



Our Trip to Peru

by John Walters

In 2018, we got a brochure from KSU travel for a trip to Peru. We both immediately thought we should go and left home on Oct. 1. We flew from Sacramento to Lima via Atlanta. Odysseys Unlimited met us at the airport and took us to our hotel for a short night's sleep.

We spent two weeks in Peru. We felt very welcome there. The currency (the Sol) is tied three Solas per dollar. The food was local and fantastic. The lodgings were excellent, and the tour guides were well informed. Our main guide said, "We are all mestizos here". Because of my native American ancestry, I could say "I am mestizo too". Our small group toured Lima, Cusco, the Sacred Valley of the Incas, Ollantaytambo, Machu Picchu (be careful how you

pronounce that one!), Sacsayhuamán, Lake Titicaca and the Peruvian Amazon. We traveled by air, bus, train and boat.

In Lima, we toured very old architecture and visited fascinating museums.

We flew to Cusco and saw what remains of Coricancha, the Inca temple of the sun. The Incas did not use gold for money or wealth, but to represent the sun god. They were puzzled by the Spanish desire for gold, wondering "Do they eat gold?" The Spaniards tore down much of the temple. What remains illustrates the precision of their architecture.

The Spaniards "obtained" a ton and a half of gold from the temple, tore it mostly down, and built an edifice on top of it. There was a serious earthquake in

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Cuzco in 1950, destroying the Spanish structure, leaving the Inca parts undamaged!

We got to eat a meal with local resident Carlo and his family. We had a good visit and wonderful food, including Cuy (Guinea pig). We toured the Cusco Basilica on the Plaza des Armes and saw a picture of “The Last Supper,” which was painted by native and mestizo artists. There are llamas in the background with ears of corn and a roasted Guinea pig on the table! We visited the Museo de Chocolat where we learned that chocolate was discovered by the Mayans about 2000 BC. We saw how the chocolate is produced from the beans and we bought several bars of chocolate sourced from different locations. The soil makes a large difference in flavor!

We visited Sacsayhuaman 3 miles to the south. One of the carefully fitted stones weighs an estimated 360 tons! The first Spaniards who saw it estimated they could have housed several thousand Spaniards in the structures! They used most of the stones for building other structures in Cusco.

We traveled through the Sacred Valley of the Incas to Ollantaytambo and on to Machu Picchu National Park and spent two half days observing the fantastic ruins in a very vertical landscape. The buildings were “discovered” in 1911 (the Incas always knew it was there). The Incas are not very tall people, but the steps were built for giants! When Janet and I walked all over the site, I would pull her up as I stepped up. We ate in the National Park and heard an excellent Inca band while we ate. We rode a bus up to the park and back on an uncountable number of switch backs!

We traveled to Lake Titicaca via Cusco and El Paso Abra la Raya (a high mountain pass at 14,222 feet!). We stayed at a hotel at Lake Titicaca at 12,500 feet for two nights. We traveled by boat on the lake and visited a floating island and the people who lived there. Their ancestors learned how to avoid raiders by constructing large reed rafts and living on them on the lake. The “islands” must be maintained as the reeds gradually get waterlogged and sink.

We returned by air to Lima and flew on to Iquitos on the Amazon and traveled to Ceiba Tops in a

river taxi with “Amazon air conditioning.” (No windows at 50 mph!)

Ceiba is the name of the balsa wood tree, and we saw one over 100 feet tall! We saw a cacao tree, also. The lodge at Ceiba Tops had excellent food, all locally sourced. Our guides, who claimed to be “jungle boys” (with college educations!), told us there are 254 food fish obtained from the river. They said sometimes they eat rice and beans. On other days they ate beans and rice! We saw lots of animals, birds and insects, including tiny monkeys eating tiny bananas. One time we saw a tapir in the lodge area, but we saw absolutely no mosquitoes!

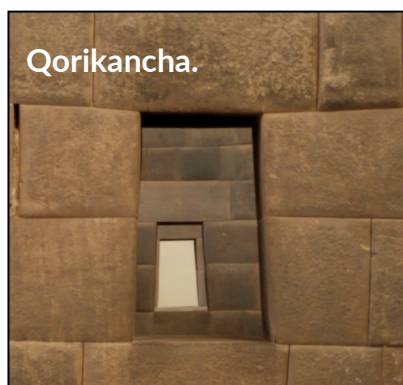
Our lodging was nice single unit buildings with modern air conditioning. We traveled around by boat and met people who lived in settled villages. They told us how they lived and made a living. We visited a native Yagua village and heard how they lived. They put on clothes for visitors. It is ALWAYS 80 degrees Fahrenheit there (very near the equator) with a lot of tree shade, so they have no

need of clothing! They told us about their customs and religion and showed us their dancing and music. They invited us to join them in dancing and we accepted. They also showed us their expertise in the art of the blow gun. I read in the National Geographic some decades ago about that expertise. In that publication, it was explained that they could “hit” a leaf at 100 yards—by hitting the leaf stem! To do that, they needed “far vision” which they obtained by cutting their arm and rubbing cayenne juice in the cut! I decided that you shouldn’t “mess” with those guys!

We went piranha fishing and were told you could just dip your finger in the water, but they recommended a piece of beef on a hook! We saw pink dolphins on that trip. We also traveled by small boat up a semi-flooded Amazon tributary to a sister lodge, the ExplorNapo Lodge, for a walk on the Canopy Walkway, 115 feet above the jungle floor, and above most of the jungle!

We saw lots of Blue Morphos butterflies on the way, looking like neon lights flashing!

At the end of our two weeks, we flew back to Lima, assembled our luggage and flew back to California via Atlanta, Ga. This was our favorite trip!



EVENTS & OPPORTUNITIES

Music with Grandpa Snazzy

Friday, May 1, at 7 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!

Worship Services

Sunday, May 3, at 10 & 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, for worship at 10 a.m. or 11 a.m. on Sunday, May 3, in the Community Room/Chapel. This day's sermon title is "Patience." 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, May 4, at 9:30 a.m.

All Meadowlark residents are invited to attend April's Town Meeting at 9:30 a.m. Monday, May 4, 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!

UFM Class: Flourishing

Tuesday, May 5, at 10 a.m.

The final session for UFM's Class titled "Flourishing" will meet Tuesday, May 5, at 10 a.m., in the Bison Room.

In the highly interactive workshop, 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.

Adapting to Life Changes Program

Tuesday, May 5, 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.

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!

Page Turners Book Club

Wednesday, May 6, at 11:30 a.m.

The Page Turners Book Club will have their final discussion of *The Art of Racing in the Rain* by Garth Stein on Wednesday, May 6, at 11:30 a.m. in the Patriot Room. The 2008 book was a New York Times bestseller and was adapted into a major

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EVENTS & OPPORTUNITIES

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motion picture, exploring themes of family, hope, and perseverance. The movie will show in Grosh Cinema on Tuesday, May 5, at 1, 4, and 7 p.m. You don't have to attend every time to participate; come when you are able whether you read the book or saw the movie. If you have questions, please contact Katie Sigman at (785) 323-3899.

Life, Death, & What's Left 2.0 Course

Wednesday, May 6, 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.

Meadowlark Men's Social Supper

Wednesday, May 6, at 5:30 p.m.

Prairie Star Restaurant invites Meadowlark's men to attend a social supper at 5:30 p.m. Wednesday, May 6. Dinner can be purchased from the Prairie Star menu, or enjoy the daily special. Registration is not required, but please check in at the host stand when arriving. This opportunity will not feature a program.

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.

Parkinson's Education Group

Thursday, May 7, at 2 p.m.

You're invited to the May meeting for the Parkinson's Education Group from 2 to 3:30 p.m.

in Meadowlark's Community Room. This month's program is titled "Understanding Parkinson's Medications: Updates, Safety, & Everyday Tips."

Managing Parkinson's medications can be challenging. In this session, a pharmacist will explain current treatments, new updates, and contraindicated medications. You also will learn more about PD-related hallucinations and delusions from a healthcare specialist and care partner. Feel confident that you will enrich your ability to talk to your health care provider about symptoms and medications as safely and effectively as possible.

Questions? Contact Michelle or Katie at (785) 323-3899.

Dinner with The League

Thursday, May 7, at 6 p.m.

Join the League of Women Voters at 6 p.m. Thursday, May 7, in the Event Center. The program is titled, "A Discussion on Fostering Good Inter-Governmental Relations with our Local City/County Commissions & School Boards."

The meal will be a BBQ chicken sandwich and broccoli salad for \$15. Please register for the meal in the Blue Book at the Hospitality Desk by Monday, May 4.

Thundering Cats

Friday, May 8, at 7 p.m.

Get ready for an exciting night of music! Join us Friday, May 8, at 7 p.m. in the Event Center as Meadowlark presents "The Thundering Cats Meet the '60s and Beyond!"

This high-energy concert will feature favorites from Chicago, The Beatles, Tower of Power, and Earth, Wind & Fire. It's a show you won't want to miss. Invite your friends and enjoy a great evening together. All are welcome!

Memory Program Connections Cafe

Wednesday, May 13, at 11:15 a.m.

Are you new to the Meadowlark Memory Program? Have you been involved and want to learn more? Do you want to make connections with other Meadowlark Memory Program participants? Join Memory Program leadership on Wednesday, May 13, at 11:15 a.m. in the Meadowlark Patriot Room to ask your questions and make connections.

Parkinson's Program Connections Cafe

Wednesday, May 13, at 11:15 a.m.

Are you new to the Meadowlark Parkinson's Program? Have you been involved and want to learn more? Do you want to make connections with other Meadowlark Parkinson's Program participants? Join Parkinson's Program leadership on Wednesday, May 13, at 11:15 a.m. in the KSU Classroom at Meadowlark to ask your questions and make connections.

65th Wedding Anniversary Reception

Sunday, May 17, at 2:30 p.m.

Join us in celebrating Dave and Kay Fiser's 65th wedding anniversary on Sunday, May 17, from 2:30 to 4:30 p.m. in the Meadowlark Event Center.

This casual, come-and-go reception will include sweet treats and beverages as we honor this special milestone. Your presence is the only gift needed.



Mother's Day Lunch

Reserve your spot with the kitchen office
by calling 785-323-3821

Starters
Candied Bacon & Pecan Spinach Salad, \$5
Seafood Bisque, \$5

Entrees
Grilled Pork Chops with Honey-Dijon Sauce, \$16
served with Sweet Potato Casserole & Green Bean Almondine
Blackened Shrimp, \$18
served with Tuscan Alfredo Sauce over Linguine
Herb-Crusted Beef Tenderloin, \$22
served with Blue-Cheese Mashed Potatoes & Green Bean Almondine

Dessert
Caramel Vanilla Crunch
Cheesecake, \$5



May Birthdays

Skilled Nursing

5/5 Pat Tippin
5/7 Sandra Thompson
5/20 Margaret Whisnant
5/20 Deanna Fuller
5/21 Phyllis Clanton
5/22 Martha Bloom
5/22 Lillian Rothfuss
5/24 Betty Kells

Assisted Living

5/4 Ann Feyerharm
5/17 Paula Moege

Independent Living

5/2 Jan Goudy
5/2 Tony Crawford
5/4 Marci Schuley
5/6 Richard Vanderlip
5/9 Graham Rose
5/11 Betty Black
5/11 Judy Thomas
5/11 Terry Cupps
5/12 Karen Bell
5/14 Sharon Smith
5/15 Ed Olson
5/16 Nathan Bolls
5/20 Pat Fredrickson
5/22 George Ham
5/22 Barbara Valent
5/24 Suzie Wong
5/24 Joleen Macy Thompson
5/26 Garalyn Connery
5/27 Lynette Ford
5/29 Nancy Kopp
5/30 Pat Hook
5/30 Alan Hunt

Bold denotes milestone birthdays!



RESTAURANT **SPECIALS**

<p>Sunday, May 3</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>\$15 Dinner Beef Tips Mashed Potatoes & Gravy Broccoli</p>
<p>Monday, May 4</p>	<p>\$11 Lunch Cheeseburger Sliders French Fries</p>	<p>\$14 Dinner Fried Pork Cutlet Mashed Potatoes & Gravy Green Beans</p>
<p>Tuesday, May 5</p>	<p>\$9 Lunch Pulled Pork Nachos <i>pulled pork, queso, pico de gallo, guacamole, sour cream, & tortilla chips</i></p>	<p>\$16 Dinner Cinco de Mayo Buffet <i>Served in the Courtyard.</i> Margarita Special ~ \$5</p>
<p>Wednesday, May 6</p>	<p>\$11 Lunch Chicken Salad Melt Mini Potato Pancakes</p>	<p>\$16 Dinner BBQ Brisket Twice-Baked Potato Coleslaw</p>
<p>Thursday, May 7</p>	<p>\$10 Lunch Italian Grinder Sandwich Watermelon</p>	<p>\$15 Dinner Beef Stroganoff <i>served over Buttered Noodles</i> Carrots</p>
<p>Friday, May 8</p>	<p>\$11 Lunch Pizza Bar</p>	<p>\$26 Dinner Lobster Thermidor Butter Rise Roasted Brussel Sprouts</p>
<p>Saturday, May 9</p>	<p>\$11 Lunch Chicken Caesar Wrap French Fries</p>	<p>\$15 Dinner Fried Chicken Mashed Potatoes & Gravy Corn</p>

Weekly Opportunities Calendar *May 3 to May 9*

Sunday • May 3 *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 • May 4 *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 Partner Group, **STM**
 10:30 a.m. ~ Weights 101, CR/**1960**
 11:00 a.m. ~ Rock Steady Boxing, **PF**
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**
 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 • May 5

10:00 a.m. ~ Memory Activities Class, EC
 10:00 a.m. ~ UFM Class: Flourishing, BR
 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. ~ 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
 3:30 p.m. ~ Ambassador Meeting, BR
 4:00 p.m. ~ Tech Help, FHR
 6:00 p.m. ~ KSU Gerontology Class, CR

Wednesday • May 6

9:30 a.m. ~ Seated Strength, CR/**1960**
 10:00 a.m. ~ Walmart/Dillons Shopping Trip, ME
 10:00 a.m. ~ Memory Care Partners Group, FHR
 10:00 a.m. ~ Memory Café, KSU CL
 10:30 a.m. ~ Weights 101, CR/**1960**
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**
 11:30 a.m. ~ North Monarch Luncheon, BR

Wednesday • May 6, *continued*

11:30 a.m. ~ Page Turners Book Club
 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
 5:30 p.m. ~ ML Men's Social Supper, MR

Thursday • May 7

9:00 a.m. ~ Messenger Team, VBL
 10:00 a.m. ~ Mat Yoga, KSU CL
 10:30 a.m. ~ Steady Yourself, CR/**1960**
 10:00 a.m. ~ National Day of Prayer, FHR
 11:15 a.m. ~ Chair Yoga, CR/**1960**
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
 2:00 p.m. ~ Parkinson's Education Group, CR
 2:30 p.m. ~ Fanny & Furby, KR
 4:15 p.m. ~ Meadowlark Singers Practice, CR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR
 6:00 p.m. ~ Dinner with the League, EC

Friday • May 8

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. ~ Thundering Cats, EC

Saturday • May 9

9:00 a.m. ~ Tai Chi, **1960 only**
 9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
 3:00 p.m. ~ Violin & Piano Recital, 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: May 3

RESIDENT REQUEST

THE 39 STEPS (1935) NR, 1 hr. 26 min. *Thriller, Crime, Mystery*

Cast: Robert Donat, Madeleine Carroll, & Lucie Mannheim

A man in London tries to help a counter-espionage agent, but when the agent is killed and the man stands accused, he must go on the run to save himself and stop a spy ring that is trying to steal top-secret information.

MONDAY: May 4

RESIDENT REQUEST

SINGIN' IN THE RAIN (1952) G, 1 hr. 43 min. *Musical, Romance, Comedy*

Cast: Gene Kelly, Donald O'Connor, & Debbie Reynolds

A silent film star falls for a chorus girl just as he and his delusionally jealous screen partner are trying to make the difficult transition into talking pictures in 1920s Hollywood.

TUESDAY: May 5

PAGE TURNER REQUEST

THE ART OF RACING IN THE RAIN (2019) PG, 1 hr. 49 min. *Comedy, Drama, Romance*

Cast: Kevin Costner, Milo Ventimiglia, & Amanda Seyfried

Through his bond with his owner, aspiring Formular One race car driver Denny, gold retriever Enzo learns that the techniques needed on the racetrack can also be used to successfully navigate the journey of life.

WEDNESDAY: May 6

LEGEND OF THE LOST (1957) NA, 1 hr. 49 min. *Adventure, Drama, Quest*

Cast: John Wayne, Sophia Loren, & Rossano Brazzi

American ne'er-do-well Joe January is hired to take Paul Bonnard on an expedition into the desert in search of treasure.

THURSDAY: May 7

THE GLASS HOUSE (2001) PG-13, 1 hr. 46 min, *Thriller, Crime, Drama*

Cast: Diane Lane, Leelee Sobieski, & Stellan Skarsgard

After the untimely death of their parents, grieving siblings move into a shiny glass house in Malibu with new guardians who have sinister motives.

FRIDAY: May 8

RETURN TO ME (2000) PG, 1 hr. 55 min. *Feel-Good Romance, Comedy, Drama*

Cast: David Duchovny, Minnie Driver, & Carroll O'Connor

A man who falls in love with the woman who received his wife's heart must decide which woman it is who holds his heart.

SATURDAY: May 9

RESIDENT REQUEST

BRIDGES OF MADISON COUNTY (1995) PG-13, 2 hr. 15 min. *Epic, Drama, Romance*

Cast: Clint Eastwood, Meryl Streep, & Annie Corley

Photographer Robert Kincaid wanders into the life of housewife Francesca Johnson for four days in the 1960s.