



[above, left] Aster construction site. [inset] Meadowlark Community Garden. [above, right] Trail head at Meadowlark.

## Explore Your Meadowlark Universe

Most of us have a lovely view of the outdoors from our residence windows, but we don't get to hear nature's sounds, savor the fragrances, or explore the back trails from inside our units.

On Saturdays, May 30 and June 6, the Outdoor Committee is offering half-hour rides around unexplored areas of our campus. Riders on our five-passenger cart will be driven to areas inaccessible by car. On the ride hosted by our own driver, Michael Fey, the route will include five points of interest.

~ **Stillman Cemetery:** Did you know the cemetery contains the graves of 17 early Manhattan residents?

~ **Heritage Garden:** Designed and tended by Miller resident Carroll Hackbart, this garden boasts plants donated by residents who didn't want to leave their flowers behind as they moved to

Meadowlark. The garden changes with every season and new donation.

~ **Meadowlark Community Garden:** Interested residents plant and cultivate veggies and herbs as well as flowers. Their individual plots are works of art and the result of hard work. Gardeners often share their bounty in the basket in the main building near the mailboxes.

~ **Beehives:** Valor Honey cares for up to 16 hives of honeybees. They pollinate the gardens and provide the honey sold at the Hospitality Desk.

~ **Aster Construction Site:** If you wonder about the progress of our newest apartment building, you will have the opportunity to observe the working site up close from the Bramlage overview.

Sign up in the Blue Book for a time to enjoy a tour.

~ Saturday, May 30, at 9:00, 9:30, or 10:00 a.m.

~ Saturday, June 6, at 9:00, 9:30, or 10:00 a.m.

## EVENTS & OPPORTUNITIES

### **Community BINGO, canceled May 25**

Because of Memorial Day, Community BINGO is canceled on Monday, May 25.

### **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!

### **Worship Services**

**Sunday, May 17, 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 17, in the Community Room/Chapel. This day's sermon title is "Goodness/Generosity." All are welcome to enjoy coffee and fellowship before or after worship in the lobby between 9:30 a.m. and 12 p.m.

### **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.

### **Tai Chi Class Resuming**

**Monday, May 18, at 2 p.m.**

Tai Chi classes have started again. 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.

### **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.

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

**Tuesday, May 19, 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).

### **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. 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.

## EVENTS & OPPORTUNITIES

### **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!

### **Page Turners Book Club**

*Wednesday, May 20, at 11:30 a.m.*

Join the Page Turners Book group for our first discussion of *Because of Winn-Dixie* by Kate DiCamillo on Wednesday, May 20, at 11:30 a.m., in the Patriot Room. This Newbery Honor winner and New York Times bestseller is a beloved classic for young readers with themes that appeal to all ages. The coming-of-age story explores themes of friendship, forgiveness, and family... all with the help of a dog.

You do not have to attend every session to participate, come when you are able. If you would like to borrow a copy of the book, please contact Katie Sigman at (785) 323-3899.

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

*Wednesday, May 20, 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 Wednesday, May 20, from 1:30 p.m. to 2:30 p.m. for the final session.

### **IT Training from Manhattan Public Library**

*Thursday, May 21, at 9 a.m.*

Are you new to technology or need help with existing computer questions? Take advantage of one-on-one help with tablets, laptops, and phones. This opportunity is offered by Fred Darkow with Manhattan Public Library every third Thursday from 9 to 11 a.m. in the Kansas Room. Registration is not required to attend.

### **Veterans Group**

*Thursday, 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.

### **FUMC Communion**

*Thursday, May 21, at 11 a.m.*

Join the pastors from First United Methodist Church Thursday, May 21, at 11 a.m. in the Flint Hills Room to receive communion. This opportunity is open to anyone wanting to invite Christ into his or her heart.

### **Card Making with Michelle Lehmer**

*Thursday, May 21, at 2:30 p.m.*

The next Card Making with Michelle Lehmer class will occur on Thursday, May 21, at 2:30 p.m. in the Flint Hills Room. She provides card making supplies for FREE! It's a fun time for all.

### **Found in Translation: A Piano Recital**

*Friday, May 22, at 7 p.m.*

Meadowlark is pleased to present "Found in Translation: A Piano Recital" by Alfonso Hernandez on Friday, May 22, at 7 p.m. in the Community Room.

This unique program features Guatemalan piano music influenced by French and Spanish traditions, with works by Enrique Granados, Maurice Ravel, Xavier Beteta, and Guatemalan composers Ricardo and Jesús Castillo. All are welcome to enjoy this special evening of music.

### **Memorial Day Buffet**

*Monday, May 25*

Prairie Star will offer a Memorial Day buffet on May 25 in the Kansas Room, featuring hamburgers, hot dogs, mini corn on the cobb, potato salad, watermelon, and cookies. Courtyard dining is encouraged, however the Prairie Star dining area also will be open for seating.

### **Volunteer & Tech Helper**

*Tuesday, May 26, at 4 p.m.*

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, May 26, 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.

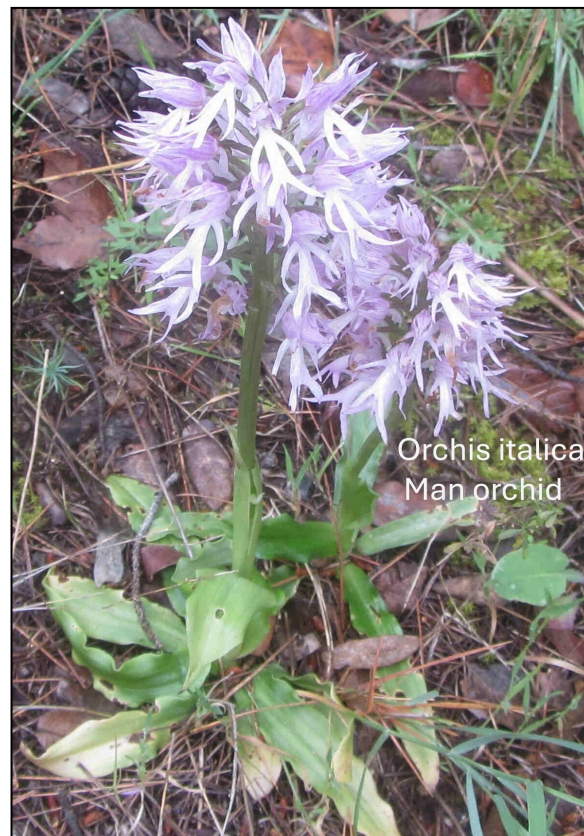
The June visit schedule will be different than the usual schedule, so be sure to see days in future Messengers.

# Known, Grown, or Killed

*submitted by Richard Vanderlip*

This month we are going to Bosnia! In 2019, there was an article in *ORCHIDS*, the official publication of the American Orchid Society, written by a young man from Croatia who was living in London and who led tours to see the orchids of Bosnia. I emailed him, and he didn't have a tour planned, but he would take us on a week-long tour. He had us fly from Chicago on Lot-Polish Airlines to Warsaw, Poland, and then to Dubrovnik, Croatia. There, we were met by his friends and taken across the border to Trebinje,

Bosnia. He said it often took a long time, sometimes hours, to get through customs at the border but not to worry his friend had done it many times. We had no problems and went right through customs and they took us to an apartment they owned which would be our base for the rest of the trip. We were primarily in southern Bosnia. Keep in mind we were still under CITES rules, so we couldn't collect, only find and photograph. All the orchids are terrestrial and most mimic insects which pollinate them.



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



Line is perhaps the most basic element of art. It is a moving dot creating outlines and contours of an object. It can be horizontal, vertical, diagonal, curved, and zig zag. The type of line used can convey stability or instability, expanse, strength and height, energy, restlessness, or comfort. Do you feel any of these moods as you look at the wood engraving shown here? What types of lines do you observe and how do you connect the lines in the print to the different feelings?

John Frederick Helm, Jr., Evening Sail, ca. 1933, Wood engraving on paper, KSU, Marianna Kistler Beach Museum of Art, gift of Mary Brownell Helm, 1985.125

### SUNSHINE & SANDWICHES

May 19th-23rd Prairie Star will offer a menu of grab and go items that can be packed up in a picnic basket for you to enjoy anywhere on campus.

<p><b>Charcutrie Board</b> Pepperoni, salami, olives, grapes, assorted cheeses, stawberries, and chocolate cranberry nut blend \$12</p> <p><b>Blueberry Pistachio Chicken Salad</b> Grilled chicken, pistachios, blueberries, radishes, cucumbers, feta cheese, and mixed greens with balsamic dressing \$12</p> <p><b>Sides</b> Loaded Potato Salad \$3 Watermelon Fruit Salad \$4 Broccoli Salad \$3</p>	<p><b>Ham Jam Sandwich</b> Prosciutto ham, berry jam, and whipped goat cheese on a hoagie \$8</p> <p><b>Tuscan Turkey Sandwich</b> oven roasted turkey, sundried tomato mayo, roasted red peppers, basil pesto, spinach, and provolone cheese on focaccia \$8</p> <p><b>Roast Beef &amp; Horseradish Wrap</b> Sliced roast beef, horseradish cream cheese, and arugula wrapped in a garlic tuscan wrap \$9</p> <p><b>Desserts</b> Marshmallow Crunch Brownie \$3 Caramel Apple Pie Cup \$3</p>
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Gifts benefiting the Good Samaritan Fund, Helping Hands Fund, Meadowlark Memory Program, Meadowlark Parkinson's Program, the Nursing Scholarship Program, and the Purpose in Motion capital campaign were received by Meadowlark Foundation during the month of April.

**Memory of**  
Susan Koelliker     Michael Strobe

**Honor of**  
Steve Bietau

# RESTAURANT **SPECIALS**

<p><b>Sunday, May 17</b></p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p><b>\$12</b> Dinner Swedish Meatballs Egg Noodles Buttered Carrots</p>
<p><b>Monday, May 18</b></p>	<p><b>\$11</b> Lunch Maple-Bacon-Chicken Sandwich <i>served on a Croissant</i> Watergate Salad</p>	<p><b>\$16</b> Dinner Bourbon-Glazed Salmon Wild Rice Broccoli</p>
<p><b>Tuesday, May 19</b></p>	<p><b>\$12</b> Lunch Spinach, Bacon, &amp; Swiss Quiche Rice Pilaf Fresh Fruit</p>	<p><b>\$14</b> Dinner Chicken Alfredo Garlic Bread Side Caesar Salad</p>
<p><b>Wednesday, May 20</b></p>	<p><b>\$11</b> Lunch French Dip <i>served with Au Jus</i> Coleslaw</p>	<p><b>\$19</b> Dinner Braised Short Ribs Loaded Mashed Potatoes Green Beans</p>
<p><b>Thursday, May 21</b></p>	<p><b>\$11</b> Lunch Beef &amp; Broccoli Spring Rolls</p>	<p><b>\$14</b> Dinner Ham Loaf Mashed Sweet Potatoes Creamed Peas</p>
<p><b>Friday, May 22</b></p>	<p><b>\$11</b> Lunch Potato Bar</p>	<p><b>\$16</b> Dinner Pot Roast <i>with Carrots, Onions &amp; Celery</i> Mashed Potatoes &amp; Gravy Fresh Green Beans</p>
<p><b>Saturday, May 23</b></p>	<p><b>\$12</b> Lunch Lobster Hoagie Cucumber Salad</p>	<p><b>\$13</b> Dinner Balsamic Chicken Thighs Garlic Mashed Potatoes Roasted Brussel Sprouts</p>

# Weekly Opportunities Calendar May 17 to May 23

## Sunday • May 17 *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**  
 2:30 p.m. ~ Fiser 65th Anniversary Reception, EC

## Monday • May 18 *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, BR  
 10:30 a.m. ~ Weights 101, CR/**1960**  
 11:00 a.m. ~ Rock Steady Boxing, **PF**  
 11:30 a.m. ~ Sit & Be Fit, CR/**1960**  
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**  
 1:30 p.m. ~ God Talk, KSU CL  
 2:00 p.m. ~ A Matter of Balance, BR  
 2:00 p.m. ~ Tai Chi, EC  
 5:30 p.m. ~ 5th Floor Supper, MR  
 7:00 p.m. ~ Community Bingo, CR

## Tuesday • May 19

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. ~ Prairie Star Writers Group, PR  
 1:00 p.m. ~ Adapting Life Changes, FHR  
 1:00 p.m. ~ AARP Presentation, Fraud, EC  
 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  
 5:30 p.m. ~ 2nd Floor Supper, BR  
 6:00 p.m. ~ KSU Gerontology Class, CR

## Wednesday • May 20

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. ~ West Monarch, BR  
 11:30 a.m. ~ Page Turners Book Club, PR

## Wednesday • May 20, continued

1:30 p.m. ~ Life, Death, and What's Left 2.0, CR  
 2:00 p.m. ~ Tai Chi, EC  
 2:00 p.m. ~ A Matter of Balance, KSU CL  
 3:00 p.m. ~ Rock Steady Boxing, CR  
 3:00 p.m. ~ Sing-Along, FHR  
 4:00 p.m. ~ 4th Floor Social, FHR  
 4:00 p.m. ~ Artist Discussion with the Beach, BR

## Thursday • May 21

9:00 a.m. ~ Messenger Team, VBL  
 9:00 a.m. ~ Library Tech Help, FHR  
 10:00 a.m. ~ Mat Yoga, KSU CL  
 10:00 a.m. ~ Veterans Group, MR  
 10:00 a.m. ~ Memory Care Partner Group, **WPL**  
 10:30 a.m. ~ Steady Yourself, CR/**1960**  
 11:00 a.m. ~ FUMC Communion, FHR  
 11:15 a.m. ~ Chair Yoga, CR/**1960**  
 11:30 a.m. ~ Lettuce Ketchup, KSU CL  
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**  
 2:30 p.m. ~ Card Making with Michelle, FHR  
 2:30 p.m. ~ Fanny & Furby, KR  
 4:15 p.m. ~ Meadowlark Singers Practice, CR  
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

## Friday • May 22

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. ~ Found in Translation: Piano Recital, CR

## Saturday • May 23

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

### Room Abbreviations

<b>1960</b> , TV Channel 1960	ME, Main Entrance
BR, Bison Room	<b>MM</b> , 120 N. Scenic Drive
CR, Community Room	MR, Manhattan Room
CY, Courtyard	<b>PF</b> , Peakform Wellness Center
EC, Event Center	PR, Patriot Room
FHR, Flint Hills Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	<b>STM</b> , St. Thomas More Church
KR, Kansas Room	VBL, Verna Belle's Lounge
KSU CL, KSU Classroom	<b>WPL</b> , Wamego Public Library



## GROSH CINEMA SHOWTIMES

MONDAY TO SATURDAY 1:00 P.M. / 4:00 P.M. / 7:00 P.M.  
SUNDAY 2:00 P.M. / 6:00 P.M.

**SUNDAY: May 17**

**RESIDENT REQUEST**

***WUTHERING HEIGHTS*** (1939) APPROVED, 1 hr. 44 min. *Period Drama, Tragic Romance*

Cast: Merle Oberon, Laurence Olivier, & David Niven

A servant in the house of Wuthering Heights tells a traveler the unfortunate tale of lovers Cathy and Heathcliff.

**MONDAY: May 18**

**RESIDENT REQUEST**

***HELLO DOLLY*** (1969) G, 2 hr. 26 min. *Musical, Romantic Comedy*

Cast: Barbra Streisand, Walter Matthau, & Michael Crawford

Matchmaker Dolly Levi travels to Yonkers to find a partner for "half-a-millionaire" Horace Vandergelder, convincing his niece, his niece's intended, and his two clerks to travel to New York City along the way.

**TUESDAY: May 19**

**RESIDENT REQUEST**

***ROOM*** (2015) R *for language*, 1 hr. 58 min. *Psychological Drama, Thriller*

Cast: Brie Larson, Jacob Tremblay, & Sean Bridgers

A little boy is held captive in a room with his mother since his birth, so he has never known the world outside.

**WEDNESDAY: May 20**

***THE PAJAMA GAME*** (1957) APPROVED, 1 hr. 41 min. *Drama, Comedy, Musical*

Cast: Doris Day, John Raitt, & Carol Haney

An Iowa pajama factory worker falls in love with an affable superintendent who was hired by the factory boss to deny the workers' demand for a pay raise.

**THURSDAY: May 21**

**RESIDENT REQUEST**

***THE INTOUCHABLES*** (2011) R *for language & some drug use*, 1 hr. 52 min, *French, Buddy Comedy*

Cast: Francois Cluzet, Omar Sy, & Anne Le Ny

After he becomes a quadriplegic from a paragliding accident, an aristocrat hires a young man from the projects to be his caregiver.

**FRIDAY: May 22**

***GHOSTBUSTERS*** (1984) PG, 1 hr. 45 min. *Comedy, Supernatural Fantasy, Action*

Cast: Bill Murray, Dan Aykroyd, & Sigourney Weaver

Armed with proton packs, four paranormal investigators battle mischievous ghouls in New York.

**SATURDAY: May 23**

**RESIDENT REQUEST**

***THE BOY IN THE WOODS*** (2023) PG, 1 hr. 41 min. *Drama, Biography, History*

Cast: Jett Klyne, Richard Armitage, & David Kohlsmith

The true-life survival story of a Jewish boy hiding and being hunted in the forests of German-occupied Eastern Europe.