



Support nursing scholarships during annual 24 hours of giving

by Becky Fitzgerald, Development Director

The 14th annual Grow Green Match Day on Wednesday, April 22, is an amazing opportunity for the Manhattan community as well as Meadowlark Hills Foundation. On that day, donations made through the Greater Manhattan Community Foundation to participating non-profit agencies will receive a 50% match!

Meadowlark Hills Foundation is joining 102 other local organizations in urging our donors to participate. Gifts to Meadowlark Foundation will support scholarships for current Meadowlark employees who would like to further their education to become licensed practical nurses or registered nurses.

As in the past, donations to GMCF-affiliated non-profits may occur in person, online, or by mailing a check, and this year, there's again a fourth option. Give in person at Meadowlark! Meadowlark Foundation is pleased to announce that a Grow Green Match Day donation station will be operated from 10 a.m. to 2 p.m. Wednesday, April 22, at Prairie Star Restaurant. Two GMCF employees are expected to be available to accept donations by

check, cash, or credit card. Donation forms and space to complete one's form will be provided.

GMCF Trustees who live at Meadowlark – Tom Fryer, Jo Lyle, and Linda Weis Olson – have enthusiastically agreed to welcome donors at our Match Day event, and Prairie Star plans to join the fun by offering several “green” breakfast or lunch specials. (Lunch items are available until 4 p.m.) Grow Green Tea, a play on a Long Island Iced Tea cocktail, is next week's cocktail special.

Now in its eighth year, Meadowlark's scholarship program rewards the initiative of talented current employees, while, in the future, providing Meadowlark's licensed care households with highly trained staff in what appears to be a perpetual nurses shortage. Employees who receive a scholarship agree to work at Meadowlark for at least two years following graduation.

Donations made on April 22 will be made available to organizations for immediate needs, while the 50% match will go into endowed funds. Combined donations up to a total of \$15,000 will be matched at 50%, giving a maximum of \$7,500 in matching funds

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With the generosity of our Foundation's donors on Match Day in 2025, two current Meadowlark employees have been offered and accepted scholarships. These financial awards will fully fund each recipient's nursing education program(s).

Samantha "Sami" Bell, a CNA at Stolzer House, began in January a two-year degree program at Cloud County Community College to prepare to become a registered nurse. She told the scholarship committee that she hopes to have a long career at Meadowlark.

Meadowlark's second successful scholarship recipient is Alessandra Alonso, a current CMA at Lyle House. She also is a nursing student at Cloud County Community College and expects to take additional courses at Fort Hays State University to earn a bachelor's degree in nursing. Alessandra's plan is to eventually take – and pass! – a standardized test to become a licensed practical nurse. As an LPN, she could begin her full-time, two-year commitment to Meadowlark sooner while completing coursework to work first as an RN prior to earning a BSN.

We applaud the initiative of Sami and Alessandra and wish them well as they work to achieve their career goals!

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to any one organization.

Here's how you may help us attract and retain nurses:

1. Give in person from 10 a.m. to 2 p.m. at the donation station at Prairie Star Restaurant.

Donations by cash, check, or credit card will be accepted. Residents, Passport members, board members, employees, and family members, are especially invited to donate at Prairie Star.

While at Prairie Star, donors are invited to register to win a Grow Green-themed prize. One prize will be awarded per hour.

2. Give in person from 7 a.m. to 6 p.m. at the atrium at Colony Square, 555 Poyntz Ave. Donations by cash, check, or credit card will be accepted. Each hour, one donor name from this in-person event will be drawn to win \$100 for the participating nonprofit organization of his or her choice.

3. To give online, visit www.growgreenmanhattan.com from 12 a.m. through 11:59 p.m. on Wednesday, April 22.

4. Write a check to Greater Manhattan Community Foundation, or simply, GMCF.

~ If Meadowlark Foundation is the only beneficiary of your gift, you may write "Grow Green-Meadowlark" on the memo line.

~ Complete a giving form, available in this edition of the Messenger or at the Hospitality Desk, to indicate the beneficiary/beneficiaries of your gift. (Meadowlark Hills Foundation is listed alphabetically on the form.) Even if giving to more than one organization, write only one check for the total amount. The form you submit will indicate to GMCF how you'd like your gift divided.

~ No matter when a check is written, date it 4/22/2026 and mail it and the giving form several days prior to 4/22/2026 to account for current mail delays.

Checks must be received on or before April 22 to be eligible for 2026 matching funds. Donations received after this date will still be given to the designated non-profits, but they will not be eligible for matching funds.

~ Mail the check and giving form to GMCF, P.O. Box 1127, Manhattan, KS, 66505-1127

5. Skip the mail! Meadowlark residents and Passport members may submit donations and donation forms to be delivered by Meadowlark Foundation to GMCF. If you would like to participate but cannot visit the donation station at Prairie Star, please leave your check and donation form at the Hospitality Desk by 10 a.m. on Wednesday, April 22.

6. Donate by donor-advised fund, grain, or by stock. For details, contact Marla or Sally at the GMCF office by calling (785) 587-8995.

Although gifts of any amount are truly welcome, individual contributions ranging from \$25 to \$1,000 per organization will receive a local match at \$.50 per \$1, so a \$1,000 gift can receive a \$500 local match! Gifts may be tax-deductible to the extent allowed under applicable law; donors receive a receipt from GMCF. Married couples may give only one gift, jointly, to organizations.

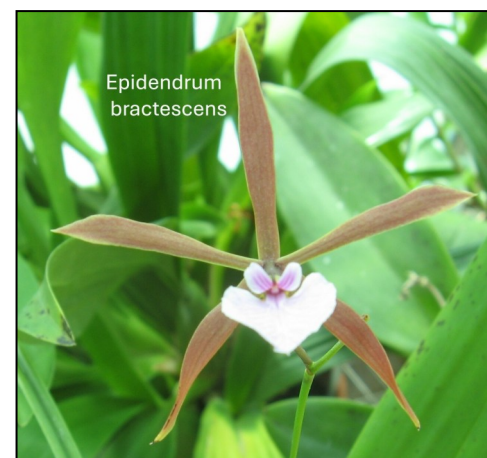
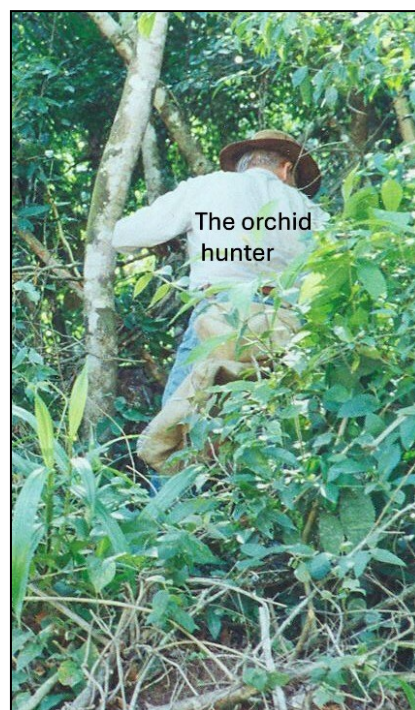
Thank you for considering this opportunity! If you have questions, please contact Becky Fitzgerald, Development Director, at (785) 323-3843.

Known, Grown, or Killed

by Richard Vanderlip

Last year was the 50th Anniversary of CITES! What is CITES? It is the Convention on International Trade in Endangered Species, which has been approved by 185 countries. Among other things, this prohibits sale of all wild collected orchids. However, there are exceptions. For several years, a woman in Florida led orchid-collecting trips to several countries. We went on one to Belize. The Chinese were building a huge dam to produce electrical power, and a large area would

be under water so we could collect one plant of any orchid species except the official orchid species of Belize. We also were allowed to collect in citrus groves since the locals believed orchids were parasites and periodically removed them from the trees. What a wonderful experience. Incidentally, the Minister of Agriculture of Belize was one of the van drivers for us. We collected 26 species, the *Epidendrum nocturnum* is in bloom in my apartment now.



EVENTS & OPPORTUNITIES

Heart Strings Band

Friday, April 17, at 7 p.m.

On Friday, April 17, at 7 p.m., in the Event Center, Meadowlark welcomes back the Heart Strings Band! Joe and Kathy Hopeck are a husband/wife duo who have been performing in the Topeka, KC, Manhattan, and Wichita areas for the last 10+ years. They play a variety of songs from the 1950s, '60s, and '70s, including favorites from the Beatles, Elvis, Eagles, Jimmy Buffet, and others.

Shopping at Target & Dollar Tree

Saturday, April 18, at 10:30 a.m.

The next scheduled trip is Saturday, April 18, 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.

Worship Services

Sunday, April 19, at 10 & 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, April 19, in the Community Room/Chapel. This day's sermon title is "Joy." All are welcome to enjoy coffee and fellowship before or after worship in the lobby between 9:30 a.m. and 12 p.m.

UFM Class: Flourishing

Tuesday, April 21, at 10 a.m.

UFM is offering a class titled "Flourishing" on Tuesdays from April 21 to May 5, at 10 a.m., in the Bison Room.

In three highly interactive workshops, we will focus on ways to flourish through gratitude, kindness, resilience, joy, and creativity. Learn about the science behind wellness practices while having fun! The instructor is Jayme Morris-Hardeman. Jayme is a scientist, a teacher, a nonprofit leader, and a public servant whose purpose in life is to help others flourish. She's a trained facilitator for Action for Happiness.

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.

Prairie Star Writing Group

Tuesday, April 21, 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 21, in the Patriot Room.

The April 21 session, "What I Wish My Elders Had Told Me," invites you to reflect on the stories, memories, and wisdom passed down—or left untold—by those who came before you. Consider the people who shaped your life, the stories you remember, and the ones you wish you had heard, and explore how sharing these reflections helps connect generations.

Adapting to Life Changes Program

Tuesday, April 21, 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 on Tuesdays 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.

Taste of Spring

Tuesday, April 21, at 2 p.m.

Join us in the Courtyard on Tuesday, April 21, at 2 p.m. for a wonderful new event series. This event will feature "tastes" of several bite-size creations made by the Prairie Star team. Featured dishes include chicken confetti roulade, seared scallop with mango salsa, cucumber soup, and strawberry pie. This is a free event, and all are encouraged to come out and enjoy a hopefully-beautiful day.

Volunteer & Tech Helper

Tuesday, April 21, at 4 p.m.

Deborah Goins will be available to answer residents' technology questions between 4 and 5

EVENTS & OPPORTUNITIES

p.m. Tuesday, April 21, 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!

Wild Catz Orchestra

Tuesday, April 21, at 7 p.m.

All are welcome to attend a performance by the Wild Catz Orchestra on Tuesday, April 21, at 7 p.m., in the Event Center. The performance will highlight student performers from the K-State School of Music strings division, including chamber music and small ensemble works.

Memory Café

Wednesday, April 22, 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.

Page Turners Book Club

Wednesday, April 22, 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 which understand those lives the best.

The group will meet Wednesday, April 22, at 11:30 a.m., in the Patriot 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.

Life, Death, & What's Left 2.0 Course

Wednesdays, April 22, at 1:30 p.m.

Join Spiritual Life Leader, Melanie Nord, as we take a practical look at end-of-life preparations and concepts of the afterlife to assist in caring for others and preparing for our own future. Our 2.0 session includes a new lesson on prognosis. We

will meet in the Community Room on Wednesdays April 22 through May 20, from 1:30 p.m. to 2:30 p.m.

The American Revolution: The British Perspective, 1775 to 1783

Wednesday, April 22, at 6:30 p.m.

UFM is offering a three-session class titled "The American Revolution: The British Perspective, 1775 to 1783." Join for the final session of this class in the Community Room on Wednesday, April 22, from 6:30 to 8 p.m.

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.

Rock Springs 4-H Camp Trip

Thursday, April 23, at 11 a.m.

On Thursday, April 23, you are invited to visit the Rock Springs 4-H Center. Enjoy lunch and a guided van tour of Rock Springs Ranch, the state 4-H center. We will stop along the way to revisit camp traditions, favorite spots, and memories that have lasted a lifetime. The cost for the trip is \$20 per person, which includes the tour, lunch, and transportation. A sign-up sheet is in the Blue Book by the Hospitality Desk. We will depart from the village entrance at 11 a.m., and plan to leave the ranch at 2:30 p.m.

Caring Conversations for People with PD

Thursday, April 23, 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. 23, in the Flint Hills Room.

PD Care Partners Social

Thursday, April 23, at 11:30 a.m.

This is an informal opportunity for PD Care Partners to join one another for lunch at Prairie Star Restaurant while your loved one with Pd is participating in Caring Conversations Lunch

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EVENTS & OPPORTUNITIES

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Group. The cost of food and drinks are the responsibility of each care partner. Meet other care partners on the third Thursday of each month starting at 11:30 to 1 p.m.

Knitting & Crocheting Group

Thursday, April 23, 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, April 23, for a fun, social, creative opportunity. All skill levels are welcome!

Karen Elliott's Birthday Celebration

Friday, April 24, at 2 p.m.

All are welcome to celebrate Karen Elliott's 90th birthday from 2 to 4 p.m. Friday, April 24, in Verna Belle's Lounge. Light refreshments will be provided. No gifts, please.

Manhattan Symphony Orchestra

Friday, April 24, at 7 p.m.

Meadowlark is excited to present the Manhattan Symphony Orchestra on Friday, April 24, 7 p.m., in the Event Center. The Orchestra is a community supported organization dedicated to promoting, cultivating, and increasing the knowledge and appreciation of symphony music through public concerts and educational programs in the Flint Hills of Kansas.

Nancy Bowen's Birthday Celebration

Saturday, April 25, at 2 p.m.

All are welcome to celebrate Nancy Bowen's 90th birthday from 2 to 4 p.m. Saturday, April 25, in the Community Room. Light refreshments will be provided. No gifts, please.

Fellowship with First Assembly of God

Monday, April 28, at 10 a.m.

Stewart Mowry and Scott Taylor are two of Meadowlark's newest volunteers who are eager to connect with residents and build meaningful community.

They will host a non-denominational Bible

study on the 2nd and 4th Monday of the month at 10 a.m. in the Flint Hills Room. The gathering will offer a welcoming space for reflection, conversation, and fellowship.

Stewart, a classically trained violinist and pastor, also will share his musical talents during the study, giving participants the opportunity to enjoy live violin selections and join in singing a few familiar tunes. Both Stewart and Scott are members of First Assembly of God and are looking forward to getting to know residents while engaging in thoughtful discussion and spiritual encouragement.



K - S T A T E
C O N C E R T
C H O I R
P R E S E N T S

The
In-Between

FEATURING
THE POPS CHOIR OF
MANHATTAN
HIGH SCHOOL

WEDNESDAY
APRIL 22
7:30 PM

First Christian
Church
3001 Grand Mere Pkwy
Manhattan, KS

with selections
by Hindemith,
Hogan, Wong,
Brahms,
and more!

FREE
ADMISSION

Concert Organist
BRADLEY HUNTER WELCH



A CENTURY OF SOUND
 Celebrating 100 Years of Our Organ

First United Methodist Church
Sunday, April 19
 at 3:00 pm

- ✓ **11 a.m. to 2 p.m.**
Pork & Chicken Sliders
- ✓ **During Lunch**
K-State football coach Bill Snyder for autographs, photos, and conversation
- ✓ **5 to 8 p.m.**
BBQ Dinner Buffet
- ✓ Rockin K's will donate 10% of the day's sales to Meadowlark Parkinson's Program



Thursday, April 30
11 a.m. to 10 p.m.
Rockin K's
 1880 Kimball Avenue • Manhattan, Kansas

Thank you to our presenting sponsor! Meadowlark Parkinson's Program provides FREE education, exercise, and outreach opportunities for people with Parkinson's or other movement disorders and their care partners at every stage of the disease.



Additional sponsor support provided by



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

Memory of

James "Jim" Brethour Jr.
 Kent Carmichael
 Harry Manges
 Richard "Dick" Ramsey
 Alan Wagner

Honor of

Mary Lu Haas
 Michelle Haub & the Special Programs Team



Severe Weather Alert

With a thunderstorm or tornado in the forecast, do Meadowlark residents know how to respond?

Here are some definitions to remember and procedures to follow when a thunderstorm or tornado is in the forecast:

Thunderstorms

In a **thunderstorm watch**, no actual storm exists, but conditions make a dangerous storm likely.

A **thunderstorm warning** indicates high winds and dangerous hail are in the area, with the possibility for major damage.

Procedure for all residents during a thunderstorm watch or warning: Stay indoors until severe weather passes. Stay away from windows if there are high winds or hail. Turn on a weather radio if you have one.

Tornadoes

In a **tornado watch**, no actual tornado exists, but weather conditions make severe thunderstorms likely, with the possibility of creating a tornado.

A **tornado warning** means a funnel cloud has been spotted or an actual tornado is on the ground. Take cover immediately.

Procedures for weathering a tornado differ, depending on the location of one's home at Meadowlark. All independent living residents should go into a building immediately. Do not use an elevator.

Residents in a **West Tower apartment** should take stairs to the first floor and sit out the storm on the first floor near Prairie Star Restaurant. If you cannot get to the first floor, go to the center hallway of the 2nd, 3rd, 4th, or 5th floor. If you cannot get to these locations, stay in

your apartment with the door to the hallway closed. Proceed to a bathroom and close the door.

Residents in an **East Village apartment** should sit out the storm in the first floor hallway near Prairie Star Restaurant or walk to the 2nd or 3rd floor hallway of the West Tower. Do not take the stairs.

If an **East Village** resident is unable to walk to any of these locations, stay in the apartment in a bathroom with the door closed.

Both **East and West Village** residents should wait for an "all clear" to be given before returning to their apartments.

Residents in a **Monarch apartment** should take the stairs to the west side of the underbuilding parking area and shelter away from doors. If you are unable to go to the garage, stay in the apartment in the primary bathroom with the door closed.

Residents in a **cottage, Monarch, or garden apartment** should not try to reach the Community Center. Stay in your home and close doors and curtains.

If you live in a **garden apartment or classic cottage**, proceed to a room that does not have an exterior wall, such as a bathroom or hallway.

If you live in a **Meadowlark Valley, Meadowlark Road, Meadowlark Circle cottage** and have a safe room, proceed to the safe room and turn on a weather radio. Listen for the "all clear" announcement.

For details related to your location, consult your Resident Handbook. During a storm situation, anyone who has a weather radio or regular radio should keep it on. Residents also are invited to turn

Art Engagement *from the* Beach Museum of Art

Artists have several techniques to use when creating a sense of motion in a static artwork. The use of **perpetual motion** relies on the idea that when you draw an object the viewer knows is always in motion the mind will register that action. Creating motion can be accomplished by showing a **result of movement** like the distortion of an object in the wind. Lines that **curve and flow** hint at mobility. The repetition of lines and shapes receding into distance shows **perspective repetition**, suggesting movement. The **contrast** of the moving objects compared to still vertical objects implies activity. As you look at this print, where do you see the artist using these techniques to create the illusion of movement?



Herschel C. Logan (United States, 1901 - 1987), *Tornado*, 1938, Woodcut on paper
KSU, Marianna Kistler Beach Museum of Art, gift of Peggy L. Sondergard & Samuel H. Logan, 2002.115

RESTAURANT **SPECIALS**

<p>Sunday, April 19</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>\$13 Dinner Homemade Chicken Tenders Biscuit with Honey Butter Honey Garlic Carrots</p>
<p>Monday, April 20</p>	<p>\$10 Lunch BBQ Pork Sandwich French Fries</p>	<p>\$14 Dinner Swiss Steak Mashed Potatoes & Gravy Green Beans</p>
<p>Tuesday, April 21</p>	<p>\$11 Lunch Cranberry Chicken & Feta Salad <i>(Grilled chicken, mixed greens, craisins, walnuts, feta cheese, and balsamic dressing)</i></p>	<p>\$16 Dinner Pesto Shrimp Risotto Roasted Cherry Tomatoes</p>
<p>Wednesday, April 22</p>	<p>\$11 Lunch Grow Green Menu</p>	<p>\$15 Dinner Chicken Fried Chicken Mashed Potatoes & Gravy Creamed Corn</p>
<p>Thursday, April 23</p>	<p>\$11 Lunch Fried Chicken Sandwich Macaroni Salad</p>	<p>\$15 Dinner Chicken Parmesan <i>served over Linguine</i> Garlic Bread Spinach Salad</p>
<p>Friday, April 24</p>	<p>\$11 Lunch Taco Bar</p>	<p>\$16 Dinner Grilled Pork Chop <i>topped with Fire-Roasted Apples</i> Brussel Sprout Casserole</p>
<p>Saturday, April 25</p>	<p>\$11 Lunch Sloppy Joe Tator Tots Broccoli Salad</p>	<p>\$16 Dinner Bacon-Wrapped Meatloaf <i>stuffed with Cheese</i> Cheesy Potatoes Peas & Onions</p>

Weekly Opportunities Calendar April 19 to April 25

Sunday • April 19 *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 20 *Trash pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**
 9:30 a.m. ~ Memory Care Partner Group, **STM**
 10:00 a.m. ~ Tuttle Creek Ladies, BR
 10:00 a.m. ~ Tuttle Creek Men, 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 • April 21

10:00 a.m. ~ Flourishing, BR
 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. ~ Adapting Life Changes, FHR
 1:00 p.m. ~ Prairie Star Writers Group, PR
 2:00 p.m. ~ Taste of Spring, CY
 2:00 p.m. ~ 10-Point Pitch Group, GR
 2:00 p.m. ~ Water Media Painting, KSU CL
 4:00 p.m. ~ Tech Help, FHR
 5:30 p.m. ~ 2nd Floor Supper, BR
 6:00 p.m. ~ KSU Gerontology Class, CR
 7:00 p.m. ~ Wild Catz Orchestra, EC

Wednesday • April 22

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 a.m. to 2 p.m. ~ Grow Green Station, PS
 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
 1:30 p.m. ~ ARTful Making, KSU CL

Wednesday • April 22, continued

1:30 p.m. ~ Diabetic Wellness Group, FHR
 1:30 p.m. ~ Life, Death, and What's Left 2.0, CR
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-Along, FHR
 4:00 p.m. ~ 4th Floor Social, FHR
 6:00 p.m. ~ UFM Class: American Revolution, CR

Thursday • April 23

9:00 a.m. ~ Messenger Team, VBL
 10:00 a.m. ~ Mat Yoga, KSU CL
 10:30 a.m. ~ Steady Yourself, CR/**1960**
 11:00 a.m. ~ Depart for Rock Springs 4-H Camp, VE
 11:15 a.m. ~ Chair Yoga, CR/**1960**
 11:30 a.m. ~ Caring Conv. For People w/ PD, FHR
 11:30 a.m. ~ PD Care Partner Social, PS
 12:00 p.m. ~ College Avenue Luncheon, BR
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
 1:00 p.m. ~ PD Care Partners Support Group, FHR
 2:00 p.m. ~ Water Media Painting, KSU CL
 2:30 p.m. ~ Knitting & Crocheting, KR
 2:30 p.m. ~ Fanny & Furby, KR
 4:15 p.m. ~ Meadowlark Singers Practice, CR

Friday • April 24

7:30 a.m. ~ Rock Steady Boxing, **PF**
 9:30 a.m. ~ Seated Strength, CR/**1960**
 10:00 a.m. to 3 p.m. ~ Meadowlark Market, **MM**
 10:30 a.m. ~ Weights 101, CR/**1960**
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**
 7:00 p.m. ~ Manhattan Symphony Orchestra, EC

Saturday • April 25

9:00 a.m. ~ Tai Chi, **1960 only**
 9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
 10:00 a.m. to 3 p.m. ~ Meadowlark Market, **MM**
 2:00 p.m. ~ Nancy Bowen's 90th Birthday, CR

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 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 2:00 P.M. / 6:00 P.M.

SUNDAY: April 19

THE MUMMY RETURNS (2001) PG-13, 2 hr. 10 min. *Adventure, Action, Supernatural*

Cast: Brendan Fraser, Rachel Weisz, & John Hannah

The mummified body of Imhotep is shipped to a museum in London, where he once again wakes and begins his campaign of rage and terror.

MONDAY: April 20

RESIDENT REQUEST

SONG SUNG BLUE (2025) PG-13, 2 hr. 12 min. *Biography, Musical, Tragedy*

Cast: Hugh Jackman, Kate Hudson, & Ella Anderson

Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together.

TUESDAY: April 21

IN THE BLINK OF AN EYE (2026) PG-13, 1 hr. 34 min. *Drama, Sci-Fi*

Cast: Kate McKinnon, Rashida Jones, & Daveed Diggs

Three storylines, spanning thousands of years, intersect and reflect on hope, connection and the circle of life.

WEDNESDAY: April 22

PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (2006) PG-13, 2 hr. 31 min. *Action Epic*

Cast: Johnny Depp, Orlando Bloom, & Keira Knightley

Jack Sparrow races to recover the heart of Davy Jones to avoid enslaving his soul to Jones' service, as other friends and foes seek the heart for their own agenda as well.

THURSDAY: April 23

RESIDENT REQUEST

MARY SHELLY (2017) PG-13, 2 hr. *DocuDrama, History, Romance*

Cast: Elle Fanning, Bel Powley, & Owen Richards

The life of Mary Wollstonecraft Godwin, who at 16 met 21-year-old poet Percy Shelley, resulting in the writing of "Frankenstein"

FRIDAY: April 24

ELLA MCCAY (2025) PG-13, 1 hr. 55 min. *Comedy, Drama*

Cast: Ella Mackey, Jamie Lee Curtis, & Albert Brooks

An idealistic young woman juggles her family and work life in a comedy about the people you love and how to survive them.

SATURDAY: April 25

RESIDENT REQUEST

LONE SURVIVOR (2013) R *for strong bloody war violence*, 2 hr. 1 min. *DocuDrama, Action, War*

Cast: Mark Wahlburg, Taylor Kitsch, & Emile Hirsch

Marcus Luttrell and his team set out on a mission to capture or kill notorious Taliban leader Ahmad Shah, in late June 2005. Marcus and his team are left to fight for their lives in one of the most valiant efforts of modern warfare.