



**by Nathan Bolls**

It seems that too few people realize that humans have fared better emotionally when they've shown some flexibility in dealing with the changes and challenges of life. This is a growing problem because we live in a time when life-changing challenges are coming more frequently with each passing year. Charles Darwin wrote something very important about this fix way back in 1859 in his landmark, profoundly earth-shaking book, *The Origin of Species*:

"The most important attribute for survival is not intelligence or strength, but adaptability."

I realize that the mention of Darwin will turn off some of you, will tempt you to just throw this issue of *The Messenger* into the trash can. But, before you do, please read the next two sentences. **(The meanings of these two sentences will not erode**

**your faith.)** Sentence Number 1 – I will attempt to demonstrate why we humans, early on, should have tuned in to Darwin's basic concept, "Descent with Modification." Sentence Number 2 – Every medical school, and essentially every university department of biology in the western world, has designed its curriculum around this basic Darwinian concept. These many schools would not have done so if they had considered Darwin's ideas to be false and superfluous. These schools and departments are not riddled with atheists, and more than a few clergy and biblical scholars accept the descent-with-modification concept.

Darwin does not write about the **origin** of life, and he does not say, as detractors like to "quote," that we are descended from monkeys. Rather, his works contain lengthy and detailed discussions and examples that demonstrate conclusively how organisms can change through the generations of

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## OUTDOOR, from page 1

existence of a species — that is, *evolve* over time. The fossil record, especially, may show when a new species was formed, or a species became extinct.

We do not have to depend upon fossils, although the fossil records for some types of organisms are quite complete and clearly show how that type of organism has changed over millions of years of geological time.

Rather, look at the breeding history of horses or of the European rock dove, what we call the pigeon. Selective breeding of pigeons by humans, plus naturally occurring mutations, has resulted in the development of many different coat color patterns. Other lines of selective breeding have resulted in certain pigeon body features being quite different from the original “stock” model. You likely know, some of the results of selective breeding with horses.

I also would like to state again that Darwin’s theory is supported by a mountain range of studies carried out by researchers in several fields of science, e.g., paleobotany, ethology, paleontology, comparative anatomy, paleo-chemistry, and ecology and physiology.

Of great interest are certain rather recent and elegantly conceived experiments showing that **wild** organisms, when faced with a change in their environment, experienced one or more meaningful bodily changes. These changes became measurable and statistically significant, in some cases, in just one or two generations. These changes also bred true: they were passed on to their offspring. I would be willing to share these experiments and results with anyone.

A basic Darwinian concept — really the concept that underlies his overall theory of “descent with modification” — is that slight variations occur in any population of organisms. These natural variations (mutations) occur among the members of any new generation of any species, especially in those species that reproduce sexually. These mutations may be negative, neutral, or positive, and may not be sufficiently obvious to be seen. In fact, most are not, until some factor, often environmental, however seemingly insignificant to us, begins to change the milieu in which the organism lives. I have an example below.

These random mutations can occur by any one of

several mechanisms whenever chromosomes and their genes are sorted and rearranged during the processes of gamete formation and of fertilization that leads to the development of a new individual. But it is during environmental stresses on organisms that mutations most often are overtly tested and found to be either useful or detrimental. Neutral, by definition, would not be manifested either way.

Darwin accepted the calculations by economist Malthus which showed that the growth of animal populations will tend to increase at a faster rate than their food supply. Thus, the possibility for competition in the search for adequate nutrition. This uncertainty of the food supply led to the ideas of “survival of the fittest” and of “natural selection.”

For illustration, I have constructed an entirely plausible example of natural selection within a population of desert cottontail rabbits on an isolated sagebrush slope leading up to the foothills of the Sangre de Cristo Mountains in northern New Mexico; an area I know well. These 30-40 cottontails are experiencing the third year of a severe drought; the animals are water-stressed.

A male rabbit, one of the smallest, but due to some mutation, or combo of mutations, survives because it can withstand and live despite having lost some 15 percent of its body water. Let’s say, for the sake of my example, that many female cottontails also survive this degree of bodily dehydration, but that only one male cottontail survived that stress on that isolated slope. The other males, let’s say, succumbed at 10-12 percent bodily water loss. The surviving male, during the next breeding season, was able to find mates on that sagebrush slope and send his genes into the next generation. Thus, in terms of “survival of the fittest,” that male bunny, and his genes, were “more fit” because they survived that particular set of environmental stresses placed upon that particular desert cottontail population on that particular slope during that particular time.

An adaptation need not be elegant, only adequate. In nature, it is not necessarily the largest, strongest, fastest, or most handsome that survives long enough to perpetuate its species. But it can be shown that the “smarts” of adaptability — as shown by the ability of the individual to react and adapt (either consciously or no) to challenges — never goes out of style in the game of survival. You

never know what predator (or where) awaits near the water hole or which extreme weather event is coming over the hill.

I mentioned the possibility that adaptation can, either consciously or subconsciously, work for the good of the individual, or of society. We humans, with our supposedly superior abilities of cognition, should be ever capable of making conscious positive changes in the face of life's challenges, especially in the face of the world-wide climate crisis bearing down on us.

We do very well with help and cooperation – we come together – **after** rapidly occurring destructive events such as tornadoes, forest fires, hurricanes, floods and tsunamis. But it is less well with serious **preventive** measures.

It is now too late for corrective actions that might have headed off major negative effects of the on-rushing climate crisis. We can always hope that a critical mass of humans will yet be moved to join the war effort, will be moved to adapt their lifestyles to a fashion that will save us from even greater ecological and meteorological disasters.



## Ancestry & Genetic Personality

*by John Walters*

I have always been curious about some of my personality characteristics. I have ancestors from all parts of the British Isles, as well as Southern and northern Germany. My genetic ancestry covers many cultures. Two factors of these are closely related: my immediate reaction to wrongdoing (anger, total lack of fear) immediately followed by a hesitation to look for a better way “Wait, let’s think about this.” It is as if two of my ancestors talk to me through my genetics, the second giving the stronger message. This has surely saved me a lot of trouble in this life!

One of these is easily explained: the quick anger and total absence of fear. My father used to tell me that I was a fifth Scotch and then laugh. When I finally got my DNA analyzed for ancestry clues, I was 19% Scots ancestry. I really am a fifth Scotch! I am descended from at least 20 Scots families. These are lowland Scots, who largely subsisted by raising cattle. Without that support, their families would die. But there were also cattle thieves. If your herd was stolen, and you did not react instantly and retrieve the herd, your

family would starve and cease to exist. You would not have descendants. Over time, the surviving lowland Scots became people who would instantly respond to danger and wrongdoing without fear. They also were formidable on the battlefield!

That factor in my personality can be an asset and can be a problem. Left uncontrolled, I would be in fights all the time, but I would rise to defend very quickly. One example illustrates the useful side. Once in 2005, I was at church and was walking past a door. Inside was a giant of a young teenager who was autistic and very angry! He wanted to beat up his Sunday school teacher. He was much taller than me and weighed 450 pounds! Without a flicker of hesitation or fear, I walked in and stood between the teen and the teacher. (They were only 3 feet apart.) I calmly looked up at him, and he calmed down! He was strong enough to take my 200 pounds with one hand and throw me through the wall! But he did not.

What of the other factor, that of instantly looking for consensus? Who gave me that characteristic? My

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### GENETICS, from page 3

father and his three siblings and mother repeatedly told me that I had native American ancestry. My father also told me that the minor native American completely overcame the more major other ancestries. The stories seemed to be describing an historical, real person. He was the grandfather of my ancestor John Hamilton. He was a chief (that would be sachem in Massachusetts). And there was a connected story of “the dark one” who would come to Sunday dinner, wearing only a blanket. As my ancestral searches moved to earlier generations and I was researching John’s ancestors, it became clear that his native American line had to go through his mother, Margaret. His father, James Hamilton, had entirely Celtic ancestry. Unfortunately, the marriage book of the town of Worcester had been lost (stolen, destroyed?) in the 1800s! I could not find the marriage of James Hamilton and Margaret. I was at a dead end! I was at a loss.

Later, also in 2005, I heard the still small voice say, “Look in the church book!” Over the next 10 years, my life was far too busy to make a trip to Worcester. In May 2016, Janet and I finally made the trip. I checked out the genealogical library again and found some interesting historical records that were related, but still no marriage book, and the church records were not there. It was late, and the librarian asked what I was looking for, and I told her. She said that there was only one church in Worcester before 1750, and that it was still in existence. She gave me the phone number and we left. The next morning, at our hotel, I called that number. They did not have records that were that old, but that the archives in Boston probably would. I got that phone number and called the archives. The director said he would look. He left the phone line open for the next 45 minutes (!) and came back and said they were not there either! He said the American Antiquarian Society would have them! He asked where we were (at our hotel in Worcester) and said they were only 1/2 half mile from us! We quickly drove over; I went in and explained my search. I was trained in the handling of ancient records for half an hour and

was handed the box with the records written in the early 1700s, original and very clearly written! I made photocopies of ALL pertinent pages for my ancestry (no flash!). Margaret was Margaret Grey, daughter of Robert Grey and Sarah! Robert Grey had come to Worcester on the first boat of “the Great Migration” from Ulster in 1718, aged 20 and single.

Sarah was from Pakachoag, just 4 miles south of Worcester commons, and Ojibwe (of the ones who stayed behind)!!! They have always been consensus seekers, looking for ways to get along with neighbors. Their marriage combined my Scots characteristics with the Ojibwe consensus seeking! She is my 6<sup>th</sup> great grandmother! My DNA says I have 1% native American from Massachusetts!

The Ojibwe had been in the Massachusetts area for many thousands of years, part of the “Nipmuc” natives (freshwater area natives). Around the year 1600 or so, one of the spiritual leaders prophesied that soon, a catastrophe would happen in the area, and they needed to move to the western part of their territory, to what is now Wisconsin. Many left for the West, but some stayed behind, saying “We like the fishing here”. They became known by the western band as “The ones who stayed behind”. These included the ones in the Worcester area. It was true, an estimated 80% of the ones who stayed behind died of European diseases. The survivors developed immunity to the diseases. In 1640, many of the natives around the Boston area converted to Christianity. They were required to “build English houses and wear English clothes.” Their pastors were chosen from their villages and taught how to be pastors. They moved to “praying villages”. They had decided to find consensus with their new immigrant neighbors!

Ten or so years later, natives from the Worcester area asked, “Can we do that too?”, and they also converted to Christianity. Sarah’s grandparents were included in the Pakachoag village. Sarah was third generation Christian! The Scots were a clannish society, as were the Ojibwe. There were many Scots-native marriages.



## Art Engagement *from the* Beach Museum of Art

The multimedia print shown here employs many of the seven elements of art: *line, shape, space, value, texture, form, and color*. As you look at this artwork, do you notice how the elements are used to develop the principles of design? For example, how do the chosen colors create **balance** in the composition? Consider the use of line in developing **movement** and **rhythm**. Do you notice any **patterns**, perhaps generated with shapes? Do you perceive these principles work together to produce an artwork of **unity** and **variety** or an image in disarray?



Alan Shields (United States, 1944 - 2005), *Two Four Too*, 1978, Layered woodcut with collage and relief on handmade paper, KSU, Marianna Kistler Beach Museum of Art, gift of John, Susan, and Johnny Watt, in memory of Sarah Katherine Watt, 2025.148

## EVENTS & OPPORTUNITIES

### Committee Sign Ups

Residents are invited to register to participate in committees. Sign-up sheets are currently available in the Blue Book at the Hospitality Desk for the following resident groups: Art Committee, Meadowlark Ambassadors, Messenger Team, and Outdoor Activities committee.

### Fanny and Furby, visits paused

Fanny and Furby will be pausing their Thursday visits for a few weeks while they are out of town. There will be no visits starting Feb. 12. Visits will resume on Thursday, March 19.

### Biggs & Gustin Live!

**Friday, Feb. 6, at 7 p.m.**

Join us on Friday, Feb. 6, at 7 p.m. in the Event Center as Meadowlark welcomes back Biggs & Gustin Live! Chris Biggs and Ken Gustin return with their signature mix of original and traditional tunes, blending bluegrass, folk, country blues, Texas swing, and classic country. Enjoy an evening of award-winning music and great entertainment.

### Watercolor Studio Show

**Saturday, Feb. 7, at 11 a.m.**

The Manhattan Watercolor Studio, in existence for more than 35 years, will present their first-ever "pop-up" gallery show Saturday, Feb. 7, from 11 a.m. to 2 p.m. in the Event Center. Several members of the group are Meadowlark residents and/or Passport members. Plus, several of the group meets every Tuesday and Thursday in the KSU Classroom. Please come enjoy the art of this talented and diverse group of artists and learn more about watercolor painting.

### Worship Services

**Sunday, Feb. 8, at 10 & 11 a.m.**

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, Feb. 8, in the Community Room/Chapel. This week's sermon will review Revelations, chapters 17 through 20. All are welcome to enjoy coffee and fellowship before or after worship in the lobby between 9:30 a.m. and 12 p.m.

### Super Bowl Watch Party

**Sunday, Feb. 8, at 4:30 p.m.**

Join us in the Event Center, Game Room, and Restaurant on Sunday, Feb. 8, to watch the New England Patriots take on the Seattle Seahawks in SUPERBOWL LX! The game starts at 5:30 p.m. Prairie Star will host a \$12 Super bowl Appetizer Buffet for dinner from 4:30 to 6:30 p.m.

### Grief & Loss Education Program

**Tuesday, Feb. 10, at 1 p.m.**

Meadowlark invites residents and guests to take part in a compassionate eight-week Grief & Loss Education Program designed to support anyone grieving the loss of a loved one. The program will continue to meet on Tuesdays through March 3, from 1 to 2 p.m. in the Flint Hills Room. This initial series is dedicated to healing after the loss of someone close.

### Page Turners Book Club

**Wednesday, Feb. 11, at 11:30 a.m.**

Join the Page Turners Book Club for our final discussion of *The Immortal Life of Henrietta Lacks* by Rebecca Skloot. This non-fiction book tells the story of Henrietta Lacks, a poor Black woman whose cervical cancer cells were taken without her consent in 1951 and became the first "immortal" human cell line (HeLa), revolutionizing medicine.

The HBO film starring Oprah Winfrey will be shown in the Grosh Cinema on Tuesday, Feb. 10, at 1, 4, and 7 p.m.. We will discuss the differences between the film and book on Wednesday, Feb. 11, at 11:30 a.m., in the Patriot Room. You are welcome to join us whether you read the book, saw the movie, or both! If you have questions, please contact Katie Sigman at (785) 323-3899.

Our next book will be *Snow Flower and the Secret Fan* by Lisa See.

### Line Dancing Lessons

**Wednesday, Feb. 11, at 3 p.m.**

Join us Wednesday, Feb. 11, in Verna Belle's Lounge for Line Dance lessons at 3 and 3:30 p.m.

### Tai Chi Classes—starting soon!

**Wednesday, Feb. 11, at 4 p.m.**

We are excited to once again offer Tai Chi classes at Meadowlark. Join us on Wednesday, Feb. 11, at

## EVENTS & OPPORTUNITIES

4 p.m. in the Event Center for a Tai Chi demonstration led by Dennis Eickhoff, certified Tai Chi for Arthritis instructor.

Classes will be offered at no cost, thanks to funding from the North Central–Flint Hills Area Agency on Aging. Come meet the instructor and discover how Tai Chi can improve balance, flexibility, and overall wellness.

Regular classes will begin in March or April, with more information about starting dates and class times to come.

### **The Piano Studio of Sibylle Kuder Recital** *Wednesday, Feb. 11, at 7 p.m.*

All are welcome to attend a Valentine's theme recital by students from Elfenbein Klaviermusik studio on Wednesday, Feb. 11, at 7 p.m., in the Community Room.

### **Westview Comm. Church Bible Study** *Thursday, Feb. 12, at 7:30 a.m.*

Join Westview Community Church Men's Bible Study and Breakfast each Thursday at 7:30 a.m. in the Manhattan Room. Breakfast cost is on your own. Please contact resident Max Bayer with questions.

### **Ladies Luncheon**

*Thursday, Feb. 12, at 11:30 a.m.*

All Meadowlark ladies, Passport ladies, and their guests are invited to the January Ladies Luncheon, on Thursday, Feb. 12, at 11:30 a.m.

The speaker for this month's Ladies Luncheon will be Graham Rose. Graham is a Meadowlark resident who will speak about how he became interested in painting and show how he has developed into the artist he is now!

The meal will be cheese manicotti with meat sauce, green beans, and cherry crisp ala mode for \$13.

Please register by Tuesday, Feb. 3, in the Blue Book at the Hospitality Desk to join us for the meal. As usual, if for some reason you cannot eat one of the planned menu items, please indicate an option you can eat next to your name when you sign up to attend.

### **Knitting & Crocheting Group**

*Thursday, Feb. 12, 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 Kansas Room at 2:30 p.m. Thursday, Feb. 12, for a fun, social, creative opportunity. All skill levels are welcome!

### **Blood Pressure Check**

*Thursday, Feb. 12, 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, Feb. 12, at 1 p.m. No sign-up required.

### **Bunco Time!**

*Friday, Feb. 13, at 1 p.m.*

Join us for Bunco, a fast-paced social dice game, on Friday, Feb. 13, at 1 p.m. in the Manhattan Room at Prairie Star Restaurant! Students from Kansas State University's Gerontology and Pre-Nursing programs will be on hand to play a few lively rounds with Meadowlark residents.

Questions or ready to RSVP? Contact Monte Spiller or email [KMK3939@ksu.edu](mailto:KMK3939@ksu.edu). We hope to see you there!

### **Music & Dancing with Prairie Rose DJ**

*Friday, Feb. 13, at 7 p.m.*

Join us on Friday, Feb. 13, at 7 p.m. in the Event Center as Meadowlark welcomes back Johnny Cyrene, the Prairie Rose DJ. Enjoy classic love ballads and more as we celebrate Valentine's Day with music and dancing. All are welcome!

### **Donuts About You!**

*Saturday, Feb. 14, at 9:30 a.m.*

Starting at 9:30 a.m. and going to 10:30 a.m., Prairie Star presents, Donuts About You! Enjoy complimentary heart-shaped, raspberry-filled donuts with coffee and conversation in the Event Center. All are welcome!

### **Valentine's Day Dinner Special**

*Saturday, Feb. 14, at 5 p.m.*

Come enjoy a Valentines Day dinner special on Saturday, Feb. 14, starting at 5 p.m., in Prairie Star Restaurant. The special includes a \$33 Bacon & Bleu Cheese Wedge Salad, Filet Oscar, Grilled Asparagus, and a Chocolate Covered Strawberry Cheesecake. No reservation required.

# RESTAURANT **SPECIALS**

|                               |   |  |
|-------------------------------|---|--|
| <b>Sunday,<br/>Feb. 8</b>     | <b>Sunday Brunch</b><br>Brunch Menu available<br>from 9 a.m. to 2 p.m.  | <b>\$12</b><br><b>Dinner</b><br>Super Bowl Appetizer Buffet                                      |
| <b>Monday,<br/>Feb. 9</b>     | <b>\$11</b><br><b>Lunch</b><br>Cheeseburger Sliders<br>French Fries   | <b>\$17</b><br><b>Dinner</b><br>Chicken Fajitas<br>Refried Beans<br>Mexican Rice                 |
| <b>Tuesday,<br/>Feb. 10</b>   | <b>\$10</b><br><b>Lunch</b><br>Bacon -Cheddar-Egg Salad<br><i>served on a Croissant</i><br>Breakfast Potatoes | <b>\$15</b><br><b>Dinner</b><br>Beef Stroganoff<br>Garlic Breadsticks<br>Roasted Broccoli        |
| <b>Wednesday,<br/>Feb. 11</b> | <b>\$11</b><br><b>Lunch</b><br>Buffalo Chicken Wrap<br>Sweet Potato Fries                                     | <b>\$14</b><br><b>Dinner</b><br>Fried Pork Cutlet<br>Mashed Potatoes & Gravy<br>Green Beans      |
| <b>Thursday,<br/>Feb. 12</b>  | <b>\$9</b><br><b>Lunch</b><br>Reuben Bratwurst<br>Potato Salad  | <b>\$14</b><br><b>Dinner</b><br>Garlic-Rosemary Chicken<br>Smashed Potato<br>Broccoli            |
| <b>Friday,<br/>Feb. 13</b>    | <b>\$11</b><br><b>Lunch</b><br>Pizza Bar  | <b>\$25</b><br><b>Dinner</b><br>Sesame-Crusted Ahi Tuna<br>Grilled Avocado Salad<br>Jasmine Rice |
| <b>Saturday,<br/>Feb. 14</b>  | <b>\$11</b><br><b>Lunch</b><br>BBQ Chicken Sandwich<br>Broccoli Salad   | <b>\$15</b><br><b>Dinner</b><br>Fried Chicken<br>Mashed Potatoes & Gravy<br>Corn                 |



# Weekly Opportunities Calendar Feb. 8 to Feb. 14

**Sunday • Feb. 8** *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**  
4:30 p.m. ~ Super Bowl Watch Party, EC/KR/PS

**Monday • Feb. 9** *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, **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**  
1:30 p.m. ~ God Talk, KSU CL  
1:45 p.m. ~ Parkinson's Voice Class, CR  
7:00 p.m. ~ Community Bingo, CR

**Tuesday • Feb. 10**  
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 Luncheon, MR  
1:00 p.m. ~ Grief & Loss Education Program, 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  
6:00 p.m. ~ KSU Gerontology Class, CR

**Wednesday • Feb. 11**  
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/**1960**  
11:30 a.m. ~ Page Turners Book Club, PR  
11:30 a.m. ~ Lutheran Luncheon, BR  
3:00 p.m. ~ Rock Steady Boxing, CR  
3:00 p.m. ~ Sing-a-long, FHR  
3:00 p.m. ~ Line Dancing Lessons, VBL  
4:00 p.m. ~ Tai Chi Demonstration, EC  
4:00 p.m. ~ 4th Floor Social, FHR  
7:00 p.m. ~ The Piano Studio Recital, CR

**Thursday • Feb. 12**  
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. ~ Ladies Luncheon, EC  
11:30 a.m. ~ Caring Conv. for People w/ PD, FHR  
11:30 a.m. ~ PD Care Partner Social, PS  
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**  
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. ~ Eastside Supper, BR

**Friday • Feb. 13**  
7:30 a.m. ~ Rock Steady Boxing, **PF**  
9:30 a.m. ~ Seated Strength, CR/**1960**  
10:30 a.m. ~ Weights 101, CR/**1960**  
11:30 a.m. ~ Sit & Be Fit, CR/**1960**  
1:00 p.m. ~ K-State Bunco Group, MR  
7:00 p.m. ~ Music & Dancing: Prairie Rose DJ, EC

**Saturday • Feb. 14**  
9:00 a.m. ~ Tai Chi, **1960 only**  
9:30 a.m. ~ Band Bust Exercise Class, **1960 only**  
9:30 a.m. ~ Donuts About You, EC  
5:00 p.m. ~ Valentine's Day Dinner Special, PS

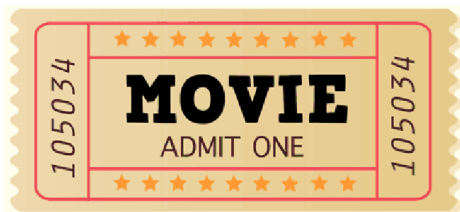
## Room Abbreviations

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

## "Come and Go" Ash Wednesday Blessing

*Wednesday, Feb. 18, at 9 a.m.*

Rev. Melanie Nord will be in the Kansas Room on Ash Wednesday from 9–10 a.m. and 11 a.m.–12 p.m. for a "come and go" imposition of ashes and brief blessings. The ashes, made from last season's Palm Sunday branches, mark this important day in the liturgical calendar and remind us of our mortality, humility, and call to servanthood.



## 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: Feb. 8

***ELWAY*** (2025) G, 1 hr. 39 min. *Documentary, Football*

Cast: John Elway, Steve Antonopoulos, & Adam Schefter

Following John Elway from Stanford through 16 seasons with Denver Broncos, featuring The Drive, Super Bowl losses and victories, capturing key moments of the Hall of Fame QB's legendary career.

### MONDAY: Feb. 9

RESIDENT REQUEST

***THE HURT LOCKER*** (2008) R *for war violence and language*, 2 hr. 11 min.

Cast: Jeremy Renner, Anthony Mackie, & Brian Geraghty

During the Iraq War, a sergeant recently assigned to an army bomb squad is put at odds with his squad mates due to his maverick way of handling his work.

### TUESDAY: Feb. 10

PAGE TURNER REQUEST

***THE IMMORTAL LIFE OF HENRIETTA LACKS*** (2017) TV-MA, 1 hr. 33 min. *Drama, Biography*

Cast: Renee Elise Goldsberry, Oprah Winfrey, & Rose Byrne

An African-American woman becomes an unwitting pioneer for medical breakthroughs when her cells are used to create the first immortal human cell line in the early 1950s.

### WEDNESDAY: Feb. 11

RESIDENT REQUEST

***STRANGERS ON THE TRAIN*** (1951) PG, 1 hr. 41 min. *Thriller, Crime*

Cast: Robert Walker, Farley Granger, & Ruth Roman

A psychopath tries to forcibly persuade a tennis star to agree to his theory that two strangers can get away with murder by submitting to his plan to kill the other's most-hated person.

### THURSDAY: Feb. 12

***A BIG BOLD BEAUTIFUL JOURNEY*** (2025) R *for language*, 1 hr. 49 min. *Fantasy, Drama, Romance*

Cast: Colin Farrell, Margot Robbie, & Jennifer Grant

Two strangers who meet at a mutual friend's wedding have the chance to relive important moments from their pasts, illuminating the path that led them to the present and gaining the opportunity to change their futures.

### FRIDAY: Feb. 13

***THE UGLY TRUTH*** (2009) R *for sexual content and language*, 1 hr. 36 min. *Romantic Comedy*

Cast: Katherine Heigl, Gerard Butler, & Bree Turner

An uptight television producer takes control of a morning show segment on modern relationships hosted by a misogynistic man.

### SATURDAY: Feb. 14

***PURPLE HEARTS*** (2022) TV-14, 2 hr. 2 min. *Feel-Good Romance, Drama*

Cast: Sofia Carson, Nicholas Galitzine, & Chosen Jacobs

In spite of their many differences, Cassie, a struggling singer-songwriter, and Luke, a troubled Marine, agree to marry solely for military benefits, but when tragedy strikes, the line between real and pretend begins to blur.