



Hiking Longs Peak

by Glenn Gilmore

Jan and I owned four weeks of timeshare in Estes Park, Colo., for several years. I found great enjoyment in hiking trails of Rocky Mountain National Park (RMNP). There are more than 60 hiking trails in the park. I have hiked/climbed about 75% of them. Some are short and some quite long. Longs Peak is over 14,000 feet in elevation. It is the highest peak in RMNP and is often called "The Crown Jewel of RMNP."

Longs Peak is 14,259 feet high. From the trail head to the top is 7.5 miles. The first 6 miles is normal mountain hiking. Tree line stops at about 11,000 feet. The other 1.5 miles is no longer hiking – it turns into rock climbing and difficult terrain. At the base of the keyhole, you leave your trekking poles and some of your supplies including some water. You then rock climb to the keyhole that takes you to the west side of the mountain. Many of the people who hike Longs Peak go to the keyhole and then stop and go back down the mountain.

There are four sections to climb after going through

the keyhole. First you go through the section called the boulder field, then to the trough, then the narrows, and finally the home stretch.

The boulder field is a series of large rocks you must maneuver around. The trough is a section that creates a climb of about 2,000 feet in altitude and takes about 1.5 hours. Next is the narrows, about 1,000 feet of climbing a rocky ledge about 3-feet wide. You lean against the wall as much as possible because if you fell, your fall would be about 500 to 1,000 feet. Finally, the home stretch. It is only about 300 feet, but you are climbing at more than a 45-degree angle.

The top of Longs Peak is a rocky area, somewhat flat, and about 1,000 feet across. The view at the top is fantastic. Breathing is more difficult at this elevation; the thin air has less oxygen. Safety is quite an issue when climbing Longs Peak. More than 70 have died climbing Longs Peak, making it the deadliest 14er in Colorado.

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From the front porch of our timeshare, we had a wonderful view of Longs Peak. It is a view that almost says, "Why don't you climb me?" The year I was 57, I called my son who lives in Colorado, and we decided to climb Longs. That was the spring with plans to do our climb in August. From previous hiking, I knew that it would be difficult. I started trying to prepare for the hike, and I set up a workout schedule. About four days a week, I got up at daybreak and went to the high school football stadium to run the steps of the stadium. Then I would return home and run Country Club Hill several times and finally ride the Nordic Trac for at least 20 minutes.

In August, we leave the Longs Peak trailhead at around 2:30 a.m. to start our hike. We climbed to the base of the keyhole and took a short break. We dropped off our trekking poles and some of our hiking supplies. We climbed the rocks to get to the keyhole and went to the west side of the mountain. Unfortunately, we found lots of snow and ice on the west slopes. We went for about 100 yards slipping and sliding and decided to abandon the hike for safety reasons.

The next year, we decided to try climbing Longs again. Rain was the same concept to prepare for the climb. We left the trailhead at 2:30 a.m. like before. This time when we passed through the keyhole, the weather was windy and cold but there was no snow or ice.

New to us was the boulder field, doing the 2,000-foot incline of the rough, convincing ourselves that we would do the narrows and finally the home stretch. We got to the top and were rewarded with

fantastic views. Lack of oxygen in the air at 14,000 feet makes breathing more difficult. Although we were quite tired, we knew our hike was not over, so we headed back down Longs Peak. Going down is more difficult in my mind. Going up, you lean forward. Going down, you want to lean back when you are descending the mountain. When you climb up the narrows you look up at the mountain side with the sky in the background, going down the narrows, you look at the mountain side and see how far you could fall.

We have read that some hikers crawl through part or all the narrows. We just needed to go slow and be patient. We went back through the keyhole, gathered our trekking poles and supplies we had left and headed down the mountain. The afternoon storm was heading our way ahead of schedule.

Lightning was quite frequent, and we hurried to tree line. We could finally take a break and relax our muscles a little. We got to our car, drove to our timeshare, got a cold beer and went to the hot tub,

We went shopping the next day in downtown Estes Park. I bought a sweatshirt that said, "I Climbed Longs Peak, 14,259 Feet." Jan bought a sweatshirt that said, "I Climbed Out of Bed to See Longs Peak."

When I reached the age of 65, I called my son in Colorado and asked him if he was interested in climbing Longs Peak again. He said to me, "Dad, you are not only getting older, but you also have a stupid idea."

I took that as a definite **no**. We continued to enjoy Longs Peak from our front porch. Now when I look at the pictures, I remember the satisfaction of climbing Longs Peak: "You challenged me – I climbed you."

A Search for Meaning

by Melanie Nord, *Spiritual Life Leader*

For Christians, the season of Lent is a time of humility and reflection. It is a season that reminds us of humanity's need for a higher power and/or purpose. In popular culture, Lent is sometimes reduced to the practice of "giving something up," whether that's chocolate, alcohol, or another stereotypical vice. At its heart, Lent is an invitation into something richer: deeper reflection, spiritual growth, and new challenges.

This year at Meadowlark, we're excited to offer our second annual Lenten Lecture Series, designed to encourage personal growth and meaningful reflection throughout the season. Our theme for 2026 is "A Search for Meaning," inspired by the book of Ecclesiastes, a sacred text in both Jewish and Christian traditions. In Ecclesiastes, the ancient royal philosopher Qohelet offers a striking observation: unlike other animals, human beings seem uniquely "cursed" with longing for meaning in our lives and our work. Qohelet writes, "I applied my mind to seek and to search out by wisdom all that is done under heaven... I saw all the deeds that are done under the sun; and see, all is vanity and a chasing after wind." If you've ever tried to chase a runaway napkin or paper in the wind,

you know exactly how futile that feels! Qohelet reminds us that even when it feels difficult, we humans still must determine our purpose and wrestle with what gives our lives meaning.

Our foundational text for the season will be Viktor Frankl's classic book, *Man's Search for Meaning*. Frankl, an Austrian neurologist and psychiatrist, recounts his experiences in Nazi concentration camps—experiences that ultimately inspired his concept of logotherapy, which emphasizes healing through meaning even amid suffering.

The Lenten Lecture Series, "A Search for Meaning," will be held Wednesdays from 1 to 2 p.m. in the Event Center at Meadowlark. Meadowlark Lenten Lecture booklets will also be available beginning Wednesday, Feb. 18, for personal devotion and reflection throughout the season.

Some of our most accomplished and exciting lecturers to date have agreed to speak in this series, and you won't want to miss learning from these community leaders. Whether you come for spiritual enrichment, thoughtful discussion, or simply a fresh perspective during the Lenten season, we hope you'll join us as we reflect, learn, and explore what it means to search for meaning ... together.

FEB. 18



BRADY KAPPELMANN
KSU STUDENT BODY PRESIDENT

Brady Kappelmann, the 78th Student Body President at Kansas State University, is our first speaker on Feb. 18. Brady was born and raised in Liberal, Kan., and is a 2022 graduate of Liberal High School. Now a senior at K-State, he is majoring in marketing and professional strategic selling and has been involved in campus organizations including FarmHouse Fraternity, Student Mobilization, the University Christian Church worship team, Sales Ambassadors, Connected 'Cats, and the Student Governing Association. Brady is passionate about advocating for the university he loves and about leaving K-State better than he found it. This year, he has focused on initiatives that support prospective student engagement across Kansas and improve academic advising systems for students of all majors. He plans to graduate from K-State this spring.

EVENTS & OPPORTUNITIES

Paid Volunteer Opportunity: Standardized Patients Needed



Meadowlark friends, we have a new and exciting way to support the next generation of nurses — and it only takes one or two days each semester.

Wichita State's School of Nursing is launching a Standardized Patient Program, which will bring trained community members into nursing labs to act as "patients" during student check-offs and learning experiences. Standardized patients are paid volunteers who help students practice real-world skills in a safe, supportive environment before they begin working with actual patients in clinical settings.

Here's how it works: volunteers are assigned a made-up patient role and receive training about two weeks before the student check-off. Then, on the scheduled day, they come in and act out the role while students complete required tasks. One example of this is the standardized patient experience at the end of the first semester for Health Assessment and Fundamentals. Students may be required to administer a mock medication, transfer the patient from a bed to a chair, and complete a basic head-to-toe examination. No assessment of bathing suit areas is included.

The goal is to build a pool of standardized patient actors for the Pathway program that can be used by faculty across multiple courses. Organizers are hopeful this program will launch as early as this spring, beginning with the Fundamentals/Health Assessment joint standardized patient final for first-semester students.

For the spring semester, the program is especially looking for volunteers who can portray a male or female patient age 50+, but adults of all ages (18+) are encouraged to apply.

Interested independent living residents and/or team members, can connect directly with Rachel Johnston, the nursing lab liaison who is leading this project, to learn more and sign up. Contact Rachel at rachel.johnston@wichita.edu. The QR code provided on this page can be scanned with

the camera on your smartphone to learn more, as well.

Even if you're not sure this is for you, you can still help by sharing the link with three to five friends and encouraging them to pass it along. Your support will make a meaningful difference for our nursing students and help strengthen the future of compassionate care in our community.

ML Outdoor Committee

Friday, Feb. 13, at 9:30 a.m.

The Meadowlark Outdoor Committee will meet on Friday, Feb. 13, at 9:30 a.m. in the Flint Hills Room. This will be the Committee's first meeting of the New Year, after hibernating as usual for December and January. All interested residents and Passport members are welcome to attend.

Some of the best features of Meadowlark are waiting outdoors for all residents to discover and enjoy, including everything from hiking trails to quiet areas to sit and watch the birds and bees. The Outdoor Committee has partnered for years with staff and administration to promote and protect our wonderful 54-acre urban woodland campus. Our shared objective is to make Meadowlark's outdoors accessible and safe for all to enjoy, providing cart rides and other activities designed for those with low mobility.

This will be an organizing meeting where everyone will put their heads together to determine the Outdoor Committee's mission and activities for 2026. This will be an important year for many reasons, as restoration begins for natural areas affected by construction of the new Aster building. Our goal is to "nurture nature," because nature nurtures us.

Come join the fun outdoors; there's something in it for You! For more information, please call or email Forrest Chumley, (785) 214-8930 (mobile -- phone or text), email fchumley@gmail.com.

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

EVENTS & OPPORTUNITIES

rounds with Meadowlark residents.

Questions or ready to RSVP? Contact Monte Spiller or email KMK3939@ksu.edu.

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 Chocolate-Covered Strawberry Cheesecake. No reservation required.

Worship Services

Sunday, Feb. 15, 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. 15, in the Community Room/Chapel. This week's sermon will review Revelations, chapters 21 through 22. All are welcome to enjoy coffee and fellowship before or after worship in the lobby between 9:30 a.m. and 12 p.m.

Grief & Loss Education Program

Tuesday, Feb. 17, 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.

Prairie Star Writing Group

Tuesday, Feb. 17, at 1 p.m.

Interested in joining Meadowlark's writing group? Prairie Star Writers, led by Cathy Hedge, meets the first and third Tuesdays of the month. The next meeting is at 1 p.m. Tuesday, Feb. 17, in the Patriot Room.

The Feb. 17 session, "High School Crushes and Crashes," invites writers to reflect on the highs, heartbreaks, and unforgettable moments of their high school years — from unrequited loves to dance-floor dreams and long-remembered mishaps.

Volunteer & Tech Helper

Tuesday, Feb. 17, at 4 p.m.

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, Feb. 17, in the Flint Hills Room. Deborah looks forward to building connections through this opportunity and meeting others, so be sure to stop by during her visits on the third Tuesday of every month!

"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

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MEADOWLARK

Foundation

Gifts benefiting the Good Samaritan Fund, Helping Hands Fund, Meadowlark Memory Program, Meadowlark Parkinson's Program, and the Purpose in Motion capital campaign were received by Meadowlark Foundation during the month of January.

Memory of

Dorothy Buller*
Mark Forcier

Jim Sharp
Kathy Towse

Ron Young

**Given as part of 15th annual Dollar-a-Day campaign*

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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.

ARTful Making

Wednesday, Feb. 18, at 1:30 p.m.

Boost your mood and your brain at the same time! Creative activities increase dopamine and help build new neural pathways — and ARTful Making is a fun way to experience those benefits. Meadowlark Community Programs partners with the K-State Marianna Kistler Beach Museum of Art to offer this informal, hands-on class on the fourth Wednesday of each month from 1:30–2:30 p.m. in the KSU Classroom. Led by Education Specialist Kim Richards, each session features a unique art project, with watercolor materials always available. All supplies are provided — just come enjoy art and conversation. Join us Wednesday, Feb. 18, from 1:30 to 2:30 p.m. No registration required.

Line Dancing Lessons

Wednesday, Feb. 18, at 3 p.m.

Join us Wednesday, Feb. 18, in Verna Belle's Lounge for Line Dance lessons at 3 and 3:30 p.m.

Technology Help Drop In

Thursday, Feb. 19, 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 Wandeau Rivers 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, Feb. 19, at 10 a.m.

Veterans and their spouses are invited for coffee and conversation at 10 a.m. Thursday, Feb. 19, in the Manhattan Room. This group meets every third Thursday.



Sing-Along Soiree

Enjoy yummy refreshments and festive tunes during this special sing-along event.

Hosted by the Meadowlark Ambassadors with special musical guests Jim Reed & Vera Williams.

Tuesday, Feb. 17
3 to 4 p.m.

Community Room
All are welcome to attend

FUMC Communion, NEW TIME!

Thursday, Feb. 19, at 11 a.m.

Join the pastors from First United Methodist Church Thursday, Feb. 19, 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, Feb. 19 at 11:30 a.m.

People with Parkinson's (PwPD) and their care partners are invited to Prairie Star Restaurant the third Thursday of every month for a meal and fellowship. This lunchtime opportunity is for those interested in dining and sharing life together along their Parkinson's journey. The cost of food and drink is the responsibility of PwPD and/or care partners. For convenience, this opportunity is offered right before PD Exercise Class. Michelle and/or Katie will join monthly as schedules allow.

Card Making with Michelle Lehmer

Thursday, Feb. 19, at 2:30 p.m.

The next Card Making with Michelle Lehmer class will occur on Thursday, Feb. 19, at 2:30 p.m. in the Flint Hills Room. She provides card making supplies for FREE! It's a fun time for all.

Music with Dave Zerfas

Friday, Feb. 20, at 7 p.m.

Meadowlark is happy to welcome back Dave Zerfas on Friday, Feb. 20, at 7 p.m., in the Event Center. Whether with his rock ballads, acoustic

songs or country music, Dave never disappoints. Come out on Friday night for a good time with Dave!

Shopping at Target & Dollar Tree

Saturday, Feb. 21, at 10:30 a.m.

The next scheduled trip is Saturday, Feb. 21, 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.

Next month's trip will travel to Hobby Lobby and Dollar Tree East on Saturday, March 21. Please sign up in the Blue Book to participate.

Community Garden Meeting

Friday, March 6, at 9 a.m.

Current and interested gardeners are invited to attend a Community Garden Meeting at 9 a.m. Friday, March 6, in the Bison Room. We'll have discussions as we look forward to spring planting. Please contact Alan Hunt with questions.

Art Engagement *from the* Beach Museum of Art

Every element an artist places in a composition has visual weight. Balancing both sides of a center line is pleasing to the viewer but can sometimes be boring. One technique that can add interest is by creating approximate symmetry instead of mirrored symmetry. The artist may use contrast, color, or texture within the elements to keep the balance and hold the viewer's interest. As you look at this photo mechanical reproduction of a mixed media artwork do you find balance? If yes, is it created using mirrored or approximate symmetry? If you find approximate symmetry, where do you notice the artist employing contrast, color, or texture differences?



Laura Barr (United States, 1912 - 2007), *Heartsong*, 1987, Kansas Artists' Postcard Series X, Photomechanical reproduction on paper, KSU, Marianna Kistler Beach Museum of Art, CM9b.2023

RESTAURANT **SPECIALS**

<p>Sunday, Feb. 15</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>\$14 Dinner BBQ Meatballs Scalloped Potatoes Roasted Broccoli</p>
<p>Monday, Feb. 16</p>	<p>\$12 Lunch Chicken Pot Pie Zucchini Fries</p>	<p>\$17 Dinner BBQ Ribs Ranch-Style Corn on the Cob Baked Bean Cornbread Casserole</p>
<p>Tuesday, Feb. 17</p>	<p>\$11 Lunch White Chicken Chili Cornbread</p>	<p>\$15 Dinner Beef & Italian Sausage Lasagna Garlic Bread Caesar Salad</p>
<p>Wednesday, Feb. 18</p>	<p>\$11 Lunch Meatloaf Sandwich Pub Chips</p>	<p>\$15 Dinner Chicken Cordon Bleu Rice Pilaf Roasted Broccoli</p>
<p>Thursday, Feb. 19</p>	<p>\$12 Lunch Steak Sandwich Steak Fries</p>	<p>\$16 Dinner Liver & Onions Mashed Potatoes & Gravy Green Beans</p>
<p>Friday, Feb. 20</p>	<p>\$11 Lunch Potato Bar</p>	<p>\$22 Dinner Crab Cakes Twice-Baked Potato Roasted Zucchini & Squash</p>
<p>Saturday, Feb. 21</p>	<p>\$13 Lunch Clam Chowder <i>served in Bread Bowl</i> Caesar Salad</p>	<p>\$11 Dinner Boneless Wings Tator Tots Carrots & Celery Sticks</p>

Weekly Opportunities Calendar *Feb. 15 to Feb. 21*

Sunday • Feb. 15 *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**

Monday • Feb. 16 *Trash pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**
 9:30 a.m. ~ Memory Care Partners Group, **STM**
 10:00 a.m. ~ Tuttle Creek Ladies' Group, BR
 10:00 a.m. ~ Tuttle Creek Men's Group, MR
 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
 5:30 p.m. ~ 5th Floor Supper, MR
 7:00 p.m. ~ Community Bingo, CR

Tuesday • Feb. 17

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**
 1:00 p.m. ~ Grief & Loss Education Program, FHR
 1:00 p.m. ~ Prairie Star Writers Group, PR
 2:00 p.m. ~ 10-Point Pitch Group, GR
 2:00 p.m. ~ Social Circles, PS
 2:00 p.m. ~ Water Media Painting, KSU CL
 3:00 p.m. ~ Sing-Along Soiree, CR
 4:00 p.m. ~ Tech Help, FHR
 5:30 p.m. ~ 2nd Floor Supper, BR
 6:00 p.m. ~ KSU Gerontology Class, CR

Wednesday • Feb. 18

9:00 a.m. ~ Come & Go Ashes, KR
 9:30 a.m. ~ Seated Strength, CR/**1960**
 10:00 a.m. ~ Come & Go Ashes, KR
 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. ~ West Monarch Luncheon, BR
 1:00 p.m. ~ Lenten Lecture: Week One, EC

Wednesday • Feb. 18, *continued*

1:30 p.m. ~ ARTful Making, KSU CL
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-Along, FHR
 3:00 p.m. ~ Line Dancing Lessons, VBL
 4:00 p.m. ~ 4th Floor Social, FHR

Thursday • Feb. 19

9:00 a.m. ~ Messenger Team, VBL
 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 Care Partner 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, KSU CL
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
 2:00 p.m. ~ Water Media Painting, KSU CL
 2:30 p.m. ~ Card Making with Michelle, FHR
 4:15 p.m. ~ Meadowlark Singers Practice, CR
 5:30 a.m. ~ Meadowlark Circle Dinner, MR

Friday • Feb. 20

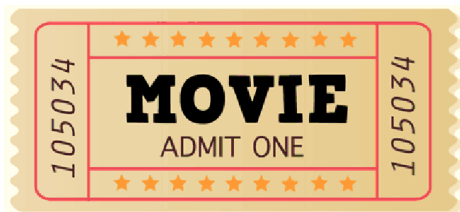
7:30 a.m. ~ Rock Steady Boxing, **PF**
 9:30 a.m. ~ Seated Strength, CR/**1960**
 10:30 a.m. ~ Weights 101, CR/**1960**
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**
 3:00 p.m. ~ Catholic Rosary, CR
 7:00 p.m. ~ Music with Dave Zerfas, EC

Saturday • Feb. 21

9:00 a.m. ~ Tai Chi, **1960 only**
 9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
 10:30 a.m. ~ Saturday Shopping Trip, ME

Room Abbreviations

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



GROSH CINEMA SHOWTIMES

MONDAY TO SATURDAY 1:00 P.M. / 4:00 P.M. / 7:00 P.M.

SUNDAY: Feb. 15

HARRIET (2019) PG-13, 2 hr. 5 min. *Period Drama, Action, History*

Cast: Cynthia Erivo, Janelle Monae, & Leslie Odom Jr.

The extraordinary tale of Harriet Tubman's escape from slavery and transformation into one of America's greatest heroines, whose courage, ingenuity and tenacity freed hundreds of slaves and changed the course of history.

MONDAY: Feb. 16

PRISCILLA (2023) R for drug use and some language, 1 hr. 53 min.

Cast: Cailee Spaeny, Jacob Elordi, & Ari Cohen

When teenage Priscilla Beaulieu meets Elvis Presley, the man who is already a meteoric rock-and-roll superstar, he becomes someone entirely unexpected in private moments: a thrilling crush, an ally in loneliness, a vulnerable best friend.

TUESDAY: Feb. 17

THE WONDERFUL STORY OF HENRY SUGAR (2023) PG, 40 min. *Quirky Comedy, Adventure*

Cast: Ralph Fiennes, Benedict Cumberbatch, & Dev Patel

Chronicles a variety of stories, but the main one follows Henry Sugar, who is able to see through objects and predict the future with the help of a book he stole.

WEDNESDAY: Feb. 18

RESIDENT REQUEST

SHAWSHANK REDEMPTION (1994) R for language and prison violence, 2 hr. 22 min. *Drama, Crime*

Cast: Tim Robbins, Morgan Freeman, & Bob Gunton

A banker convicted of uxoricide forms a friendship over a quarter century with a hardened convict, while maintaining his innocence and trying to remain hopeful through simple compassion.

THURSDAY: Feb. 19

RESIDENT REQUEST

QUEEN OF KATWE (2016) PG, 2 hr. 4 min. *Coming-of-Age, Biography, Drama*

Cast: Madina Nalwanga, David Oyelowo, & Lupita Nyong'o

Living in the slum of Katwe in Kampala, Uganda, is a constant struggle for 10-year-old Phiona and her family. Her world changes one day when she meets Robert Katende, a missionary who teaches children how to play chess.

FRIDAY: Feb. 20

ANGER MANAGEMENT (2003) PG-13, 1 hr. 46 min. *Buddy Comedy*

Cast: Jack Nicholson, Adam Sadler, & Marisa Tomei

Dave Buznik is a businessman who is wrongly sentenced to an anger management program, where he meets an aggressive instructor.

SATURDAY: Feb. 21

MA RAINEY'S BLACK BOTTOM (2020) R for language, sexual content & brief violence,
1 hr. 34 min. *Music, Drama*

Cast: Viola Davis, Chadwick Boseman, & Glynn Turman

Tensions rise when trailblazing blues singer Ma Rainey and her band gather at a recording studio in Chicago in 1927.