



Steve Bietau rides his three-wheel recumbent trike on Manhattan's Linear Trail.

# Pedaling for Parkinson's

## *Bike ride boosts awareness, support of Parkinson's Program*

*by Becky Fitzgerald, Development Director*

Steve Bietau, a Meadowlark Parkinson's Program member, is celebrating his 71st birthday this month with **Bietau's Birthday Bike Ride!** An avid cyclist, Steve plans to start a week-long, 71-mile ride on his birthday, TODAY, April 23. He'll pedal several miles daily before finishing his ride at the annual Pig Out for Parkinson's on Thursday, April 30.

Cycling 71 miles and finishing his ride during Pig Out is a way for Bietau to demonstrate his commitment to exercise and his passion for Meadowlark Parkinson's Program. He and his wife, Connie, invite you to join them in their desire to improve the lives of persons affected by Parkinson's disease and similar disorders by making a donation to

the program in honor of Steve's efforts.

Diagnosed in March 2025 with Progressive Supranuclear Palsy, an atypical Parkinsonian syndrome, Bietau said regularly riding a three-wheel recumbent trike has enabled him to "fight back." PSP primarily affects balance, eye movements, and motor control. Bietau, who served as Kansas State University's tennis coach for 30 years prior to retiring in 2014, said his whole life has revolved around exercise and movement of some kind.

"It's physically and mentally good for you, and continuing to ride has gotten me excited," Bietau said.

As Bietau's birthday bike ride seems to indicate, fighting back isn't limited to exercise. Both Steve and

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## PEDALING, from page 1

Connie offered much praise for the Parkinson's Program, noting the welcoming attitudes of program leaders and members and the amount of quality information they've received.

"The program has been so beneficial to both of us ... at no cost! We wanted to do something to help sustain the program," Connie said.

In addition to accepting the Bietaus' invitation to support Meadowlark Parkinson's Program with a donation, fellow cyclists are welcome to join Steve for a portion of his birthday bike ride. One such friend, Olga Shaw, plans to ride with Steve as he crosses the finish line at Pig Out on April 30.

Shaw said she met Bietau at a tennis tournament in the Czech Republic while she was still a junior tennis player. She joined the K-State tennis team in 2004 when Bietau was the head coach, and she graduated in 2008. After that, she returned as his assistant coach and worked alongside him until 2013, when she moved away.

Shaw and her family returned to Manhattan a few years ago, and she now is an Assistant Women's Tennis Coach at K-State and a Tennis Professional at PeakForm Sports and Wellness Center, where she teaches tennis lessons.

She said she was immediately in favor of Bietau celebrating his birthday by pedaling for Parkinson's. "I still see Steve and Connie pretty often, so it felt like an easy way to support him, Connie, and the entire program," Shaw said. "Steve has always been committed to doing things the right way, so I am positive this will be a great success."

She added that it was easy to say yes when the couple asked if she'd like to be a part of Steve's ride.

"When I was a freshman and had a season-ending injury, he supported me every step of the way. When my mom was sick and I had to leave in the middle of the season, he was there for me. When my husband was deployed to Afghanistan, he showed up again. And it wasn't just Steve — Connie has been a big part of this, too," Shaw added. "That's what family does: you show up for each other. I'll always be there to support him."

To join Shaw in supporting Bietau's efforts and the Parkinson's Program, there are three

ways to do so.

### Help Steve fight Parkinson's!

Visit [www.meadowlark.org](http://www.meadowlark.org) and click the DONATE NOW button. Select Meadowlark Parkinson's Program as the donation option and type "Steve Bietau" in the tribute field. Or, contribute in person by completing a form available at the Hospitality Desk or at Pig Out for Parkinson's.

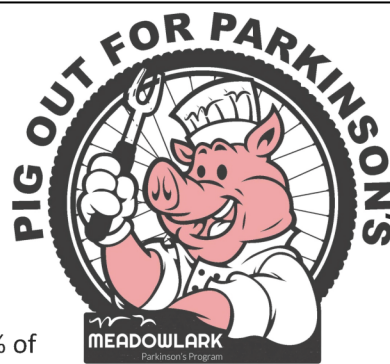
### Finish with Steve!

Meet Steve at 5:45 p.m. on April 30 in the parking lot by the KSU baseball stadium to ride, run, or walk with Steve to Rockin K's as he completes his 71-mile birthday ride. If you'd like to join Steve for a portion of his ride prior to April 30, contact him at (785) 317-3179.

### Celebrate with Steve!

Cheer as Steve and his guests cross the finish line at Rockin K's at approximately 6 p.m.

- ✓ **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!



**CenterPointe**  
Physicians, P.A.

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



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## EVENTS & OPPORTUNITIES

### **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, at 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.

### **Worship Services**

*Sunday, April 26, 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 26, in the Community Room/Chapel. This day's sermon title is "Peace." All are welcome to enjoy coffee and fellowship before or after worship in the lobby between 9:30 a.m. and 12 p.m.

### **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.

### **UFM Class: Flourishing**

*Tuesday, April 28, at 10 a.m.*

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

In two remaining 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.

### **ARTful Memories**

*Tuesday, April 28, at 10 a.m.*

ARTful Memories is a Meadowlark Memory Program collaboration with the Marianna Kistler Beach Museum of Art using Visual Thinking Strategies (VTS). Kim Richards, Education Assistant, will conduct a facilitated discussion of three different art images with joint participation by memory care receivers and caregivers. All are invited to attend.

### **Adapting to Life Changes Program**

*Tuesday, April 28, 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

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# EVENTS & OPPORTUNITIES

## EVENTS, from page 3

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](mailto:lmontgomery@meadowlark.org).

### Memory Café

*Wednesday, April 29, 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.

### Life, Death, & What's Left 2.0 Course

*Wednesdays, April 29, 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 through May 20, from 1:30 p.m. to 2:30 p.m.

### KSU Kinesiology Presentation

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

A group of Kansas State University kinesiology students will share insights into the growing field of health coaching during an upcoming presentation on Thursday, April 30, at 2:30 p.m., in the Event Center.

The presentation will introduce attendees to the fundamentals of health coaching; a practice focused on helping individuals adopt and sustain healthier lifestyles. Drawing from both academic experience and practical knowledge, the students will highlight how personalized guidance, behavior change strategies, and wellness planning play a central role in improving overall health outcomes.

In addition to exploring health coaching, the session will provide an overview of K-State's kinesiology program. Known for its strong

emphasis on human movement, exercise science, and wellness, the program prepares students with both scientific knowledge and hands-on experience. Attendees will gain a better understanding of coursework, research opportunities, and how the program equips graduates for success in health-related fields.

The presentation is open to all that are interested in learning more about kinesiology and health coaching. No registration is required; simply show up to hear from the students.

### Music with Grandpa Snazzy

*Friday, May 1, at 7:00 p.m.*

We are excited to welcome for the first time, on Friday, May 1, at 7 p.m., in the Event Center, Grandpa Snazzy! They are a 4-piece, turn-of-the-century band (mandolin/banjo, violin, guitar, cello/bass) comprised of members from the larger Mandolin Orchestra. All are welcome!

### 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." The performance is set for 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!

### Prairie Star Writing Group

*Tuesday, May 5, 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, May 5, in the Patriot Room.

The May 5 session, "It's May!", celebrates the beauty and renewal of spring. As the world turns green and flowers bloom, what memories come to mind? Whether it's a favorite May tradition or a moment worth celebrating, come share your story.

### Volunteer & Tech Helper

*Tuesday, May 5, at 4 p.m.*

Deborah Goins will be available to provide in-home technology support to residents on Tuesday, May 5.

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!

### **National Day of Prayer Gathering**

*Thursday, May 7, at 10 a.m.*

The U.S. National Day of Prayer is an annual observance held on the first Thursday in May inviting people of all faiths to pray for the nation. Created by Congress in 1952 and signed by President Truman, the day features tens of thousands of local, state, and national prayer gatherings. This year, we are excited to offer a "come and go" gathering on Thursday, May 7, from 10 a.m. to 1 p.m., in the Flint Hills Room. We'll have prayerful music, devotionals, prayer prompts and stations. Rev. Melanie Nord also will be available for praying together over specific requests or answering prayer questions.

### **A Matter of Balance: Falls Prevention**

*Wednesday, May 13, at 2 p.m.*

We are excited to announce the addition of "A Matter of Balance", a proven falls prevention program, which will begin on Wednesday, May 13. This program is designed to help participants reduce their risk of falls while building confidence and improving overall safety.

Classes will meet twice weekly, with sessions held on Mondays from 2 to 4 p.m. in the Bison Room and Wednesdays from 2 to 4 p.m. in the KSU Classroom.

Throughout the program, participants will learn practical exercises to improve strength and balance, identify and address common home hazards, and gain valuable safety tips to help prevent falls in everyday life.

Offered through the North Central-Flint Hills Area Agency on Aging, Deane Lehman and Lydia Preston will lead participants in this 4-week program. "A Matter of Balance" is limited to 12 participants, allowing for a supportive and interactive learning environment. There are no fees to participate, but only 12 registered participants will be able to attend. Please contact Fitness Leader, Jeff Heidbreder, at (785) 341-2995 or [JHeidbreder@meadowlark.org](mailto:JHeidbreder@meadowlark.org) to inquire about the program and get registered.

## **Volunteer Spotlight**

It's National Volunteer Week, and today we're proud to highlight one of our incredible resident volunteers, Garalyn Connery!



Garalyn plays an important role in keeping our community connected. Each week, she helps collate and deliver Meadowlark's resident newsletter, ensuring it reaches residents in a timely manner. Her dedication doesn't stop there. She lends a helping hand at the Meadowlark Market each month during the Friday sale day, supports special events throughout the year, and most recently has served as a mentor to K-State Gerontology students.

As Garalyn says, she "helps with anything that skill and time allows," and she truly lives that out. Beyond Meadowlark, she continues her spirit of service by volunteering in the Manhattan community, including at the Encore Shop and with First Presbyterian Church.

Garalyn believes Meadowlark is a family, and she treasures the friendships she's built with fellow residents and staff. She is passionate about helping ensure a wide variety of programs continue to grow and thrive.

We are so grateful for all that Garalyn does to make Meadowlark a vibrant, welcoming community, where residents can work, learn, play, and live in harmony.

# RESTAURANT **SPECIALS**

<p><b>Sunday, April 26</b></p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</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>Monday, April 27</b></p>	<p><b>\$12</b> Lunch Beef Gyro Crispy Greek Roasted Potatoes</p>	<p><b>\$14</b> Dinner Beef Chimichangas <i>topped with Cheese Sauce</i> Mexican Rice Refried Beans</p>
<p><b>Tuesday, April 28</b></p>	<p><b>\$11</b> Lunch Cuban Sandwich Pasta Salad</p>	<p><b>\$15</b> Dinner Cajun-Stuffed Pork Tenderloin <i>with Andouille Sausage Gravy</i> Red Beans &amp; Rice Collard Greens</p>
<p><b>Wednesday, April 29</b></p>	<p><b>\$11</b> Lunch Patty Melt French Fries</p>	<p><b>\$15</b> Dinner Salisbury Steak Mashed Potatoes &amp; Gravy Broccoli</p>
<p><b>Thursday, April 30</b></p>	<p><b>\$10</b> Lunch Pork Quesadilla Corn O'Brien</p>	<p><b>\$16</b> Dinner Greek Salmon Salad <i>(grilled salmon, mixed greens, cucumbers, olives, cherry tomatoes, feta cheese, pita chips, &amp; Greek dressing)</i></p>
<p><b>Friday, May 1</b></p>	<p><b>\$11</b> Lunch Soup &amp; Salad Bar</p>	<p><b>\$16</b> Dinner Chicken Florentine Vodka Cream Pasta Peas &amp; Onions</p>
<p><b>Saturday, May 2</b></p>	<p><b>\$9</b> Lunch Chili Dogs Tator Tots Fried Pickle Spear</p>	<p><b>\$26</b> Dinner 4-oz. Filet &amp; Garlic Shrimp Baked Potato Asparagus</p>

# Weekly Opportunities Calendar April 26 to May 2

## Sunday • April 26 *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 27 *Trash & Recycle pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**  
 9:30 a.m. ~ Memory Care Partner Group, **STM**  
 10:00 a.m. ~ Fellowship w/ First Assembly, FHR  
 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  
 7:00 p.m. ~ Community Bingo, CR

## Tuesday • April 28

10:00 a.m. ~ ARTful Memories, BR  
 10:00 a.m. ~ UFM Class: Flourishing, 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  
 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 • April 29

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**  
 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

## Thursday • April 30

9:00 a.m. ~ Messenger Team, VBL  
 10:00 a.m. ~ Mat Yoga, KSU CL  
 10:30 a.m. ~ Steady Yourself, CR/**1960**  
 11 a.m. to 10 p.m. ~ Pig Out for PD, **Rockin K's**  
 11:15 a.m. ~ Chair Yoga, CR/**1960**  
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**  
 2:00 p.m. ~ Water Media Painting, KSU CL  
 2:00 p.m. ~ KSU Kinesiology Presentation, EC  
 2:30 p.m. ~ Fanny & Furby, KR  
 4:15 p.m. ~ Meadowlark Singers Practice, CR

## Friday • May 1

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 Mass, CR  
 7:00 p.m. ~ Grandpa Snazzy, EC

## Saturday • May 2

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

**Caregiver Support Circle**  
 Hosted by Accord Hospice and Meadowlark Community Programs

**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.



## 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 26

***THE COLOR OF FRIENDSHIP*** (2000) TV-G, 1 hr. 27 min. *Drama, Family, Biography*

Cast: Lindsey Haun, Shadia Simmons, & Carl Lumbly

A white South African girl and a Black American family find themselves in a difficult situation when the former is sent to spend a term as an exchange student with the family in the U.S.

### MONDAY: April 27

***PASSENGERS*** (2016) PG-13, 1 hr. 56 min. *Space Sci-Fi, Drama, Romance*

Cast: Jennifer Lawrence, Chriss Pratt, & Michael Sheen

A malfunction in a sleeping pod on a spacecraft traveling to a distant colony planet wakes one passenger 90 years early.

### TUESDAY: April 28

***BLENDED*** (2026) PG-13, 1 hr. 57 min. *Feel Good, Romantic Comedy*

Cast: Adam Sandler, Drew Barrymore, & Wendi McLendon-Covey

After a bad blind date, a man and woman find themselves stuck together at a resort for families, where their attraction grows as their respective kids benefit from the burgeoning relationship.

### WEDNESDAY: April 29

***SKYFALL*** (2012) PG-13, 2 hr. 23 min. *Globetrotting Adventure, Spy, Action*

Cast: Daniel Craig, Javier Bardem, & Naomie Harris

James Bond's loyalty to M is tested when her past comes back to haunt her. When MI6 comes under attack, 007 must track down and destroy the threat, no matter how personal the cost.

### THURSDAY: April 30

**RESIDENT REQUEST**

***THE COVENANT*** (2023) R for violence, language, & drug content, 2 hr. 3 min, *Action Epic, Drama*

Cast: Jake Gyllenhaal, Dar Salim, & Sean Sagar

During the war in Afghanistan, a local interpreter risks his own life to carry an injured sergeant across miles of grueling terrain.

### FRIDAY: May 1

***HE'S JUST NOT THAT INTO YOU*** (2009) PG-13, 2 hr. 9 min. *Feel-Good Romance, Comedy*

Cast: Ginnifer Goodwin, Jennifer Anniston, & Jennifer Connelly

This Baltimore-set movie of interconnecting story arcs deals with the challenges of reading or misreading human behavior.

### SATURDAY: May 2

***ZOOTOPIA 2*** (2025) PG, 1 hr. 48 min. *Buddy Comedy, Adventure, Family*

Cast: Ginnifer Goodwin, Jason Bateman, & Ke Huy Quan

Brave rabbit cop Judy Hopps and her friend, the fox Nick Wilde, team up again to crack a new case, the most perilous and intricate of their careers.

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

We often think of abstract art as non-objective and unrecognizable. However, what if we approach it as a slight, partial, or complete departure from reality. An artist may take a realistic setting and alter it to reflect how he or she sees it or feels about it. As you spend time looking at the watercolor shown here, do you consider it a realistic or abstract interpretation? What do you observe that supports your answer? You may want to keep in mind how the artist used line, shape, space, value, form, texture, and color.



Robert Blunk (United States, 1923 - 2023)

*Title unknown, 1948*

Opaque watercolor on paper

KSU, Marianna Kistler Beach Museum of Art, gift of the family of Katherine and Robert Blunk, 2012.125a

**Pig Out for Parkinson's**  
Thursday, April 30



# Order Form

Would you like lunch, dinner, or both? Check the box for the corresponding meal and return form to Hospitality Desk by noon, Tuesday, April 28. Total at bottom will be added to your monthly statement.

**LUNCH** (Price includes sales tax.) *RockinK's* **Quantity**

**Slider Meal, \$12** \_\_\_\_\_

Includes two small sandwiches, two sides, and barbecue sauce

Please check if you would like: Pulled chicken only \_\_\_\_\_ Pulled pork only \_\_\_\_\_  
One pork, one chicken \_\_\_\_\_

**Select two of three sides for each meal.**

Meal 1: \_\_\_\_\_ Baked Beans \_\_\_\_\_ Potato Salad \_\_\_\_\_ Creamy Cole Slaw

Meal 2: \_\_\_\_\_ Baked Beans \_\_\_\_\_ Potato Salad \_\_\_\_\_ Creamy Cole Slaw

**Parker's Punch, 16-oz. re-sealable bottle, \$6** \_\_\_\_\_

Citrus vodka blended with simple syrup, cranberry juice and pink lemonade. Available for lunch or dinner.

Lunch Sub-Total \$ \_\_\_\_\_ . \_\_\_\_\_

**DINNER** (Price includes sales tax.) *RockinK's* **Quantity**

**Pulled Pork or Pulled Chicken Meal, \$15** \_\_\_\_\_

Includes **pork** \_\_\_\_\_ or **chicken** \_\_\_\_\_ sandwich with sauce, two sides, and bread pudding

(Please check desired meat option per meal.)

**Select two of three sides for each meal.**

Meal 1: \_\_\_\_\_ Baked Beans \_\_\_\_\_ Potato Salad \_\_\_\_\_ Cole Slaw

Meal 2: \_\_\_\_\_ Baked Beans \_\_\_\_\_ Potato Salad \_\_\_\_\_ Cole Slaw

**Parker's Punch, 16-oz. re-sealable bottle, \$6** \_\_\_\_\_

Dinner Sub-Total \$ \_\_\_\_\_ . \_\_\_\_\_

**Meadowlark Parkinson's Program Donation (optional)**

Now in its 19th year, Meadowlark Parkinson's Program provides free education, exercise, and support services for persons in the Flint Hills region affected by Parkinson's disease.

Donation Amount \$ \_\_\_\_\_ .00

Total \$ \_\_\_\_\_ . \_\_\_\_\_

Name \_\_\_\_\_ Address \_\_\_\_\_  
*Please print.*