



*by Michelle Haub, Parkinson's Program Leader*

April is Parkinson's disease (PD) Awareness Month which creates the perfect time to share information about Parkinson's, including the latest issues in advocacy.

The Parkinson's Foundation of the Heartland sponsored me for an amazing opportunity to attend the 2026 Parkinson's Policy Forum. This event was a wonderful collaborative effort between the Michael J. Fox Foundation, Parkinson's Foundation, and American Parkinson's Disease Association. It was an incredibly inspiring few days as 300 advocates from 49 states joined forces to speak to Congress with one unified voice. We shared our personal stories to show lawmakers

exactly why we need their help to fight this disease. Kansas was well represented with six people affected by PD (people with PD and care partners) and two professionals, me, and Connie Urbanek from Club Parkinson's in Wichita.

Here is a quick recap of what we learned and what we fought for on Capitol Hill!

#### **A Bit About PD & The Growing Challenge**

PD is progressive degenerative neurological disease that causes a loss of dopamine producing cells which results in slow movements (bradykinesia), postural instability, tremor, and rigidity. Many non-motor symptoms are also

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[top, left] Michelle with Lou Eisenbrandt, VIPD & previous Empowered LIVE! presenter. [top, right] Michelle visiting with Senator Moran's staff. [above] Michelle with Jimmy Choi, Fox Ninja, VIPD, and previous Empowered LIVE! presenter.

**PARKINSON'S, from page 1**

prevalent and can include depression, bowel and bladder issues, and difficulties regulating body temperature and showing facial expressions. Research shows there can be both a genetic and an environmental component that leads to the symptoms.

Here are some eye-opening statistics. Parkinson's is currently the fastest-growing neurological condition in the United States. Right now, over 1.2 million Americans are living with Parkinson's disease and related conditions, and 90,000 new people are diagnosed every single year. Kansas is ranked second, behind Nebraska, in the US for number of people diagnosed per capita.

According to the 2024 report, the economic cost of the disease in the U.S. has skyrocketed to \$82.2 billion — a number that hit a decade earlier than experts originally expected. Because the population is aging and there is currently no way to stop the

disease from progressing, the need for action has never been more urgent.

**Our Mission on Capitol Hill**

It was a busy time on the Hill with several hearings and votes occurring; however, our Kansas delegation met with staff from Rep. Tracey Mann, Rep. Shanice Davids, Sen. Jerry Moran, and Sen. Dr. Roger Marshall. Later we were joined by Rep. Ron Estes and his staff. We were able to share the facts listed above and personal stories to push for four major policy changes.

1. Boosting Research Funding: We urged Congress to increase federal investment in Parkinson's research at the National Institutes of Health (NIH) to \$600 million a year by the year 2028. This increase seems substantial but compared to \$3.8 billion allowed to Alzheimer's research, it is yet a plunk in the bucket.

2. Banning the Toxic Weedkiller Paraquat: A



major focus of our trip was protecting brain health by limiting exposure to toxic chemicals. We talked to lawmakers about Paraquat, a highly toxic weedkiller that is strongly linked to an increased risk of Parkinson's. Even though it is banned in more than 70 other countries, it is still used in the U.S. We asked representatives to sign a letter to EPA Administrator Lee Zeldin to support protecting the public from this dangerous chemical.

3. Backing the HEALTHY BRAINS Act: We asked members of the House to co-sponsor a bipartisan bill called the HEALTHY BRAINS Act (H.R. 7779). This legislation would fund new research centers entirely dedicated to studying how environmental factors and toxic chemicals contribute to Parkinson's disease.

4. Getting the National Parkinson's Project on Track: Congress recently passed a bipartisan law to create a massive, government-wide plan to end Parkinson's disease, but the project has stalled. The government already missed its very first deadline on Jan. 2, 2026, and they still haven't put together the required Advisory Council. While in DC we

were informed the Council is aligned but has not been announced. We urged Congress to hold the health department accountable, get the council seated, and set strict new timelines so we can get this project moving.

#### **Looking Ahead**

Walking the halls of Congress and sharing our lived experiences was a powerful reminder of what we can achieve when we work together. We left our lawmakers with a clear message: Parkinson's is growing, the costs are rising, but the science is ready for a breakthrough.

The Meadowlark Parkinson's Program is devoted to continuing providing education, outreach, and exercise to help people affected by PD live their best lives without worries of paying for support. These services help empower people affected by PD and support each other throughout the journey. If you or someone you know would like to learn more about these opportunities, please contact Michelle or Katie at (785) 323-3899.



# Easter Memories

*by Nancy Kopp*

I've been thinking about the Easter celebrations of my childhood years in the Chicago area during the 1940's. When Easter falls in March or early April, we donned colorful spring dresses and coats to walk to church in sharp north winds, even a little snow on occasion.

On one of those bitter cold Easter mornings, I had a new aqua-blue spring coat and hat that I'd looked forward to wearing. Mother told me it was much too cold to wear it. "You have too far to walk to church. You'll freeze," she said.

I begged and begged. "Please let me wear it. I'll wear a sweater underneath." Tears slipped from my eyes as I waited for her to give in. They were genuine, not a ploy. Wearing that new coat was a monumental need at that moment at age eight.

Mother relented, but I did have to wear the sweater I'd proposed underneath my lightweight, pastel-colored coat. I think I was very glad to have

it as my brother, and I headed to church to hear the Easter story once again. My parents never attended church with us. Theirs was a mixed marriage—Dad was Catholic and Mother Methodist, and neither ever gave in to the other. But we kids all attended the Methodist church and Sunday School. Dad polished our shoes every Saturday night, so we'd look our best on Sunday mornings. He buffed them to a high shine and lined them up in the living room.

The day before Easter, we dyed eggs in glorious colors. Coffee cups filled with hot water, a dye tablet and a splash of vinegar covered the kitchen table. We arranged the eggs on a big platter with artificial grass as a nest. The Easter Bunny would hide them while we slept that night.

The Easter Bunny usually brought us a few chocolates, jellybeans, and a new comic book. He also hid the brightly colored eggs in our living and dining rooms. What fun it was to discover the

decorated eggs, one or two of which we always found in Dad's shoes left out overnight.

Later in the day, aunts, uncles, and cousins joined us for a special dinner. Mother usually fixed a leg of lamb or a big ham, glazed with brown sugar and mustard, cloves inserted in the scored top. Many side dishes weighed down the dining room table — scalloped or mashed potatoes, two or three vegetables, a Jello salad, homemade rolls, pickles, olives and pickled beets, and a springtime dessert of some kind, cream pies, berry pies, or a cake with whipped cream frosting. The aroma of all these good things filled our small apartment.

When we were all too full to move, it was time to do dishes. No dishwashers, but all the women pitched in, and they were finished in no time. Maybe not all the women. I had one aunt who always announced she needed to use the bathroom as soon as the cleaning up began. Off she went, and she never appeared in the kitchen again! The clatter of dishes and the chatter of women filled the tiny kitchen. My cousin, Carol, and I were drafted at an early age to dry the silverware, a job neither of us liked. We hurried through our task so we could walk to the park to play for the rest of the afternoon. Occasionally, we finished our Easter celebration by going to the movies. We sat transfixed at the fabulous musicals starring Betty Grable or some other glamorous star.

The rebirth of springtime flowers, trees and bushes still symbolize the meaning of Easter for me. Christ's resurrection created a rebirth for all Christians, and as He taught us to love one another, I also think of the love of family as part of our Easter celebrations. It isn't only the ones of my childhood but for today, as well.

## Caregiver Support Circle

Hosted by Accord Hospice and Meadowlark Community Programs

Caregiver Support Circle is a group for those caring for an adult loved one through any disease process. Share challenges and successes, problem-solve day-to-day caregiving concerns, and connect with others who understand. Open to family and friend caregivers. Questions? Call (785) 323-3899. No registration required.

2<sup>nd</sup> Monday at 6:00 p.m.  
Flint Hills Room at Meadowlark

2121 Meadowlark Road, Manhattan, Kan.

This group is intended for family and friend caregivers, not professional caregivers. Zoom option is available. Contact (785) 323-3899 for the link.



## Associated Audiologists

is coming to  
Meadowlark Hills

**Dr. Molly Whiteley, Au.D.**  
*with Associated Audiologists, Inc.*  
will be at Meadowlark Hills

**Tuesday, April 14th, 2026**  
1:00 pm –4:00 pm



\*\*SEEN BY APPOINTMENT ONLY\*\*

Call Associated Audiologists to schedule

785-539-7361

**ON-SITE SERVICES INCLUDE:**  
*(Service fees may apply)*

- Consultations regarding state-of-the-art hearing aid technology
- Hearing aid cleaning and maintenance
- Assistive device recommendations
- Hearing aid batteries and wax filters for purchase
- Will answer your questions regarding hearing care issues



Clinic Address: 1133 College Ave., Building A, Suite 101A, Manhattan KS 66502

## EVENTS & OPPORTUNITIES

### **Volunteer Needed—Flower Care**

Bob Crawford is ready to pass the garden tools to a willing volunteer! If you are interested in planting and watering the flower pots at the main entrance, in the Courtyard, and on the Lyle Patio this season, please contact Monte Spiller at (785) 323-3801.

### **Newspaper subscription?**

Do you receive the *Wall Street Journal* or the *Topeka Capital-Journal*? If so, please consider donating your copy to the Meadowlark Library after you've finished reading. Shared newspapers help keep our community informed and are greatly appreciated by fellow residents.

### **Water Color Studio, canceled (Thursday)**

The Water Color Studio Thursday sessions will be canceled through April 9. Tuesday's session will continue as planned.

### **Hospitality Desk, closed early 4/5**

The Hospitality Desk will close at 2 p.m., on Sunday, April 5 for Easter Sunday.

### **Prairie Star Restaurant, closed 4/5 Dinner**

Prairie Star Restaurant will be closed for dinner service on Sunday, April 5. A box meal sign-up is available at the Prairie Star host stand. The meal will be delivered between 3-5 p.m. The meal includes a club sandwich, chips, fruit, and cookies, for \$12 per box.

### **Grateful Dudes**

*Friday, April 3, at 7 p.m.*

Join us Friday, April 3, at 7 p.m. in the Event Center as Meadowlark welcomes The Grateful Dudes.

Their sound is an eclectic blend of acoustic folk 'n' roll, mixing songs from across genres and generations. With instruments such as mandolin and banjo standing in for electric guitar, they bring a bluegrass twist to familiar rock and blues classics for a fun and unique musical experience.

### **Easter Sunday Worship Services**

*Sunday, April 5, at 10 & 11 a.m.*

Join Rev. Melanie Nord, Spiritual Life Leader, for Easter Sunday worship at 10 a.m. or 11 a.m. on Sunday, April 5, in the Community Room/Chapel. This week's sermon title is "Foundation of All Meaning." All are welcome to enjoy coffee and fellowship before or after worship in the lobby between 9:30 a.m. and 12 p.m.

### **Town Meeting**

*Monday, April 6, at 9:30 a.m.*

All Meadowlark residents are invited to attend April's Town Meeting at 9:30 a.m. Monday, April 6, 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, April 7, at 1 p.m.*

Join us for a supportive and educational group focused on navigating life changes related to aging, health, and loss. This weekly series explores different forms of grief while offering practical tools to build resilience and emotional well-being. Sessions include discussion, simple activities, and connection with others experiencing similar transitions, with topics ranging from identity and health-related changes to coping skills, relationships, and finding meaning. The group meets Tuesdays, April 7 through May 26, 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](mailto:lmontgomery@meadowlark.org).

### **Prairie Star Writing Group**

*Tuesday, April 7, 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 gathering is at 1 p.m. Tuesday, April 7, in the Patriot Room.

The April 7 session, "High School Crushes and

## EVENTS & OPPORTUNITIES

Crashes,” invites you to reflect on the memorable moments of your high school years—the highlights, heartbreaks, and everything in between. From unrequited love to unforgettable dances or even moments you’d rather forget, come share your story and see how those experiences shaped who you are today.

### **Volunteer & Tech Helper**

*Tuesday, April 7, at 4 p.m.*

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

Please sign up in the Blue Book at the Hospitality desk for a time to meet with her for an in-home visit on the first Tuesday of every month!

### **UFM Class: Look, Learn, & Make— Collagraphs, Collage, & Linotype**

*Wednesday, April 8, at 10 a.m.*

UFM is offering a class titled “Look, Learn, & Make: Collagraphs, Collage, & Linotype.” Join the second session on Wednesday, April 8, from 10 to 11:30 a.m. The final class will meet Wednesday, April 15.

During this class, participants will discuss works with Visual Thinking Strategies techniques, gain biographical information about the artists, and make artwork inspired by the artists. We will learn about artists such as Glen Alps (collagraph), Hannah Hoch (collage), and Elizabeth Catlett (linotypes). This art education class is for all ages and skill levels. The session is led by Kathrine Schlageck, former Curator of Education at the Beach Mesum of Art.

This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

### **Page Turners Book Club**

*Wednesday, April 8, at 11:30 a.m.*

The Page Turners Book Club is learning from a new perspective as we read *The Art of Racing in the Rain* by Garth Stein. The 2008 book was New York Times bestseller and was adapted into a major motion picture, exploring themes of family, hope, and perseverance through Enzo's

philosophical and often humorous perspective. Enzo just happens to be the family dog, proving that sometimes it is the animals in our lives who understand those lives the best.

The Page Turners are meeting on Wednesday, April 8, at 11:30 a.m., in the Flint Hills Room. You don't have to attend every time to participate, come when you are able. If you have questions please contact Katie Sigman at (785) 323-3899.

### **The American Revolution: The British Perspective, 1775 to 1783**

*Wednesday, March 4, at 6:30 p.m.*

UFM is offering a three-session class titled “The American Revolution: The British Perspective, 1775 to 1783.” Join this class in the Community Room on Wednesday, April 8, from 6:30 to 8 p.m. The second and third session will meet the following two Wednesdays, April 15 and April 22.

The class will examine the American Revolution from the British point of view, including why the British Crown went to war, the British political and military's strategic vision, and the success and failures of the British military operations.

Enrollment is now open and can be completed by calling (785) 539-8763. This class is offered through UFM at no charge to Meadowlark residents, and Passport members may attend with a 20-percent discount.

### **Caring Conversations for People with Pd**

*Thursday, April 9, at 11:30 a.m.*

Join this opportunity to share your experiences and receive support from others with a Parkinson's or Parkinsonian diagnosis. It is open to all with a diagnosis at any stage of your journey. The next meeting is at 11:30 a.m. Thursday, April 9, in the Flint Hills Room.

### **Ladies Luncheon**

*Thursday, April 9, at 11:30 a.m.*

All Meadowlark ladies, Passport ladies, and their guests are invited to the April Ladies Luncheon, on Thursday, April 9, at 11:30 a.m. in the Event Center.

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## EVENTS & OPPORTUNITIES

### EVENTS, from page 5

The speaker for April will be Katie Sigman, who is the Special Programs Coordinator at Meadowlark. The meal will be a half a turkey Reuben sandwich, sweet potato fries, and carrot cake for \$12.

Please register by Tuesday, April 7, 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.

### Blood Pressure Check

*Thursday, April 9, 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, April 9, at 1 p.m. No sign up required.

### Pump It For Parkinson's

*Thursday, April 9, at 2 p.m.*

On Thursday, April 9, Meadowlark will join facilities across the country in the effort to complete 50 million steps on the NuStep. Three NuStep machines will be set up in the Kansas Room for participants to use throughout the day.

A group walk will also take place at 2 p.m., beginning in the Event Center. *Pump It for Parkinson's* is an annual event that supports those living with Parkinson's disease and highlights the importance of exercise.

No registration is required. NuStep machines will be available on a first-come, first-served basis, and the group walk is open to all. For questions, contact Jeff Heidbreder, Fitness Services Leader.

### Knitting & Crocheting Group

*Thursday, April 9, at 2:30 p.m.*

Are you interested in learning how to knit or crochet? Or maybe you have ongoing projects you'd like to work on? Whether you are just beginning or have years of experience, join other yarn creatives in the Bison Room at 2:30 p.m. Thursday, April 9, for a fun, social, creative opportunity. All skill levels are welcome!

### Joshua Lightfoot Band

*Friday, April 10, at 7 p.m.*

Meadowlark is pleased to welcome the Joshua Lightfoot Band on Friday, April 10, at 7 p.m. in the Event Center.

The group features Joshua Lightfoot and his wife, Tove Thunell, whose musical roots span from Oklahoma to Gothenburg, Sweden. Tove discovered American folk music at a young age and began playing banjo as a teenager, inspired by artists like Woody Guthrie and The Carter Family. Joshua, raised in a musical family, learned guitar from his father and went on to master multiple instruments, including banjo, mandolin, and fiddle—often playing a banjo that once belonged to his grandfather.

### IT Training from Manhattan Public Library

*Thursday, April 16, 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, April 16, at 10 a.m.*

Veterans and their spouses are invited for coffee and conversation at 10 a.m. Thursday, April 16, in the Manhattan Room. This group meets every third Thursday.

### Little Apple Chorus Concert

*Saturday, May 2, at 3 p.m.*

Meadowlark has free tickets available for the Little Apple Chorus show, "Barbershop on Broadway," on Saturday, May 2, at 3 p.m. in Forum Hall at the K-State Union. Doors will open at 2:30 p.m. Tickets are available at the Hospitality Desk while supplies last!

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

Mark making refers to the way artists produce different lines, dots, marks, patterns, and textures. It can be creative or experimental and allow the maker to express emotions and ideas uniquely. Mark making techniques include hatching, cross-hatching, stippling, dabbing, pouring, splattering, and scribbling made with a variety of tools such as pencil, pen, brush, and palette knife. As you enjoy the print shown here, what different mark making techniques do you notice? What emotions do you feel this image expresses?



Margaret Ponce Israel (United States, 1929 - 1987)

*Chickens*, 1978

Color lithograph on paper

KSU, Marianna Kistler Beach Museum of Art, gift of Gilbert E. Johnson, 2017.82

# RESTAURANT **SPECIALS**

<p><b>Sunday, April 5</b></p>	<p><b>\$30</b> Easter Buffet Reservations Required.</p>	<p><b>\$12</b> Dinner Boxed Dinner (Club Sandwich, Chips, Apple, Cookies) <i>Sign-up at the host stand. Delivered, at no charge, between 3 &amp; 5 p.m.</i></p>
<p><b>Monday, April 6</b></p>	<p><b>\$11</b> Lunch Maple-Bacon Chicken Sandwich <i>served on a Croissant</i> Watergate Salad</p>	<p><b>\$16</b> Dinner Parmesan-Crusted Salmon Wild Rice Broccoli</p>
<p><b>Tuesday, April 7</b></p>	<p><b>\$12</b> Lunch Ham &amp; Scalloped Potato Quiche Rice Pilaf Fresh Fruit</p>	<p><b>\$14</b> Dinner Chicken Alfredo Garlic Bread Side Caesar Salad</p>
<p><b>Wednesday, April 8</b></p>	<p><b>\$11</b> Lunch Everything Bagel Sandwich <i>(Ham, Turkey &amp; Swiss Cheese)</i> Onion Rings</p>	<p><b>\$19</b> Dinner Braised Short Ribs Loaded Mashed Potatoes Green Beans</p>
<p><b>Thursday, April 9</b></p>	<p><b>\$10</b> Lunch Orange Chicken Stir-Fry Vegetables White Rice</p>	<p><b>\$14</b> Dinner Ham Loaf Mashed Sweet Potatoes Creamed Peas</p>
<p><b>Friday, April 10</b></p>	<p><b>\$11</b> Lunch Potato Bar</p>	<p><b>\$16</b> Dinner Pot Roast <i>with Carrots, Onions &amp; Celery</i> Mashed Potatoes &amp; Gravy Fresh Green Beans</p>
<p><b>Saturday, April 11</b></p>	<p><b>\$12</b> Lunch Lobster Hoagie Cucumber Salad</p>	<p><b>\$13</b> Dinner Brown-Sugar Bourbon Chicken Thighs Scalloped Potatoes Honey-Glazed Carrots</p>

# Weekly Opportunities Calendar April 5 to April 11

## Sunday • April 5 *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 • April 6 *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 Partners Group, **STM**  
 10:00 a.m. ~ Art Committee, BR  
 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. ~ Tuttle Creek Dinner, MR  
 7:00 p.m. ~ Community Bingo, CR

## Tuesday • April 7

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. ~ Kimball Luncheon, BR  
 1:00 p.m. ~ Prairie Star Writers Group, PR  
 1:00 p.m. ~ Grief & Loss Support Group, 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  
 4:00 p.m. ~ In-Home Tech Help, FHR  
 6:00 p.m. ~ KSU Gerontology Class, CR

## Wednesday • April 8

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  
 10:00 a.m. ~ UFM: Look, Learn, & Make, EC  
 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, FHR

## Wednesday • April 8, continued

11:30 a.m. ~ Lutheran Luncheon, BR  
 11:30 a.m. ~ North Monarch Luncheon, MR  
 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  
 6:00 p.m. ~ UFM: American Revolution, CR

## Thursday • April 9

9 a.m. to 4 p.m. ~ Pump It for Parkinson's, KR  
 9:00 a.m. ~ Messenger Team, VBL  
 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. ~ PD Care Partner Support Group, FHR  
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**  
 2:00 p.m. ~ Pump It for Parkinson's Group Walk, EC  
 2:30 p.m. ~ Knitting & Crocheting, BR  
 3:00 p.m. ~ Fanny & Furby, KR  
 4:15 p.m. ~ Meadowlark Singers Practice, CR  
 5:30 p.m. ~ Eastside Supper, BR

## Friday • April 10

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**  
 7:00 p.m. ~ Joshua Lightfoot Band, EC

## Saturday • April 11

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

### Room Abbreviations

<b>1960</b> , TV Channel 1960	ME, Main Entrance
BR, Bison Room	<b>MM</b> , 120 N. 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



## 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: April 5

**PETER RABBIT** (2018) PG, 1 hr. 35 min. *Adventure, Comedy*

Cast: James Cordon, Domhnall Gleeson, & Rose Byrne

A rabbit sneaks into a garden to steal food, and they get a new challenge with a new owner.

### MONDAY: April 6

**FIELD OF DREAMS** (1989) PG, 1 hr. 47 min. *Drama, Supernatural Fantasy, Sport*

Cast: Kevin Costner, James Earl Jones, & Ray Liotta

Iowa farmer Ray Kinsella is inspired by a voice he can't ignore to pursue a dream he can hardly believe.

Supported by his wife, Ray begins the quest by turning his ordinary cornfield into a place where dreams can come true.

### TUESDAY: April 7

**CASINO** (1995) R *for violence, language, drug use & sexuality*, 2 hr. 58 min. *Docudrama, True Crime*

Cast: Robert De Niro, Sharon Stone, & Joe Pesci

In Las Vegas, two best friends—a casino executive and a Mafia enforcer—compete for a gambling empire and a fast-living, fast-loving socialite.

### WEDNESDAY: April 8

**DR. NO** (1962) PG, 1 hr. 50 min. *Spy, Action, Adventure*

Cast: Sean Connery, Ursula Andress, & Bernard Lee

A resourceful British government agent seeks answers in a case involving the disappearance of a colleague and the disruption of the American space program.

### THURSDAY: April 9

RESIDENT REQUEST

**THE LAST OF THE MOHICANS** (1992) R *for violence*, 1 hr. 52 min. *Action Epic, Period Drama*

Cast: Daniel-Day Lewis, Madeleine, Stowe, & Russell Means

Three Mohican trappers agree to protect the daughters of a British Colonel in the midst of the French and Indian War.

### FRIDAY: April 3

**OVERBOARD** (1987) PG, 1 hr. 52 min. *Romantic Comedy*

Cast: Goldie Hawn, Kurt Russell, & Edward Herrmann

A cruel but beautiful heiress mocks and cheats a hired carpenter. When she gets amnesia after an accident, he decides to introduce her to regular life by convincing her that they're husband and wife.

### SATURDAY: April 4

**LETTERS TO JULIET** (2010) PG, 1 hr. 45 min. *Feel-Good Romance, Road Trip, Comedy*

Cast: Amanda Seyfried, Christopher Egan, & Vanessa Redgrave

Sophie travels to Verona where she finds an old unanswered letter asking for love advice. She answers it and when the recipient shows up along with her grumpy grandson, they head off to find the old long lost love while a young love sparks.