have no idea if the seeds are viable, and I'm not equipped to try to grow them.

In the wild, orchids depend on production of huge numbers of seeds because most do not produce plants. The seed is basically a naked embryo and must land where conditions are right for germination and growth. This usually is on moss, in a crevice of bark, or other places which often include microorganisms that help it obtain water and nutrients.

I would guess the seed pod shown might contain 100,000 seeds. The vanilla "bean" I showed earlier probably had over a half-million seeds. I have seen estimates of 3 to 5 million seeds per pod with some species.



Help Needed, Not Wanted

by Myra Toomajian

"I don't need anyone coming to my cottage to clean or cook. I'm quite capable of doing housework and cooking our meals." Those words changed when several times I got my medications mixed up. In addition, I forgot to give my husband his pills. It's one thing to have memory issues. It's another when your spouse may be in danger when mistakes are made. That's when I began to take stock of what I could do to keep my mind less cluttered.

Enter ... a team of high school and college students trained and, in some cases, certified to "aide" in performing household tasks and running errands. There are those of us who need, but may not always want, an extra hand to run the vacuum, help with meals, or be a companion. These young aides learn skills in communicating with a generation that has so much knowledge to share.

It was at this point in our new life that we decided to hire Meadowlark Home Care's supportive care

aides for a few hours each week. We soon realized that they were already capable of changing bed linens, cleaning bathrooms, sweeping and vacuuming floors, and washing, drying, and folding laundry. We sometimes had a few minutes to socialize or play UNO. (They almost always won.)

One of the best advantages of their visits is sharing their future plans. A few mothers who had become aides shared stories of their children's activities and accomplishments. I shared the same about my children activities and accomplishments. This was our connection to the current "long ago." Of course, we had modern appliances "back then," but little or no use for the modern devices. This opened another door of learning for us.

One may not need all the services the aides offer, but the friendships formed are worth the time with them. Now we look forward to seeing each other. This week my aide will take me grocery shopping. Then she can help me make some cookies "just like her grandmother made."



Poem: Untitled

by Pat Fredrickson, resident

Be like the flowers
looking up to the sun,

Be like the bees looking down
for the honey of life.

Be like a child,
Laughing, bubbling, stumbling.

Be like yourself,
Full of life responding.

Be close,
Be of good cheer,
The bees hum their song,
The child runs to you.

The flowers give you
their fragrance.

Breathe it in.
God's breath.



GAME DAY

Beef Nachos

Fried tortilla chips topped with creamy queso, seasoned ground beef, red onions, tomatoes & shredded lettuce, \$9

Bacon Cheeseburger Sliders

Two 3-oz. burgers with bacon & cheddar cheese on mini buns served with a side of fries, \$11.50

Mac & Cheese Bites

Eight fried mac & cheese bites filled with smoked gouda, macaroni, & bacon in a crunchy coating. Served with ranch dipping sauce, \$9

Boneless Wings

Six boneless wings tossed in your choice of buffalo or BBQ sauce with celery sticks, \$7

Chili Cheese Fries

French fries topped with housemade chili, shredded velveeta cheese, and diced green onions, \$7

Willie's Ranch Water

Jose Cuervo tequila, soda water, lime juice, and a splash of blue curacao, \$5

Grape Ice Cream Float

Two scoops of vanilla ice cream and grape soda served in a pint glass topped with whipped cream, \$5



Sept. 26, 6 p.m.

KSU vs. Cincinnati, **AWAY**
Channel: ESPN2

Oct. 10, TBD

KSU vs. Houston, **HOME**
Channel: TBD

Oct. 17, TBD

KSU vs. KU, **HOME**
Channel: TBD

Oct. 24, TBD

KSU vs. Arizona St., **AWAY**
Channel: TBD

Oct. 31, TBD

KSU vs. Colorado., **AWAY**
Channel: TBD

EVENTS & OPPORTUNITIES

From Our Hearts to Theirs: Honoring Leo Lake's Legacy of Gratitude

submitted by the Staff Appreciation Fund

Leo Lake is a true cornerstone of our Meadowlark community. For countless years, he has poured his heart and leadership skills into our Employee Appreciation Fund. This year, Leo decided it was time to step down.

Reflecting on his time at the helm, Leo shared: "I love living at Meadowlark because it is a community where people care about one another, where employees try every day to help residents live their best possible lives. Employees are at the center of what's best about Meadowlark."

Now, it is up to us to keep Leo's legacy alive. Because tipping is not permitted, the Staff Appreciation Fund is our special way to say a meaningful "thank you" to the dedicated team members who support us every day. What is their daily care and kindness worth to you?

Please consider making a gift to support our wonderful staff and honor Leo. In Person: Drop off your contribution at the Hospitality Desk. By mail: send your check to the Staff Appreciation Fund, 2121 Meadowlark Road, Manhattan, KS 66502.

Medicare Open Enrollment: Oct. 15–Dec. 7

It's almost time for Medicare Open Enrollment, which runs from Oct. 15 through Dec. 7, 2026. This annual enrollment period is an important opportunity to review your Medicare coverage and make changes for 2027. Changes made during Open Enrollment generally take effect Jan. 1, 2027.

Even if you are happy with your current coverage, it's a good idea to review your plan each year. Medicare Advantage and prescription drug plans can change their costs, benefits, provider networks, drug coverage, or availability from one year to the next. Pay close attention to notices you receive from your current insurance plan this fall.

If your Medicare Advantage plan will no longer be offered in 2027, you will have options. You may select another Medicare Advantage plan or return to Original Medicare. If you return to Original Medicare, you may need to select a separate Part D prescription drug plan and may want to consider Medicare Supplement Insurance (Medigap). Special enrollment periods and certain Medigap protections may apply when a Medicare Advantage plan is discontinued, so it is important to review your individual situation before making changes.

The Meadowlark Finance Team is here to help residents navigate Medicare Open Enrollment. We are fortunate to have James Beck, Meadowlark resident and trained SHICK (Senior Health Insurance Counseling for Kansas) volunteer, available to work individually with residents utilizing Medicare. Jim's availability is listed in the Blue Book at the Hospitality Desk; please sign up for a date and time that works for you.

Residents attending a Medicare Clinic appointment should come prepared. Please bring your Medicare card, a current list of medications, your Medicare.gov log-in information, a smartphone, and a valid photo ID.

The Finance Team also will be available to assist residents during the Open Enrollment process. Making sure you understand your options and have the coverage that meets your needs is important, so please don't hesitate to ask for assistance.

Take a Chance on \$50,000!

Tickets are on sale for Meadowlark Foundation's \$50,000 Raffle, benefiting the Meadowlark Cancer Program and Meadowlark Memory Program. For just \$50 per ticket, you'll have a chance to win big while helping keep both community programs free and accessible to adults throughout the region.

Purchase your ticket by Sept. 30 and you'll also be entered to win the \$1,000 Early Bird Prize. Even better, the Early Bird winner remains eligible for the \$50,000 Grand Prize drawing on Dec. 1!

Tickets are available at the Hospitality Desk, from Becky Fitzgerald or Sarah Gido, during Meadowlark Market sales, or online at meadowlark.org. Payment may be made by cash, check, or credit card.

\$50 could win you \$50,000, and help two worthy causes along the way!

Call for Artists!

Meadowlark will be hosting Meadowlark's Great Art Festival and Sale on Oct. 24, 2026, at Prairie Star Event Center and are 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 2D (watercolor, photography, oil, etc.). Based on interest, a selection criteria may apply. Those interested should contact the Meadowlark Hospitality Desk by Oct. 16. All participating artists must have their own method of taking payment for art and follow all necessary tax regulations.

EVENTS & OPPORTUNITIES

Volunteer Tech Help

Deborah's schedule will be changing this semester. She plans to visit throughout the month, but will primarily be coming on select Wednesdays and Thursdays, from 4 to 5:30 p.m.

Wednesdays will be primarily dedicated to in-home volunteer tech help visits, whereas Thursdays will be for tech help visits in the Flint Hills Room. In October, she plans to host in-home visits on the 7th and 21st (which must be scheduled in advance in the Blue Book at the hospitality desk). You also can plan to visit her in the Flint Hills Room on the 8th and 22nd. Her November dates will be Nov. 4 and 11 (for in-home visits) and Nov. 5 and 12 will be for in-person visits in the Flint Hills room. December dates will be shared closer to that time.

KSU Football Watch Party!

Saturday, Sept. 26, at 6 p.m.

All are invited on Saturday, Sept. 26, to the Kansas Room to watch our K-State Wildcats take on the Cincinnati Bearcats. The time of the game is 6 p.m. The game will be shown on ESPN2.

Joshua Lightfoot Band

Saturday, Sept. 26, at 7 p.m.

Meadowlark is pleased to welcome back the Joshua Lightfoot Band on Saturday, Sept. 26, at 7 p.m. in the Event Center.

Joshua, an Oklahoma native, grew up surrounded by music and became a multi-instrumentalist, playing banjo, mandolin, and fiddle, including a banjo that once belonged to his grandfather. His wife, Tove Thunell, grew up in the Swedish seaport city of Gothenburg and developed a love for American folk music at just 13 years old. Join us for an enjoyable evening of live folk music!

Worship Services

Sunday, Sept. 27, at 10 & 11 a.m.

Join Rev. Melanie Nord, at 10 a.m. or 11 a.m. on Sunday, Sept. 27, in the Community Room/Chapel for Worship Service, "Spiritual Formation." Coffee and fellowship will be available in the lobby between 9:30 a.m. and noon. All are welcome.

Phi Mu Alpha Sinfonia

Sunday, Sept. 27, at 12 p.m.

Meadowlark is pleased to welcome back the Tau Chapter of Phi Mu Alpha Sinfonia at K-State on Sunday, Sept. 27, at noon. The musical fraternity is dedicated to building connections through music and using its talents to uplift others.

This group will perform as part of its Mills Music

Mission, a longstanding Phi Mu Alpha tradition of sharing music with others in the community. The K-State chapter has visited Meadowlark for the past several years, and we're happy to welcome them back for another special performance.

Reflection Connections

Monday, Sept. 28, at 9:30 a.m.

In conjunction with the Memory Caregiver Support Group, Reflection Connections provides a welcoming and engaging space for individuals living with memory loss, cognitive changes, or dementia to enjoy meaningful activities and social connection. The next gathering is Monday, Sept. 28, at 9:30 a.m. at St. Thomas More Catholic Church, 2900 Kimball Ave.

If you are new to Reflection Connections and would like to participate, please contact Michelle Haub with the Meadowlark Memory Program at (785) 323-3899 prior to attending.

Vesper Devotion Series

Tuesday, Sept. 29, at 6:30 p.m.

Join us each Tuesday at 6:30 p.m. in the Community Room for evening Vesper Services led by Rev. Melanie Nord. This week's message is titled, "Platitude Prevention!" All are welcome.

Memory Café

Wednesday, Sept. 30, at 10 a.m.

Memory Café meets every Wednesday from 10 to 11 a.m. in the KSU Classroom at Meadowlark and virtually via Zoom. Memory Café is led by Linda Montgomery, Licensed Social Worker, and features story sharing, reminiscing and social engagement.

Meadowlark U: Holiday Hosting from Hello to Goodbye

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

It's time for the final course before "graduation!" Meadowlark U concludes Wednesday, Sept. 30, in the Event Center with a light-hearted and informative journey through a holiday gathering from start to finish.

Meadowlark team members will share tips for making a great first impression, keeping conversation flowing, preparing festive drinks and healthy appetizers, offering a toast or blessing among diverse beliefs, and even fitting in some post-meal movement. Presenters include Sarah Duggan, Jayme Minton, Lisa Schwarz, LaTica Jax, Melanie Nord, and Jeff Heidbreder.

Come pick up a few new ideas for your next gathering and help us celebrate the conclusion of our first Meadowlark U semester!

See EVENTS, page 6

EVENTS & OPPORTUNITIES

EVENTS, from page 5

Dinner with The League

Thursday, Oct. 1, at 6 p.m.

Dinner with the League of Women Voters will meet at 6 p.m. Thursday, Oct. 1, in the Event Center. The optional dinner selection is a chicken salad platter, fruit, and rolls with butter for \$15. The program will begin at 6:30 p.m. Please register for the meal in the Blue Book at the Hospitality Desk. The topic has not been announced.

In-Home Volunteer & Tech Helper

Wednesday, Oct. 7, at 4 p.m.

Deborah Goins will be available to provide in-home technology support to residents on Wednesday, Oct. 7.

Please sign up in the Blue Book at the Hospitality desk for a time to meet with her for an in-home visit.

Riddles Jewelry Free Cleaning Visit

Thursday, Oct. 8, at 10 a.m.

Is your wedding set or favorite necklace looking a bit dull? Visit Riddle's Jewelry in the Kansas Room from 10 to 11 a.m. on Thursday, Oct. 8, for a complimentary professional cleaning and inspection. Their expert team will be checking for loose prongs and restoring your pieces to their original brilliance!

Ladies Luncheon

Thursday, Oct. 8, at 11:30 a.m.

The next Ladies Luncheon will be on Thursday, Oct. 8, at 11:30 a.m. in the Event Center. Our speaker will be Meadowlark resident Lou Nell Gustavson, who will be

speaking about pumpkins, a fitting topic for October!

A light lunch of beef stew topped with a biscuit, Jell-O salad, and a pumpkin bar is planned at a cost of \$11 per person. Please sign up in the Blue Book at the Hospitality Desk to join us for the meal. If you require a different meal, please indicate what you prefer next to your name on the sign-up sheet.

Blood Pressure Check

Thursday, Oct. 8, 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, Oct. 8, at 1 p.m. No sign-up required.

Volunteer & Tech Helper

Thursday, Oct. 8, at 4 p.m.

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Thursday, Oct. 8, in the Flint Hills Room. No sign up required.

Grieving as a Family Event in November

As you prepare for the holiday season, it can be difficult to live in your new reality while honoring your loved one who has passed. Not every family member grieves the same. Join Melanie Nord, Spiritual Life Leader, for a grief group focused on facing the holiday season as a family after a death. Whether your loved one has died recently or years ago, this group is for you. There are two date options: Wednesday, Nov. 4 at 5 p.m. or Sunday, Nov. 15, at 2 p.m. at Yorgensen-Meloan-Londeen Funeral Home, 1616 Poyntz Ave. Transportation is available by signing up in the Blue Book.



October Birthdays



Skilled Nursing

10/2 Tom Shawler
10/2 Cecil Fordham
10/13 David Vanderbilt
10/17 Kay Regester
10/26 Sandy Bussing
10/29 Mary Beth Ford

Assisted Living

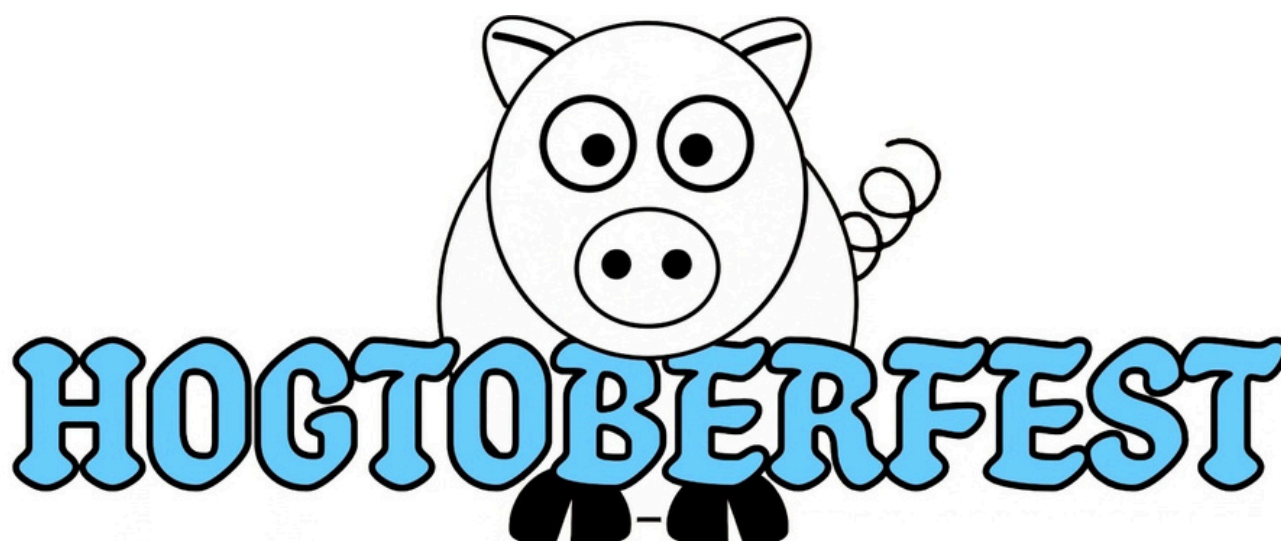
10/2 Barbara Hackbart
10/6 Madlyn Rietcheck
10/11 Mary Lee Graham
10/26 Joleen Hill

Independent Living

10/6 Terry Pacumbaba
10/8 Ed Olson
10/9 Trish Ott
10/10 Mary Lu Haas
10/10 Byron Alexander
10/13 Bob Schroeder
10/13 Emmett Wright
10/14 Nayola Norris
10/16 Pat Dunaway
10/19 Lu Willingham

10/19 Ruth McKissick
10/19 Ann Erickson
10/19 Sally Oaks
10/20 Rebecca Rose
10/21 Mike Sekal
10/23 Max Bayer
10/24 Polly Ferrell
10/25 Pat Freeman
10/27 Jane Swofford
10/30 Michael Fey

Bold denotes milestone birthdays!



Sept. 28 to Oct. 1

10% of your meal will be donated to Meadowlark's Good Samaritan Fund. Residents, please note that the donation amount will appear as a separate charge on your statement.

Kartoffelsuppe (POTATO SOUP)

creamy and tangy soup loaded with potatoes, bacon, celery, carrots, and onions ... \$4/\$6

Vesperplatte (CHARCUTERIE BOARD)

large pretzel, beer cheese sauce, German salami, roast beef, assorted cheeses, gherkin pickles ... \$13

Flammkuchen (GERMAN PIZZA)

flatbread crust, topped with bacon, sour cream, onions, and gruyere cheese ... \$10

Frikadelle im Brötchen (MEATLOAF SANDWICH)

German meat patties topped with red cabbage salad, mayo, Dijon mustard, and pickled cucumbers on a bun served with your choice of side ... \$12

Knackwurstbrötchen (KNACKWURST SANDWICH)

knackwurst sausage, topped with sauerkraut, gruyere cheese, and 1000 island dressing on a pretzel bun served with your choice of side ... \$12

Schweineschnitzel (PORK SCHNITZEL)

fried pork loin topped with mushroom onion gravy served with mashed potatoes and green beans ... \$17

Wurstteller (SAUSAGE PLATTER)

bratwurst, knackwurst, and bacon-ale sausage served with German potato salad ... \$18

Holländer-Kirschtorte (CHERRY CAKE)

tart cherries paired with a buttery sponge ... \$4

Bier (BEER)

Beer on tap ... \$5 / Beer in bottle ... \$7

RESTAURANT **SPECIALS**

Sunday, Sept. 27	Sunday Brunch Brunch Menu available from 9 a.m. to 2 pm.	\$12 Dinner Philly Cheesesteak French Fries
Monday, Sept. 28	Lunch HOGtoberfest Menu <i>See page 7.</i>	Dinner HOGtoberfest Menu <i>See page 7.</i>
Tuesday, Sept. 29	Lunch HOGtoberfest Menu <i>See page 7.</i>	Dinner HOGtoberfest Menu <i>See page 7.</i>
Wednesday, Sept. 30	Lunch HOGtoberfest Menu <i>See page 7.</i>	Dinner HOGtoberfest Menu <i>See page 7.</i>
Thursday, Oct. 1	Lunch HOGtoberfest Menu <i>See page 7.</i>	Dinner HOGtoberfest Menu <i>See page 7.</i>
Friday, Oct. 2	HOGtoberfest Sampler Stations	HOGtoberfest German Buffet
Saturday, Oct. 3	\$10 Lunch Chili Cheese Dog Tater Tots	\$12 Dinner Boneless Wings French Fries Carrots & Celery Sticks

Weekly Opportunities Calendar *Sept. 27 to Oct. 3*

Sunday • Sept. 27

Put your trash at the curb!

8:45 a.m. ~ Transport to College Ave UMC, ME
 9:30 a.m. ~ Sunday Morning Fellowship, ME
 10:00 a.m. ~ Transport to College Ave UMC, ME
 10:00 a.m. ~ Worship Service, CR/**1960**
 10:30 a.m. ~ Transportation to FUMC, ME
 11:00 a.m. ~ Worship Service, CR/**1960**
 12:00 p.m. ~ Phi Mu Alpha Sinfonia, EC

Monday • Sept. 28

Trash pick-up.

9:30 a.m. ~ Seated Strength, CR/**1960**
 9:30 a.m. ~ Memory Care Partner Group, **STM**
 9:30 a.m. ~ Reflection Connections, **STM**
 10:30 a.m. ~ Weights 101, CR/**1960**
 11:00 a.m. ~ Rock Steady Boxing, **PF**
 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
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Sept. 29

10:00 a.m. ~ Memory Activities 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**
 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
 6:30 p.m. ~ Vespers, CR

Wednesday • Sept. 30

9:30 a.m. ~ Seated Strength, CR/**1960**
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, ME
 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
 1:00 p.m. ~ Meadowlark U, EC
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-a-Long, FHR

Thursday • Oct. 1

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. ~ Parkinson's Education Group, EC
 3:00 p.m. ~ Fanny & Furby, KR
 4:00 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR
 6:00 p.m. ~ Dinner with The League, EC
 6:30 p.m. ~ UFM CLASS: Civil War West of Miss., CR

Friday • Oct. 2

7:30 a.m. ~ Rock Steady Boxing, **PF**
 9:30 a.m. ~ Seated Strength, CR/**1960**
 10:30 a.m. ~ Weights 101, CR/**1960**
 11 a.m. to 8 p.m. ~ HOGtoberfest, PS/EC or CY
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**
 3:00 p.m. ~ Catholic Mass, CR

Saturday • Oct. 3

9:00 a.m. ~ Tai Chi, **1960 only**
 9:30 a.m. ~ Band Bust Exercise Class, **1960 only**

Room Abbreviations

1960, TV Channel 1960	ME, Main Entrance
BR, Bison Room	MM, 120 N. Scenic Drive
CR, Community Room	MR, Manhattan Room
CY, Courtyard	PF, Peakform Wellness
EC, Event Center	PR, Patriot Room
FHR, Flint Hills Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	STM, St. Thomas More
KR, Kansas Room	VBL, Verna Belle's Lounge
KSU CL, KSU Classroom	WPL, Wamego 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. 27

PLAYDATE

(2025) PG-13, 1 hr. 33 min. *Buddy Comedy, Action*

Cast: Alan Ritchson, Kevin James, & Banks Pierce

Brian has just been fired from his job. He becomes a stay-at-home dad. He accepts a playdate invitation from another stay-at-home dad, who turns out to be a loose cannon.

MONDAY: Sept. 28

BRING IT ON

(2000) PG-13, 1 hr. 38min. *Teen Comedy, Romance, Sport*

Cast: Kirsten Dunst, Eliza Dushku, & Jesse Bradford

A champion high school cheerleading squad discovers its previous captain stole all their best routines from an inner-city school and must scramble to compete at this year's championships.

TUESDAY: Sept. 29

AIR: A STORY OF GREATNESS

(2023) R for language, 1 hr. 21 min. *Docudrama, Sport*

Cast: Matt Damon, Jason Bateman, & Ben Affleck

The history of the game-changing partnership between a then undiscovered Michael Jordan and Nike's fledgling basketball division which revolutionized the world of sports and culture with the Air Jordan brand.

WEDNESDAY: Sept. 30

MONTE WALSH

(1970) PG-13, 1 hr. 46 min. *Western, Drama*

Cast: Lee Marvin, Jeanne Moreau, & Jack Palance

An aging cowboy realizes that the West he knew and loved will soon be no more--and that there will be no room for him, either.

THURSDAY: Oct. 1

SALEM FALLS

(2011) TV-14, 1 hr. 29 min. *Based on a Book, Crime, Drama*

Cast: James Van Der Beek, Sarah Carter, & AJ Michalka

A new Salem Falls resident with a mysterious past must defend himself against a devastating accusation.

FRIDAY: Oct. 2

BEWITCHED

(2005) PG-13, 1 hr. 42 min. *Comedy, Fantasy, Romance*

Cast: Nicole Kidman, Will Ferrell, & Shirley MacLaine

Thinking he can overshadow an unknown actress in the part, an egocentric actor unknowingly gets a witch cast in an upcoming television remake of the classic sitcom Bewitched (1964).

SATURDAY: Oct. 3

THE MARTIAN

(2015) PG-13, 2 hr. 24min. *Space Sci-Fi, Survival, Drama*

Cast: Matt Damon, Jessica Chastain, & Kristen Wiig

An astronaut stranded on Mars must rely on his ingenuity to survive and arrange a potential rescue.