



Rolling on the River

Meadowlark Travelers to cruise on Mighty Mississippi

by Becky Fitzgerald, Development Director

As the United States of America celebrates its 250th birthday in 2026, it's fitting that the Meadowlark Travelers this fall will explore what is widely regarded as the most important waterway in U.S. history: The Mississippi River. Deeply intertwined with settlement, exploration, economic growth, and westward expansion, the Mighty Mississippi also has impacted our nation's culture. The river's contributions to art, literature, and music of the United States have been woven like a bright thread through the folklore and national consciousness of North America.

With apologies to the writers of "Ol' Man River," the most famous song from the 1927 musical *Show Boat*, and "Proud Mary," a chart-topper first for Credence Clearwater Revival (1969) then Ike and Tina Turner (1971), perhaps nothing did more to help make the Mississippi River a symbol of our identity and imagination than the words of Mark Twain.

Meadowlark Travelers will be better able to understand Twain's fascination for the 19th century's steamboat era after spending two days cruising on the Upper Mississippi aboard the Riverboat Twilight.

Calling their cruises a conduit to reconnection, relaxation, and renewal, the Twilight's owners invite passengers to marvel at the majestic Mississippi while relaxing in style aboard a stunningly replicated Victorian riverboat. Afloat since 1987, the riverboat is now a family-owned and operated business, with a focus of providing entertaining and quality cruises. The 140-passenger vessel has ample indoor and outdoor seating on all three decks, and wrap-around windows give way to amazing views. Delicious included meals are prepared on board in the lower galley, while a full bar provides custom drinks for an additional fee.

Twilight cruises have earned 4.9 stars out of 5 on *Tripadvisor.com* and the website's Travelers Choice

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Award for 2026. Here's what a reviewer, Patti E., wrote after her cruise with family last year:

"We would highly recommend this trip to anyone looking for a new adventure. The captain pointed out areas of interest, including history and nature, throughout the trip! The staff was very helpful and kind, the meals and snacks were delicious, great afternoon entertainment, and plenty of options if you wanted to sit inside or outside during the cruise. The overnight stop in Dubuque provided great motel accommodation."

The two-day Twilight cruise begins at LeClaire, Iowa, traveling northbound to Dubuque. Along the way, passengers experience towering bluffs, two locks & dams, quaint river towns, historical narration, and live entertainment. Three meals and a snack are provided on Day 1. Following that day's dinner service, passengers disembark for an overnight stay at Grand Harbor Resort. After breakfast at the hotel and a visit to the Smithsonian-accredited National Mississippi River Museum & Aquarium, we'll board the boat in late morning on Day 2 and return to LeClaire.

Tour Dates

This two-day cruise is the centerpiece of a four-day getaway planned for Monday, Oct. 5, through Thursday, Oct. 8. For the first time in Meadowlark Travelers history, we'll stop in one town both traveling to our primary destination and returning to Manhattan on Oct. 8. That town is Winterset, Iowa, located in Madison County. Winterset gained notoriety in 1995 after the release of the romantic drama "The Bridges of Madison County," starring Clint Eastwood and Meryl Streep.

On Oct. 5, we'll enjoy lunch at Madison County Winery followed by a short program at the historic Iowa Theater in downtown Winterset. On Oct. 8, we'll return to downtown Winterset to tour the birthplace home of John Wayne and a museum containing an extensive collection of artifacts and memorabilia from the actor's life and career. We can't go to Madison County without seeing at least one of those famous bridges, so a docent-led stop at

a bridge featured in the movie also is included.

Tour Pricing

Fees for this Mighty Mississippi opportunity are based on a minimum of 25 paid travelers. The fee for double occupancy is \$989; the cost for a single traveler is \$1,180. The fees include the following:

- ~ Motorcoach transportation
- ~ Three nights lodging (LeClaire, Dubuque, and Coralville, Iowa)
- ~ 10 meals (four lunches, three dinners, three breakfasts) and two snacks
- ~ Twilight cruise with historical narration and live entertainment
- ~ Admission to National Mississippi River Museum & Aquarium in Dubuque and attractions in Winterset, Iowa.

A deposit of \$150, paid by cash, a check made out to Meadowlark Hills, or credit card, is required with your trip registration. Please find registration forms at the Hospitality Desk, or request a copy by email. The trip balance is due by Sept. 1.

Activity Level

Meadowlark Travelers trips are planned with older adults in mind, some of whom may have mobility issues. Some handicap-accessible hotel rooms may be available, so if preferred, please request one on your registration form.

Travelers must be able to navigate the bus steps several times on Days 1 and 4 for rest and meal breaks. No long walks are planned as recreation, but walking relatively short distances will be required daily, such as walking from an elevator to hotel rooms, walking from/to the bus at rest and meal stops, and walking at attractions, such as while visiting the John Wayne Museum.

Walkers and canes are permitted on the Riverboat Twilight, and persons with mobility issues will be seated on the first deck. Restrooms and a gift shop also are located on the first deck. Grand Harbor Resort in Dubuque is about two blocks from the riverboat dock; passengers may ride in a trolley or a golf cart to the hotel if they'd prefer not to take the short walk.

Questions? Please contact Becky Fitzgerald, (785) 323-3843, or Monte Spiller, (785) 323-3801.



Green means GrOw

Donation station at Meadowlark attracts dozens of donors



[above left] Joining Becky on April 22 were GMCF's Christine Benne, Affiliate Liaison (left), and Shane Shivley, Vice President for Development (right), as well as residents and GMCF Trustees Jo Lyle, Tom Fryer, and Linda Weis Olson. [above right] Resident Warren Prawl was one of four "thank you prize" winners. Other lucky donors were Mary Lu Haas, Ed Olson, and Julia Jilek.

by Becky Fitzgerald, Development Director

"Built by Community." The slogan printed on T-shirts worn by Greater Manhattan Community Foundation staff and volunteers during Grow Green Match Day was a fitting description of the collaboration and support on display on April 22. For the third year, GMCF teamed with Meadowlark Foundation to provide a donation station at Prairie Star Restaurant.

Meadowlark Foundation was one of 103 participating non-profits who encouraged donations on Match Day. Individual contributions ranging from \$25 to \$1,000 per organization receive a local match at \$.50 per \$1, so a \$1,000 gift received a \$500 local match. Combined donations of \$15,000 will be matched at 50%, giving a maximum of \$7,500 in matching funds to any one organization.

To date, Meadowlark has received 101 donations totaling \$36,722.50, and there's more good news. The generosity of Meadowlark's donors has ensured that our organization will receive the maximum match amount of \$7,500, which will be added to our endowment. Our Foundation finished at No. 19 on the event Leaderboard.

GMCF-supporting foundations which provided matching funds include Butler Family Community

Foundation (matching fund for Arts & Humanities), 1998 Jack Goldstein Charitable Trust, Jack Goldstein Charitable Trust, Goldstein Family Foundation, Howe Family Foundation, Lincoln & Dorothy Deihl Fund, and Marvin Robinson Trust.

According to the Grow Green page on GMCF's website, Meadowlark's donors were once again part of an eye-opening outpouring of support. The community foundation reports that the event generated 7727 gifts totaling more than \$2.4 million!

Gifts made by community donors go directly to each organization for their immediate needs. The match money earned by each non-profit group will be deposited into their GMCF-endowed fund. As advertised prior to the event, donations to Meadowlark will boost our Nursing Scholarship Fund, now in its eighth year.

Those who contributed at our donation station were invited to register for an hourly prize: six decorated sugar cookies in the shape of hearts bearing the words "I ♥ Nurses" and dollar signs. These sweet treats were made by Meadowlark employee Elizabeth Thomas, Sloan House coordinator.

Thank you to all who made a difference by participating!

EVENTS & OPPORTUNITIES

Exercise classes for Monday, May 25

Exercise classes will not meet in person on Monday, May 25. Seated Strength, Weights 101, Sit & Be Fit, and Parkinson's Exercise will be shown at the normal class times on Channel 1960.

Community BINGO, canceled May 25

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

Summer Worship Series: ML Seminary

A seminary is a specialized educational institution where students are trained in theology, scripture, and pastoral leadership to become religious clergy, such as priests, ministers, or rabbis. Faith leaders usually take three to five years to work through nearly 80 credit hours required. You can get a crash course in this education—course by course, week by week in just six months! During Sunday Worship at 10 a.m. or 11 a.m., you'll be able to get a glimpse of the course topics and themes contained in a seminary degree as part of the Spiritual Life focus on learning this summer and fall! What are you waiting for? Be a part of Meadowlark University today!

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.

Worship Services

Sunday, May 24, 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 24, in the Community Room/Chapel. This day's sermon title is "Faithfulness." All are welcome to enjoy coffee and fellowship before or after worship in the lobby between 9:30 a.m. and 12 p.m.

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.

Adapting to Life Changes Program

Tuesday, May 26, at 1 p.m.

Join us for a supportive and educational group focused on navigating life changes related to aging, health, and loss. This series explores grief, resilience, coping skills, relationships, and finding meaning through discussion and connection with others. The final session will be held Tuesday, 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.

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.

Caring Conversations for People with PD

Thursday, May 28, 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 28, in the Flint Hills Room.

PD Care Partners Social

Thursday, May 28, 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

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, May 28, 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 28, for a fun, social, creative opportunity. All skill levels are welcome!

Explore Our Great Outdoors

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, Heritage Garden, Meadowlark Community Garden, Beehives, and Aster Construction Site

Sign up in the Blue Book for one of the following opportunities 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.

Prairie Star Writing Group

Tuesday, June 2, 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, June 2, in the Patriot Room.

The June 2 session, "So Many Good Stories! What Do YOU Want to Write About?", will be a fun brainstorming session focused on future writing topics. Bring your ideas, share your imagination, and help inspire upcoming sessions; or simply come ready to write and enjoy the conversation.



Art Engagement *from the* Beach Museum of Art

When an artist wants to create a focal point in an artwork they might use contrast in color, value, or texture to attract the viewer. The important item may be treated in a unique manner such as repetition. The item of interest could be placed in an important location just off center or in the foreground. Do you perceive a focal point in this reproduction of a painting? If yes, what did the artist do to give it special attention?

Florence Vincent
Hometown Reflections, 1993
Kansas Artists' Postcard Series XVI
Photomechanical reproduction on paper
KSU, Marianna Kistler Beach Museum of Art,
CM14m.2022

RESTAURANT **SPECIALS**

<p>Sunday, May 24</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>\$12 Dinner Philly Cheesesteak French Fries</p>
<p>Monday, May 25</p>	<p>\$13 Lunch Memorial Day Buffet (Hamburgers, Hot Dogs, Corn on the Cobb, Potato Salad, Watermelon, & Cookies)</p>	<p>\$15 Dinner Ham Steak Party Potatoes Green Beans</p>
<p>Tuesday, May 26</p>	<p>\$11 Lunch Shrimp Po' Boy Fried Okra</p>	<p>\$16 Dinner Bang-Bang Shrimp Bowl <i>(Bang bang shrimp, white rice, citrus slaw, pickled cucumbers, shredded carrots, avocado slices, cilantro, & green onions)</i></p>
<p>Wednesday, May 27</p>	<p>\$10 Lunch Chicken Fajita Quesadilla Corn Salad</p>	<p>\$13 Dinner Spaghetti & Meat Sauce Garlic Toast Green Beans</p>
<p>Thursday, May 28</p>	<p>\$11 Lunch Meatloaf Sandwich French Fries</p>	<p>\$17 Dinner Crab-Stuffed Sole Grilled Avocado Salad</p>
<p>Friday, May 29</p>	<p>\$11 Lunch Pizza Bar</p>	<p>\$14 Dinner Grilled Chicken Breast <i>with Mango Salsa</i> Cilantro Lime Rice</p>
<p>Saturday, May 30</p>	<p>\$11 Lunch Fried Pork Cutlet Sandwich Fruit Salad</p>	<p>\$25 Dinner 10-oz. Ribeye Baked Potato Jack Daniels Green Beans with Bacon</p>

Weekly Opportunities Calendar May 24 to May 30

Sunday • May 24

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 25 *Put your trash at the curb!*

9:30 a.m. ~ Seated Strength, **1960 only**
 10:00 a.m. ~ Fellowship with First Assembly of God, FHR
 10:30 a.m. ~ Weights 101, **1960 only**
 11:00 a.m. Memorial Day Buffet, KR
 11:30 a.m. ~ Sit & Be Fit, **1960 only**
 1:00 p.m. ~ Parkinson's Exercise Class, **1960 only**
 1:30 p.m. ~ God Talk, KSU CL

Tuesday • May 26 *Trash & recycling pick-up*

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
 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

Wednesday • May 27

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. ~ ARTful Making, KR
 2:00 p.m. ~ Tai Chi, EC
 2:00 p.m. ~ A Matter of Balance, KSU CL
 3:00 p.m. ~ Sing-Along, FHR
 4:00 p.m. ~ 4th Floor Social, FHR
 5:30 p.m. ~ 1st Floor Supper, MR

Thursday • May 28

9:00 a.m. ~ Messenger Team, VBL
 10:30 a.m. ~ Steady Yourself, CR/**1960**
 11:15 a.m. ~ Chair Yoga, **1960 only**
 11:30 a.m. ~ Caring Conv. For People w/ PD, FHR
 11:30 a.m. ~ PD Care Partner Social, PS

Thursday • May 28, *continued*

12:00 p.m. ~ College Avenue UMC Luncheon, BR
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
 1:00 p.m. ~ PD Care Partners Group, FHR
 2:30 p.m. ~ Fanny & Furby, KR
 2:30 p.m. ~ Knitting & Crocheting, KR

Friday • May 29

9:30 a.m. ~ Seated Strength, CR/**1960**
 10 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**

Saturday • May 30

9:00 a.m. ~ Tai Chi, **1960 only**
 9:30 a.m. ~ Band Bust Exercise Class, **1960 only**
 10 a.m. to 3 p.m. ~ Meadowlark Market, MM

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

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>Charcutrie Board Pepperoni, salami, olives, grapes, assorted cheeses, strawberries, and chocolate cranberry nut blend \$12</p> <p>Blueberry Pistachio Chicken Salad Grilled chicken, pistachios, blueberries, radishes, cucumbers, feta cheese, and mixed greens with balsamic dressing \$12</p> <p>Sides Loaded Potato Salad \$3 Watermelon Fruit Salad \$4 Broccoli Salad \$5</p>	<p>Ham Jam Sandwich Prosciutto ham, berry jam, and whipped goat cheese on a hoagie \$8</p> <p>Tuscan Turkey Sandwich oven roasted turkey, sundried tomato mayo, roasted red peppers, basil pesto, spinach, and provolone cheese on focaccia \$8</p> <p>Roast Beef & Horseradish Wrap Sliced roast beef, horseradish cream cheese, and arugula wrapped in a garlic tuscan wrap \$9</p> <p>Desserts Marshmallow Crunch Brownie \$3 Caramel Apple Pie Cup \$3</p>
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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 24

RESIDENT REQUEST

TO KILL A MOCKINGBIRD (1962) NR, 2 hr. 9 min. *Drama, Crime, Legal*

Cast: Gregory Peck, John Megna, & Frank Overton

A widowed lawyer in Depression-era Alabama defends a Black man against a false rape charge while teaching his young children about the sad reality of prejudice.

MONDAY: May 25

RESIDENT REQUEST

SOUTH PACIFIC (1958) APPROVED, 2 hr. 37 min. *Classic Musical, Period Drama*

Cast: Rossano Brazzi, Mitzi Gaynor, & John Kerr

On a South Pacific island during World War II, love blooms between a young nurse and a secretive Frenchman who's being courted for a dangerous military mission.

TUESDAY: May 26

GORILLA STORY (2026) TV-PG, 1 hr. 30 min. *Nature Documentary*

Cast: David Attenborough

David Attenborough tells the remarkable story of his first encounter with the baby gorilla Pablo, how that gorilla grew up to be a top Silverback, and how Pablo's direct descendants are doing today.

WEDNESDAY: May 27

DENIAL (2016) PG-13, 1 hr. 49 min. *Drama, Biography*

Cast: Rachel Weisz, Tom Wilkinson, & Timothy Spall

Acclaimed writer and historian Deborah E. Lipstadt must battle for historical truth to prove the Holocaust actually occurred when David Irving, a renowned denier, sues her for libel.

THURSDAY: May 28

JAY KELLY (2025) R *for language*, 2 hr. 12 min, *Buddy Comedy, Coming-of-Age*

Cast: George Clooney, Adam Sandler, & Stanley Townsend

Famous movie actor Jay Kelly embarks on a journey of self-discovery, confronting his past and present with his devoted manager, Ron. Poignant and humor-filled, pitched at the intersection of regrets and glories.

FRIDAY: May 29

RESIDENT REQUEST

GUESS WHO'S COMING TO DINNER (1967) APPROVED, 1 hr. 48 min. *Comedy, Drama*

Cast: Spencer Tracy, Sidney Poitier, & Katharine Hepburn

A white couple's attitudes are challenged when their daughter introduces them to her Black fiancé.

SATURDAY: May 30

THE PENGUIN LESSONS (2024) PG-13, 1 hr. 51 min. *Drama*

Cast: Jett Klyne, Richard Armitage, & David Kohlsmith

A disillusioned Englishman who goes to work in a school in a divided Argentina in 1976 finds his life transformed when he rescues an orphaned penguin from the beach.