



# Garden Getaway

## *KSU Bus Tour Showcases Kansas City's Hidden Gems*

*submitted by Tim Lindemuth*

The private gardens of six Johnson County master gardeners will be visited during the 2026 Kansas State University Gardens charter bus tour on Friday, June 12.

"We will see homes with shade gardens, herbs and vegetables, water features and fountains, both formal and simple," said Meadowlark Passport member Tim Lindemuth, organizer of the annual bus trip for Friends of the K-State Gardens. "If you are a hobby gardener or just an admirer of lovely gardens, we'll take you in the comfort of a charter bus to these Johnson County neighborhoods to see these amazing home gardens."

The 54-person Arrow Stage Lines bus will depart from the east parking lot of Manhattan Town Center mall at 7:30 a.m. and return at approximately 6:30 p.m.

The K-State Johnson County Extension Office and area master gardeners organize this public tour on

alternate years, meaning the next time will be in 2028. The Friends group did this tour in 2024.

The bus will stop at Strang Hall for lunch in downtown old Overland Park where tour-goers can choose from five gourmet cafeteria lines, Lindemuth said.

The final stop of the day is a buying spree at the five-acre Family Tree Nursery featuring retail plants, supplies, and tools for the home gardener. Guests are required to bring a stable laundry basket lined with a large trash bag to hold plant purchases in the bus luggage compartment.

The cost is \$85 for the charter bus and group admission to the master gardens. Lunch is not included. Deadline for registration is Thursday, May 21. Register and pay online at <https://johnsoncountybustrip2026.auctria.events/> or call the K-State Gardens Office at 785-537-3721 during weekday business hours.

# EVENTS & OPPORTUNITIES

## Thank you!

*submitted by KS 4-H Foundation team members*

Thank you to those who joined us at Rock Springs Ranch for a day filled with connection, memories, and plenty of laughter! It was a joy to welcome you and spend time together in such a meaningful place.

From gathering over lunch in Williams Dining Hall to sharing stories during the bus tour around camp, the day was a wonderful reminder of the lasting connections and experiences that Rock Springs Ranch inspires.

We are so grateful you took the time to be with us. It truly was a special day made even better by your presence!

## Worship Services

**Sunday, May 10, 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 10, in the Community Room/Chapel. This day's sermon title is "Kindness." All are welcome to enjoy coffee and fellowship before or after worship in the lobby between 9:30 a.m. and 12 p.m.

## Mother's Day Lunch Specials

**Sunday, May 10, at 11 a.m.**

Please reserve your spot in Prairie Star for the Mother's Day Lunch special happening on May 10, by contacting Michaela or Brook through the kitchen office at (785) 323-3821. If you leave a message, include your party size and desired reservation time, and we will confirm your spot within 72 hours. Please note Prairie Star will NOT be open for breakfast.

Lunch reservations will begin at 11 a.m. and also include 11:30 a.m., 1 p.m., or 1:30 p.m. Only the Mother's Day menu will be available for lunch service. The regular restaurant menu and dinner special will be available beginning at 4 p.m. for dinner service.

## Fellowship with First Assembly of God

**Monday, May 11, 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 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



## 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

Peanut Butter Brownie Cake, \$5

## EVENTS & OPPORTUNITIES

First Assembly of God and are looking forward to getting to know residents while engaging in thoughtful discussion and spiritual encouragement.

### **Tai Chi Class Resuming**

**Monday, May 11, at 2 p.m.**

Tai Chi classes will start again on Monday, May 11, in the Event Center. Certified Tai Chi instructor, Dennis Eickhoff, will lead participants through the Tai Chi for Arthritis program.

Classes will meet each Monday and Wednesday, at 2 p.m., in the Event Center. No experience or registration is required. Simply show up to participate.

### **Lunch at Cracker Barrel**

**Tuesday, May 12, at 10:45 a.m.**

Join us on Tuesday, May 12, for lunch at Cracker Barrel in Junction City. Transportation is \$7 per person, and each participant will be responsible for the cost of the meal.

We will depart from the Village Entrance at 10:45 a.m. To sign up, please add your name to the sheet in the Blue Book at the Hospitality Desk.

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

**Tuesday, May 12, 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](mailto:lmontgomery@meadowlark.org).

### **S'mores Coffee Corner**

**Tuesday, May 12, at 3 p.m.**

Enjoy a special Coffee Corner event in the Courtyard on May 12, at 3 p.m., around the firepit roasting marshmallows and making S'mores with friends.

### **Memory Program Connections Cafe**

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

Are you new to Meadowlark Memory Program? Have you been involved and want to learn more? Do you want to make connections with other 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 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.

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

**Wednesday, May 13, 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.

### **Caring Conversations for People with PD**

**Thursday, May 14, 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, May 14, in the Flint Hills Room.

### **PD Care Partners Social**

**Thursday, May 14, at 11:30 a.m.**

PD Care Partners, plan to join one another for lunch at Prairie Star Restaurant while your loved one with PD is participating in Caring Conversations Lunch Group. The cost of food and drinks are the responsibility of each care partner.

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## **EVENTS, from page 3**

Meet other care partners on the third Thursday of each month starting at 11:30 to 1 p.m.

### **Ladies Luncheon**

*Thursday, May 14, at 11:30 a.m.*

All Meadowlark ladies, Passport ladies, and their guests are invited to the May Ladies Luncheon, on Thursday, May 14, at 11:30 a.m. in the Event Center.

The speaker for May will be Katie Sigman, who is the Special Programs Coordinator at Meadowlark. The meal will be a shredded brisket slider, mac & cheese, coleslaw, and a scoop of ice cream for \$13.

Please register by Tuesday, May 12, 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, May 14, 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, May 14, at 1 p.m. No sign-up required.

### **Knitting & Crocheting Group**

*Thursday, May 14, 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, May 14, for a fun, social, creative opportunity. All skill levels are welcome!

### **Meadowlark Hills Singers**

*Friday, May 15, at 7 p.m.*

All are invited to come and enjoy your very own Meadowlark Singers on Friday, May 15, at 7 p.m., in the Community Room. The singers led by Heather Augustine will entertain you with an evening of great singing as they present their "Spring Concert."

### **Shopping at Hobby Lobby & Dollar Tree**

*Saturday, May 16, at 10:30 a.m.*

The next scheduled trip is Saturday, May 16, with transportation going to Hobby Lobby and Dollar Tree East. The bus will depart from the Village

Entrance at 10:30 a.m., and the return time is set for 11:45 a.m.

Next month's trip will travel to Target and Dollar Tree West on Saturday, June 20. Please sign up in the Blue Book to participate.

### **Graduation Party for Megan Roelfs**

*Saturday, May 16, at 10:30 a.m.*



You're invited to celebrate a special milestone! Join Meadowlark team member Megan Roelfs for her graduation party on Saturday, May 16, from 11:30 a.m. to 2 p.m. in the Community Room.

Megan is graduating with a degree in Communications and a minor in History, and she would love to celebrate with her Meadowlark friends. Stop by, enjoy some refreshments, and help congratulate her on this exciting achievement. Everyone is welcome!

### **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.

### **AARP Fraud Presentation**

*Tuesday, May 19, at 1 p.m.*

Join us Tuesday, May 19, at 1 p.m. in the Event Center for an informative session with AARP. Presenter John Wurzer will share practical tips to help you recognize, avoid, and prevent scams in this engaging and helpful discussion.

### **Prairie Star Writing Group**

*Tuesday, May 19, 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 19, in the Patriot Room.

The May 19 session, "School's Out Soon! Chores Are Done ... Now What?", invites you to reflect on how you spent your free time growing up.

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

An artist will use several design techniques to organize a composition into an inviting artwork. When you find an artwork pleasant to look at, see if you notice some of the following features. An **object of interest** in the foreground inviting the viewer into the scene. Are there **leading lines** like a pathway or river drawing your eye deep into the background. Use of **high contrast or warm color** for a pleasant atmosphere. **Varied sizing and spacing** of objects feels natural and pleasing. Take a moment to look at the two artworks shown here. Do you notice any of the design techniques being used in either composition? Do you connect to one more than the other?



Walter Hatke  
*Sunshine and Houses, 1981*  
Kansas Artists' Postcard Series IV  
Photomechanical reproduction on paper  
Credit Line KSU, Marianna Kistler Beach Museum of Art,  
CM5k.2023



Robert James Hunt  
*Backyard 1412 B, 1989*  
Charcoal on paper  
KSU, Marianna Kistler Beach Museum of Art, gift of the Jim Hunt Estate and the  
Mulvane Art Museum, 1997.93

Whether your days were filled with responsibilities or rare moments of leisure, what did you do when time was your own? From dances and favorite books to simply catching your breath, come share your memories.

### Volunteer & Tech Helper

*Tuesday, May 19, at 4 p.m.*

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, May 19, 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!

### Sunshine & Sandwiches

*Tuesday, May 19, to Saturday, May 23*

Enjoy a spring picnic in the Courtyard! Stop by Prairie Star Restaurant from May 19 to May 23, pick your favorite items from a special menu, and enjoy your picnic-style meal in the sun!

### Veterans Group

*Thursday, May 21, at 10 a.m.*

Veterans and their spouses are invited for coffee and conversation at 10 a.m. Thursday, May 21, in the Manhattan Room. This group meets every third Thursday.

# RESTAURANT **SPECIALS**

<p><b>Sunday, May 10</b></p>	<p>Mother's Day Lunch <i>Reservations required.</i></p>	<p><b>\$13</b> Dinner <i>Open at 4 p.m.</i> BBQ Meatballs Scalloped Potatoes Broccoli Salad</p>
<p><b>Monday, May 11</b></p>	<p><b>\$10</b> Lunch Grilled Ham &amp; Cheese Tomato Bisque</p>	<p><b>\$15</b> Dinner Roast Turkey Mashed Potatoes &amp; Gravy Green Bean Casserole Dressing</p>
<p><b>Tuesday, May 12</b></p>	<p><b>\$11</b> Lunch Cowboy Burger French Fries</p>	<p><b>\$17</b> Dinner London Broil Loaded Mashed Potatoes Asparagus Medley</p>
<p><b>Wednesday, May 13</b></p>	<p><b>\$10</b> Lunch Ham Salad on Croissant Breakfast Potatoes</p>	<p><b>\$17</b> Dinner BBQ Burnt Ends Ranch-Style Corn on the Cob Baked Bean Cornbread Casserole</p>
<p><b>Thursday, May 14</b></p>	<p><b>\$12</b> Lunch BBQ Mac &amp; Cheese Bowl <i>(Mac &amp; cheese, shredded brisket, BBQ sauce, shredded cheddar cheese, and fried onions)</i></p>	<p><b>\$15</b> Dinner Chicken Cordon Bleu <i>with Supreme Sauce</i> Rice Pilaf Broccoli</p>
<p><b>Friday, May 15</b></p>	<p><b>\$11</b> Lunch Taco Bar</p>	<p><b>\$16</b> Dinner Baked Catfish <i>with tarter sauce</i> Cornbread Pudding Coleslaw</p>
<p><b>Saturday, May 16</b></p>	<p><b>\$11</b> Lunch Avocado Turkey Melt Red Potato Salad</p>	<p><b>\$16</b> Dinner Lemon-Pepper Cod Quinoa Salad Toasted Baguette</p>

# Weekly Opportunities Calendar May 10 to May 16

## Sunday • May 10 *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 11 *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**  
 11:30 a.m. ~ Meadowlark Valley Luncheon, BR  
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**  
 1:30 p.m. ~ God Talk, KSU CL  
 2:00 p.m. ~ Tai Chi, EC  
 6:00 p.m. ~ Care Partner Support Circle, FHR  
 7:00 p.m. ~ Community Bingo, CR

## Tuesday • May 12

10:00 a.m. ~ Memory Activities Class, EC  
 10:00 a.m. ~ Mat Yoga, KSU CL  
 10:30 a.m. ~ Steady Yourself, CR/**1960**  
 10:45 a.m. ~ Depart for Cracker Barrel, VE  
 11:15 a.m. ~ Chair Yoga, CR/**1960**  
 12:00 p.m. ~ 4th Floor Luncheon, MR  
 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: Smores, CY  
 6:00 p.m. ~ KSU Gerontology Class, CR

## Wednesday • May 13

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**  
 11:15 a.m. ~ Memory Connections Café, PR  
 11:15 a.m. ~ PD Connections Café, KSU CL  
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**  
 11:30 a.m. ~ Lutheran Luncheon, MR  
 1:30 p.m. ~ Life, Death, and What's Left 2.0, CR

## Wednesday • May 13, continued

2:00 p.m. ~ A Matter of Balance, KSU CL  
 2:00 p.m. ~ Tai Chi, EC  
 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. ~ 3rd Floor Supper, BR

## Thursday • May 14

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 Partners Support Group, FHR  
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**  
 1:00 p.m. ~ Blood Pressure Check, KR  
 2:30 p.m. ~ Fanny & Furby, KR  
 2:30 p.m. ~ Knitting & Crocheting, KR  
 4:15 p.m. ~ Meadowlark Singers Practice, CR  
 5:30 p.m. ~ Eastside Supper, BR

## Friday • May 15

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

## Saturday • May 16

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

### 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: May 10

**PENGUIN BLOOM** (2020) TV-14, 1 hr. 35 min. *Biography, Drama, Family*

Cast: Naomi Watts, Griffin Murray-Johnston, & Andrew Lincoln

A family takes in an injured Magpie that makes a profound difference in their lives.

### MONDAY: May 11

**CATS** (2019) PG, 1 hr. 50 min. *Musical, Family, Comedy*

Cast: James Corden, Judi Dench, & Jason Derulo

A tribe of cats called the Jellicles must decide yearly which one will ascend to the Heaviside Layer and come back to a new Jellicle life.

RESIDENT REQUEST

### TUESDAY: May 12

**LADIES IN LAVENDER** (2004) PG-13, 1 hr. 44 min. *Music, Drama, Romance*

Cast: Judi Dench, Maggie Smith, & Daniel Bruhl

Two sisters befriend a mysterious foreigner who washes up on the beach of their 1930s Cornish seaside village.

### WEDNESDAY: May 13

**SEABISCUIT** (2003) PG-13, 2 hr. 20 min. *Drama, History, Sport*

Cast: Tobey Maguire, Jeff Bridges, & Elizabeth Banks

True story of the undersized Depression-era racehorse whose victories lifted not only the spirits of the team behind it but also those of their nation.

RESIDENT REQUEST

### THURSDAY: May 14

**BEAUTIFUL DREAMER** (2006) PG, 1 hr. 30 min, *Drama*

Cast: Brooke Langton, Colin Egglesfield, & James Denton

A pilot gets shot down and gets amnesia. Later on, his grief-stricken wife finds him in a small town and is shocked that he doesn't remember her.

RESIDENT REQUEST

### FRIDAY: May 15

**GOING IN STYLE** (2017) PG-13, 1 hr. 55 min. *Caper, Comedy, Crime*

Cast: Michael Caine, Richie Moriarty, & Josh Pais

Desperate to pay their bills and support their loved ones, lifelong pals Willy Davis, Albert Gardner, and Joe Harding risk it all by robbing the bank that absconded with the pension money that they earned from working there for years.

### SATURDAY: May 16

**CASABLANCA** (1942) PG, 1 hr. 42 min. *Psychological Drama, Romance, War*

Cast: Humphrey Bogart, Ingrid Bergman, & Paul Henreid

A cynical expatriate American cafe owner struggles to decide whether or not to help his former lover and her fugitive husband escape the Nazis in French Morocco.

RESIDENT REQUEST