



Joe leading a tour of the castle.

Joe's Castle

by Nancy Kopp

As soon as the iron gates came into view, the conversation in our rented van ceased. All six of us leaned forward for a better view while we drove slowly onto the park-like grounds of Zbraslav Castle. Huge trees stood guard over various sculptures on either side of the lane we traversed.

"There it is," Joe told us.

It was Joe's boyhood home, a home that had been occupied by enemy soldiers during World War II, then taken over by the communists, a home that Joe had fled over fifty years earlier. Joe is the Baron Joseph Barton-Dobenin, the oldest of three sons who were raised in a thirteenth century castle that sits in all its majesty a few miles outside of Prague in what is now the Czech Republic.

We pulled up in front of the colorful castle and scrambled out of the van while Joe spoke to the guard

on duty. Our visit here started in jest at one of our Dinner/Bridge sessions. Joe's wife, Elizabeth, had said,

"You know what? We should all go over to Prague and play bridge in the castle." Six of us nodded and laughed and agreed that we should do that. Sometime. Little did we know that Joe and Elizabeth were serious, and the next time we were together, plans for our trip began to gel. Between January and May we made air and hotel reservations, rented a van, and prepared for a week's stay in Prague, a city justifiably known as The Jewel of Europe.

We'd heard a great deal about the castle ever since it had been returned to Joe's family when the communist government fell during The Velvet Revolution. Now, we were to see it. What had been mere words would soon be mental pictures to file in

See CASTLE, page 2

CASTLE, from page 1

our memories and see again and again once home in Kansas.

When the communists seized the castle a few years after World War II, they turned it into a museum. Consequently, everything in it was left exactly as it had been, and the entire building was well maintained. People flocked to tour the castle, to exclaim over the masters' paintings, the porcelain, the sculptures and antiques throughout.

Today, one end is a national art gallery. Joe's niece and her children occupy the lower floor of the remainder of the castle, and Joe has kept the upper floor private. It continues to be furnished exactly as it was in his childhood.

His mother's portrait still graces a wall in a salon. I gazed at the portrait for a long time. Painted in the years just prior to World War I, the woman looks regal and feminine in a froth of a dress, but her strength of character comes through as well. When Joe was only fifteen, his father died, and his mother became head of the family. Hitler had come to power, and before long, Czechoslovakia proved to be one more prize in his collection of European countries. What stories this woman might tell were she alive today.

During the war, German officers lived in the castle at Zbraslav with the Barton-Dobenin family. Joe inherited his father's title, but he and his brothers were sent to work in the fields with other Czechs. Joe tells a wonderful story about the surrender of those same German soldiers.

When the end of the war was imminent, two American lieutenants drove a jeep, with a white towel on its antenna, up the castle road. They asked to see

the officer in charge, then informed the German they were authorized to take him and his men prisoners. The Germans agreed but asked for time to get ready. While they talked outside in a courtyard, Joes' mother joined them, carrying a large, oversized book in her hands. "Gentlemen," she said, "would you sign my guest book?" The two Americans readily agreed, and each man signed his name. One of them wrote that he hoped they might visit again under better circumstances.

Later that day, the two Americans in their jeep led several thousand German enlisted men and officers on foot to the American lines. Why had it been so easy? The Germans chose to surrender to the Americans rather than to the Russians who were close behind.

We wandered from room to room admiring the murals that graced the ceilings and the oriental rugs that rested on the floor. White porcelain stoves in the corner of many of the rooms provided heat on cold winter days. Large windows in every room afforded views of a winding river and dense forest that surrounded the castle and courtyard. I lingered at one such window admiring the view. Long before this, Joe and his little brothers must have done the same.

Zbraslav Castle boasts two large dining rooms for entertaining. Eighteen guests can dine at one table, while the other seats even more. Each table stretched longer than any we'd ever seen. Long white linens cover the top, and stately chairs are lined up on either side. I tried to imagine the table adorned with china, crystal, and silver, the chairs occupied by invited guests, and animated conversation and laughter filling the room. A dinner party in the castle was easy to picture.

After our wonderful tour of Joes' castle, we got down

to the business we'd come for—playing Bridge. Joe took us to the rooms he'd been given when he turned eighteen. To mark his entry into an adult world, his mother had a lovely bed/sitting room and bath redone for him. The tall windows looked down on a small courtyard and the verdant forest beyond. We toasted our hosts, with a small glass of Becherovka, a local liqueur that slid easily across the tongue. The cards were dealt, and laughter and conversation rang in the castle once more. Another memory had been etched into our lives because of our friend Joe, his warm heart, and his beautiful castle.



Joe's Castle in Czech Republic.

EVENTS & OPPORTUNITIES

Water Media Painting, Oct. 20

The Water Media Painting group will not meet Tuesday, Oct. 20.

From Our Hearts to Theirs

submitted by the Staff Appreciation Fund

Since Meadowlark has a no tipping policy, we encourage you to donate to the Staff Appreciation Fund to recognize and reward our dedicated employees. Any amount of money may be given in appreciation and gratitude for our employees' hard work THROUGHOUT THE YEAR. You may use the Hospitality Desk lockbox or mail your gift to the Staff Appreciation Fund, 2121 Meadowlark Road, Manhattan KS 66502. The identity of donors and the amounts they give are not tracked by the Gift Committee or Meadowlark administration. Please give this the priority it deserves.

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!

There's still time to take a chance on \$50,000! Tickets are on sale for Meadowlark Foundation's \$50,000 Raffle, benefiting 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.

The Grand Prize drawing is Dec. 1, so don't wait to get your ticket! Tickets are available at the Hospitality Desk, from Becky Fitzgerald, Sarah Gido, or Karen Matthews 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 host Meadowlark's Great Art Festival and Sale on Oct. 24, 2026, at Prairie Star Event Center, and we 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.

UFM: Sea Shanty Sing-along

Friday, Oct. 9, at 4 p.m.

Ahoy! Join UFM instructor John Knight, also known as Billy O'Riley, for a Sea Shanty Sing-Along at 4 p.m. every Friday in October in the Event Center. Learn about the traditional work songs sailors once used to coordinate their efforts aboard ships—and then join in the fun! Most songs are call-and-response, so no singing

See EVENTS, page 4

EVENTS & OPPORTUNITIES

EVENTS, from page 3

experience or skill is needed. All voices are welcome!

Enrollment is open and can be completed by calling (785) 539-8763. The class is free for Meadowlark residents, and Passport members receive a 20% discount.

Music of Kennedy Anne Wichman

Friday, Oct. 9, at 7 p.m.

Meadowlark is excited to welcome back Kennedy Anne Wichman on Friday, Oct. 9, at 7 p.m. in the Event Center. A native of Green, Kansas, Kennedy began teaching herself guitar in 2020 and has since taken her love of music to the stage.

Kennedy performs a blend of traditional country and gospel music, sometimes joined by her dad. Her faith is at the heart of her music, and she hopes to glorify God through every performance. Join us for a special evening of music!

KSU Football Watch Party

Saturday, Oct. 10, at 2:30 p.m.

All are invited on Saturday, Oct. 10, to the Kansas Room and Prairie Star to watch our K-State Wildcats take on the Houston Cougars. Kick-off is at 2:30 p.m.

Worship Services

Sunday, Oct. 11, at 10 & 11 a.m.

Join Rev. Melanie Nord, at 10 a.m. or 11 a.m. on Sunday, Oct. 11, in the Community Room/Chapel for Worship Service, "Elective: Sexuality & Pastoral Care." Coffee and fellowship will be available in the lobby between 9:30 a.m. and noon. All are welcome.

Thundering Cats Performance

Sunday, Oct. 11, at 2 p.m.

The Thundering Cats return to Meadowlark on Sunday, Oct. 11, at 2 p.m. in the Event Center!

This special performance is co-sponsored by Dr. Byron and Carolyn Alexander and the Bell Family Foundation in celebration of Byron's 90th birthday.

Enjoy favorites from the Big Band Era, including music from Byron's favorite, the Glenn Miller Orchestra. The Thundering Cats were originally organized by longtime Meadowlark resident Jim Reed and have become a favorite of Meadowlark audiences over the years. Join us for a wonderful afternoon of music and help celebrate Byron's milestone birthday!



Reflection Connections

Monday, Oct. 12, 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, Oct. 12, at 9:30 a.m. at St. Thomas More Catholic Church.

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.

Town Meeting

Monday, Oct. 12, at 9:30 a.m.

All Meadowlark residents are invited to attend October's Town Meeting at 9:30 a.m. Monday, Oct. 12, in the Event Center. Town Meeting is a great opportunity to hear Meadowlark updates from leadership team members, ask questions, and learn what to expect for activities and entertainment throughout the month!

Adapting to Life Changes Education Program

Tuesday, Oct. 13, at 1 p.m.

Life brings many changes, and you don't have to navigate them alone. Adapting to Life Changes is an educational and supportive series focused on understanding changes related to aging, health, and loss while building resilience and emotional well-being.

Sessions will explore topics such as grief, changes in identity and health, managing emotions, coping skills, relationships, and finding meaning. Each gathering includes education, simple activities, discussion, and connection with others experiencing life changes.

The group meets Tuesdays, Oct. 13 through Dec. 1, from 1 to 2 p.m. in the Flint Hills Room. To learn more or sign up, contact Linda Montgomery at (785) 320-7299 or lmontgomery@meadowlark.org.

Vesper Devotion Series

Tuesday, Oct. 13, 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 and this week's guest Jackie Torres. This week's message is titled, "Healing & Anointing Service."

EVENTS & OPPORTUNITIES

Memory Café

Wednesday, Oct. 14, 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.

IT Training with Manhattan Public Library

Thursday, Oct. 15, at 9 a.m.

Are you new to technology or need help with existing computer questions? Take advantage of one-on-one help with tablets, laptops, and phones. This opportunity is offered by Fred Darkow with Manhattan Public Library every third Thursday from 9 to 11 a.m. in the Kansas Room. Registration is not required to attend.

Veterans Group

Thursday, Oct. 15, at 10 a.m.

Veterans and their spouses are invited for coffee and conversation at 10 a.m. Thursday, Oct. 15, in the Manhattan Room. This group meets every third Thursday.

FUMC Communion

Thursday, Oct. 15, at 11 a.m.

Join the pastors from First United Methodist Church Thursday, Oct. 15, at 11 a.m. in the Flint Hills Room to receive communion. This opportunity is open to anyone wanting to invite Christ into his or her heart.

Lettuce Ketchup with Parkinson's Lunch

Thursday, Oct. 15, at 11:30 a.m.

People with Parkinson's (PwPD), their care partners, and members of their support network are invited to enjoy a meal and fellowship the third Thursday of every month. This lunchtime opportunity is for those interested in dining and sharing life together along their Parkinson's journey. The lunch takes place in the KSU Classroom at Meadowlark. To better accommodate the size of our group the restaurant will offer one meal option. The cost of food and drinks is the responsibility of each attendee. Because we are meeting in the KSU Classroom, you are welcome to bring your own food if you prefer. To learn more or RSVP please call (785) 323-3899.

Card Making with Michelle Lehmer

Thursday, Oct. 15, at 2:30 p.m.

The next Card Making with Michelle Lehmer class will occur on Thursday, Oct. 15, at 2:30 p.m. in the Flint Hills Room. She provides card making supplies for FREE! It's a fun time for all.

UFM: The Story of Whiskey

Thursday, Oct. 15, at 6:30 p.m.

Join instructor Neal Strathman to learn more about whiskey, on Thursday, Oct. 15, at 6:30 p.m., in the Event Center. Embark on a personalized journey through the world of whiskey at 6:30 p.m. Thursday, Oct. 15, in the Event Center. Embark on a personalized journey through the world of whiskey in our student-focused class. Whether a novice or seasoned enthusiast, each student sets their objectives, from understanding basics to exploring classic cocktails. Dive into whiskey's rich history and the legislative framework shaping its modern landscape. Discover flavor profiles, aroma nuances, and pairing principles. Through interactive sessions and guided tastings, students gain insight into whiskey appreciation and food pairing techniques.

Enrollment is open and can be completed by calling (785) 539-8763. The class is free for Meadowlark residents, and Passport members receive a 20% discount.

Pat Brensing: Celebration of Life

Friday, Oct. 16, at 9:30 a.m.

The family of Pat Brensing invite you to a Celebration of Life service at 9:30 a.m. Friday, Oct. 16. The service will be held in Prairie Star Restaurant's Event Center at Meadowlark. The family will be honored to have you celebrate with us so we can truly celebrate with family and friends the loving, caring, and wonderful woman who provided an example of how to live. Attendees are invited to stay for a reception following the service.

Pink Diva & The Jazz Masters

Friday, Oct. 16, at 7 p.m.

Get ready to swing! Pink Diva & The Jazz Masters take the stage Friday, Oct. 16, at 7 p.m. in the Event Center. Featuring vocals, keys, drums, bass, and saxophone, the group blends classic jazz favorites with a fresh, modern flair.

Enjoy timeless tunes like "All of Me," along with contemporary favorites reimagined with a jazzy twist. Join us for an entertaining evening celebrating the sounds of jazz, old and new!

Shopping at Target & Dollar Tree

Saturday, Oct. 17, at 10:30 a.m.

The next scheduled trip is Saturday, Oct. 17, 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.

Art Engagement with the Beach Museum of Art



Elizabeth Layton (United States, 1909-1993), "Business Business Business, You Gotta Have Art," 1991. Colored pencil and graphite on blue paper, KSU, Marianna Kistler Beach Museum of Art, gift of Ross & Marianna Beach

In this lively colored pencil drawing by Elizabeth "Grandma" Layton, we see a couple whose demeanors are charmingly different, clapping hands. This is the artwork chosen to be the 2026 "Common Work of Art" to be displayed at the museum. Each year, the Beach Museum of Art chooses an artwork to correspond with the K-State Common Book - a book chosen for incoming K-State freshmen to read. This year's Common Book is *Callings* by Dave Isay, a compilation of stories collected from StoryCorps interviews. In these interviews people tell stories about finding their passion, and marvel at the winding roads we go down to find often unexpected joy in work and life.

Callings by Dave Isay connects to Elizabeth Layton's story in the way that she discovered her passion for drawing. She became an artist late in life, during a time when she was navigating grief. She decided to take a contour drawing class, and from then on drawing became a source of joy that lit her up. You can see the techniques of contour drawing used in this work, as she traces the lines of the figures with her eyes as she draws them.



Clothing Drive

Hosted by the Meadowlark Ambassadors

**Friday,
October 23, 2026
10 a.m. to Noon**

Clothing must be clean, and in either new or gently used condition. Items with holes and/or stains will not be accepted.

Local Donation Beneficiaries:
Be Able
The Budget Shop
Encore Shop
Ogden Friendship House
United Methodist Thrift Shop

Most Needed Items:
Jeans, athletic pants, and sweatpants
Long sleeve t-shirts, blouses, & sweatshirts
Shoes (athletic shoes, boots, etc)
Underwear & Socks
Kid's Clothing
Blankets, Bags, and Belts
Coats & Jackets (hats, gloves & scarves)

Donations will be accepted in the Event Center

Fort Hays State University Alumni Achievement Award



Kim & David Stevenson and Angela Kohls at the Awards Banquet.

Meadowlark staff Katie Sigman, Linda Montgomery, and Lisa Schwarz support Michelle at the Alumni Banquet.

Michelle and Mark Haub in the Homecoming Parade.

2026

FHSU Speech Pathology - past and present faculty and alumni.

Hays Regional Parkinson's Support Network

Some of the Straub family at the Alumni banquet.



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



Oct. 10, at 2:30 p.m.

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

Oct. 17, at 11 a.m.

KSU vs. KU, **HOME**
Channel: FS1

Oct. 24, TBD

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

Oct. 31, TBD

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

Nov. 7, TBD

KSU vs. OK State, **HOME**
Channel: TBD

RESTAURANT **SPECIALS**

Sunday, Oct. 11	Sunday Brunch Brunch Menu available from 9 a.m. to 2 pm.	\$16 Dinner Pot Roast <i>with Carrots, Onions, & Celery</i> Mashed Potatoes & Gravy Fresh Green Beans
Monday, Oct. 12	\$10 Lunch French Onion Soup Cran-Apple Salad Breadstick	\$17 Dinner Steak Fajitas Cilantro Lime Rice Corn & Black Bean Salad
Tuesday, Oct. 13	\$11 Lunch Southwest Chicken Salad <i>(mixed greens, grilled chicken, cheese, corn, black beans, avocado, tomatoes, onion, & salsa ranch served in a tortilla bowl)</i>	\$15 Dinner Cajun-Stuffed Pork Loin <i>with Andouille Sausage Gravy</i> Red Beans & Rice Fried Okra
Wednesday, Oct. 14	\$11 Lunch Steak Sandwich French Fries	\$15 Dinner Salisbury Steak Mashed Potatoes & Gravy Broccoli
Thursday, Oct. 15	\$11 Lunch Chicken Caesar Wrap Sweet Potato Fries	\$15 Dinner Pecan-Crusted Chicken <i>with Dijon Sauce</i> Smashed Red Potatoes Peas & Pearl Onions
Friday, Oct. 16	\$11 Lunch Soup & Salad Bar	\$26 Dinner 4-oz. Filet & Garlic Shrimp Baked Potato Asparagus
Saturday, Oct. 17	KSU Game Day Menu See page 2	KSU Game Day Menu See page 2

Weekly Opportunities Calendar Oct. 11 to Oct. 17

Sunday • Oct. 11

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**
 2:00 p.m. ~ Thundering Cats, EC

Monday • Oct. 12

Trash pick-up.

8:30 a.m. ~ IL Resident Council, BR
 9:30 a.m. ~ Town Meeting, EC
 9:30 a.m. ~ Seated Strength, CR/**1960**
 9:30 a.m. ~ Memory Care Partner Group, **STM**
 9:30 a.m. ~ Reflections 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**
 11:30 a.m. ~ Meadowlark Valley Luncheon, BR
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
 1:45 p.m. ~ Parkinson's Voice Class, CR
 5:30 p.m. ~ Tuttle Creek Supper, MR
 6:00 p.m. ~ Care Partners Support Circle, FHR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Oct. 13

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**
 12:00 p.m. ~ 4th Floor Supper, MR
 1:00 p.m. ~ Adapting to Life Change, FHR
 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 • Oct. 14

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
 11:30 a.m. ~ North Monarch Luncheon, MR
 11:30 a.m. ~ Lutheran Luncheon, BR

Wednesday • Oct. 14, continued

3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-a-Long, FHR
 5:30 p.m. ~ 3rd Floor Supper, BR

Thursday • Oct. 15

9:00 a.m. ~ Messenger Team, KSU CL
 9:00 a.m. ~ Library Tech Help, FHR
 10:00 a.m. ~ Mat Yoga, KSU CL
 10:00 a.m. ~ Veterans Group, MR
 10:00 a.m. ~ Memory Caregiver Support Group, **WPL**
 10:30 a.m. ~ Steady Yourself, CR/**1960**
 11:00 a.m. ~ FUMC Communion, FHR
 11:15 a.m. ~ Chair Yoga, CR/**1960**
 11:30 a.m. ~ Lettuce Ketchup with PD, KSU CL
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
 2:30 p.m. ~ Card Making with Michelle Lehmer, FHR
 3:00 p.m. ~ Fanny & Furby, KR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR
 6:30 p.m. ~ UFM: The Story of Whiskey, KSU CL

Friday • Oct. 16

7:30 a.m. ~ Rock Steady Boxing, **PF**
 9:30 a.m. ~ Seated Strength, CR/**1960**
 9:30 a.m. ~ Pat Brensing Celebration of Life, EC
 10:30 a.m. ~ Weights 101, CR/**1960**
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**
 3:00 a.m. ~ Catholic Rosary, CR
 4:00 p.m. ~ UFM: Sea Shanty Sing-along, EC
 7:00 p.m. ~ Pink Diva & The Jazz Masters, EC

Saturday • Oct. 17

9:00 a.m. ~ Tai Chi, **1960 only**
 9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
 10:30 a.m. ~ Depart for Shopping Trip, ME
 11:00 a.m. ~ KSU Football Watch Party, KR/PS

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: Oct. 11

GHOST

(1990) PG-13, 2 hr. 6 min. *Romance, Thriller*

Cast: Patrick Swayze, Demi Moore, & Whoopi Goldberg

A slain Manhattan banker reaches out to his lover with a psychic's help.

MONDAY: Oct. 12

THE COUNT OF MONTE CRISTO

(2002) PG-13, 2 hr. 11 min. *Adventure, Thriller*

Cast: Jim Caviezel, Guy Pearce, & Christopher Adamson

A young man, falsely imprisoned by his jealous "friend", escapes and uses a hidden treasure to exact his revenge.

TUESDAY: Oct. 13

RESIDENT REQUEST

20,000 LEAGUES UNDER THE SEA

(1954) G, 2 hr. 7 min. *Family, Adventure,*

Cast: Kirk Douglas, James Mason, & Paul Lukas

A ship sent to investigate a wave of mysterious sinkings encounters the advanced submarine, the Nautilus, commanded by Captain Nemo.

WEDNESDAY: Oct. 14

WAR OF THE WORLDS

(2005) PG-13, 1 hr. 57 min. *Action Epic, Sci-Fi*

Cast: Tom Cruise, Dakota Fanning, & Tim Robbins

An alien invasion threatens the future of humanity. The catastrophic nightmare is depicted through the eyes of one American family fighting for survival.

THURSDAY: Oct. 15

THIRD THURSDAY CLUB PICK

THE HUNDRED-FOOT JOURNEY

(2014) PG, 2 hr. 2 min. *Comedy, Drama*

Cast: Helen Mirren, Om Puri, & Manish Dayal

The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery.

FRIDAY: Oct. 16

GIRLS JUST WANT TO HAVE FUN

(1985) PG, 1 hr. 30 min. *Romantic Comedy, Teeni*

Cast: Biff Yeager, Kristi Somer, & Richard Blade

Janey is new in town and soon meets Lynne, who shares her passion for dancing in general and "Dance TV" in particular.

SATURDAY: Oct. 17

CASPER

(1995) PG, 1 hr. 40 min. *Comedy, Fantasy, Family*

Cast: Bill Pullman, Christina Ricci, & Cathy Moriarty

An afterlife therapist and his daughter meet a friendly young ghost when they move into a crumbling mansion in order to rid the premises of wicked spirits.