



Meadowlark Memory Program's 8th annual Fiesta to Remember is on Thursday, July 9, at Rockin K's restaurant. If you need a reason to come join the party, we have a few! First, research shows that one of the best things we can do for our brain is to socialize. Frequent social activity is associated with improved memory and cognitive functioning. So come out and enjoy time with friends, old and new!

Second, this party is for a great cause! The purpose of this annual party is to help the community better understand cognitive changes and dementia and to raise awareness about the FREE local support available through Meadowlark Memory Program. This inclusive program provides education, engagement, and exercise opportunities to participants. As a community outreach program, Meadowlark Memory Program serves individuals in the Flint Hills Region and beyond who are affected by mild cognitive impairment, dementia, and/or Alzheimer's disease. Our service and support extend beyond the Meadowlark campus, with 70% of participants in our weekly opportunities living in the greater Manhattan

community. We even have regular participants who live in different states!

The Meadowlark Memory Program provides support and connection in the often-isolating experience of living with dementia. As one care partner stated, "The people in that group (the Meadowlark Memory Caregiver Group) have or are now experiencing what it is like to be a caregiver for a loved one. I have gained knowledge and comfort in knowing that I am NOT alone in this ongoing part of our lives."

The third reason to join the party? Delicious food and drink will be available all day! The festivities take place at Rockin K's, located at 1880 Kimball Ave., between 11 a.m. to 10 p.m. on Thursday, July 9. A lunch taco buffet will be available from 11 a.m. to 1 p.m. featuring Mexican sides, beef and chicken tacos, and all their toppings. Rockin K's will feature an all-day special taco menu, the signature "Fiesta-Rita" drink, as well as a margarita flight. Also available for purchase **on this day ONLY** is Rockin' K's famous Mexican Bread Pudding with Whiskey Sauce. Don't miss your chance to get a serving, or

See FIESTA, page 2

FIESTA, from page 1

two! The regular menu also will be available to purchase your Rockin K's favorites.

If you need a ride to the party, we've got you covered. Meadowlark Memory Program will provide transportation for lunch and dinner. The bus will depart the Meadowlark main entrance at 10:50 a.m. for lunch and 5:30 p.m. for dinner. Please sign up in the Blue Book if you wish to ride the bus. Those who attend in the evening will experience "tastes" as well as "tunes" for a reason. Local musician Pat Billington is set to entertain party-goers with acoustic classic rock songs beginning at 6:30 p.m.

In addition, to-go orders are available for residents not able to join us in person. Order forms will be in the July 2 Messenger and should be returned to the Hospitality desk by noon (12 p.m.) on Tuesday, July 7, 2026.



K-State Track & Field Coach Travis Geopfert (center) pictured with the Fiesta to Remember team at the 2025 event.

We tip our sombreros to our generous sponsors who make it possible for us to come together for this fantastic event. Steel and Pipe Supply continue to provide their support as our Presenting Sponsor this year! Additional thanks to Rockin K's who once again is generously hosting this event and donating 10% of the day's proceeds to the Meadowlark Memory Program.

Meadowlark Memory Program supports and

connects caring and compassionate people through all the opportunities provided. All program opportunities and services are FREE, including consultations, education events, classes, and support groups. To learn more, please contact Michelle Haub or Katie Sigman at (785) 323-3899. We look forward to gathering with you at Fiesta to Remember on Thursday, July 9!



July Birthdays



Skilled Nursing

7/5 John Berry
7/5 Jean Reynard
7/6 Karen Aeschliman
7/9 Roene Bartle
7/11 DonnaDee Chastain
7/12 Nora Wark
7/14 Patricia Harrison
7/17 Judy Geering
7/26 Jim McCann
7/28 Orris Kelly
7/30 Nancy Prawl

Assisted Living

7/2 Kathryn Baugher
7/21 Joan Strickler

Independent Living

7/1 Karen Trail
7/2 Forrest Chumley
7/3 Ben Brent
7/5 Charlotte Kelly
7/7 Anna Gleason
7/7 Linda Hall
7/7 Pate Willingham
7/8 Sherry Butler
7/9 Paul Prince

7/12 Nyle Larson
7/19 Hoss Hostetter
7/22 Nelson Galle
7/22 Michael Kearns
7/24 Gerry Posler
7/25 Carla Cranmer
7/25 Glen Gillmore
7/26 Enell Foerster
7/26 Paul Walker
7/26 Doug Pishney
7/26 Wanda Fulks
7/29 Leona Smith
7/30 Tara Cupps

Bold denotes milestone birthdays!



1. Who was the first President of the United States?
 - a) Thomas Jefferson
 - b) John Adams
 - c) George Washington
 - d) James Madison
2. Which president is known for issuing the Emancipation Proclamation?
 - a) Ulysses S. Grant
 - b) Abraham Lincoln
 - c) Theodore Roosevelt
 - d) Andrew Johnson
3. Which president served four terms in office?
 - a) Franklin D. Roosevelt
 - b) Harry Truman
 - c) Dwight Eisenhower
 - d) Woodrow Wilson
4. Which president was a former Hollywood actor?
 - a) Gerald Ford
 - b) Jimmy Carter
 - c) Ronald Reagan
 - d) Richard Nixon
5. Mount Rushmore features the faces of four presidents. Which president is **not** depicted?
 - a) George Washington
 - b) Thomas Jefferson
 - c) Theodore Roosevelt
 - d) Franklin Roosevelt
6. Who was the youngest person ever elected president?
 - a) John F. Kennedy
 - b) Theodore Roosevelt
 - c) Bill Clinton
 - d) Barack Obama
7. Which president is featured on the \$20 bill?
 - a) Abraham Lincoln
 - b) Andrew Jackson
 - c) Ulysses S. Grant
 - d) Benjamin Franklin
8. Which president resigned from office?
 - a) Lyndon B. Johnson
 - b) Richard Nixon
 - c) Gerald Ford
 - d) Herbert Hoover
9. Which president was nicknamed "The Great Communicator?"
 - a) Ronald Reagan
 - b) John F. Kennedy
 - c) Dwight Eisenhower
 - d) George H.W. Bush
10. Who was president during the first moon landing in 1969?
 - a) Lyndon B. Johnson
 - b) Richard Nixon
 - c) Gerald Ford
 - d) Jimmy Carter

Bonus Question: How many U.S. presidents have been born in Kansas?

EVENTS & OPPORTUNITIES

Concrete work begins June 29

Beginning Monday, June 29, the concrete at the Bramlage House front entrance, including the circular drive area, will be removed and replaced. The project is expected to be completed by the end of the day Friday, weather permitting.

Residents and visitors are encouraged to avoid the area as much as possible during construction. A safe path of egress will be maintained at all times to ensure access throughout the project.

Thank you for your patience and cooperation as we make these improvements.

Transportation to Arts in the Park & Manhattan Municipal Band

Sign-up sheets for transportation to the Arts in the Park and the Manhattan Municipal Band performances are now available in the Blue Book.

Celebration of Life for Pat Vogt

Saturday, June 27, at 1 p.m.

Family and friends are invited to join in celebrating the life of Pat Vogt on Saturday, June 27, from 1 to 3 p.m. in the Community Room. This gathering will be a time to share memories, honor Pat's life, and enjoy fellowship with those whose lives she touched.

The celebration will begin at 1 p.m., and light refreshments will be served. All are welcome.

Gladius: Musical Performance

Saturday, June 27, at 1 p.m.

Join us Saturday, June 27, at 1 p.m. in the Event Center as Meadowlark welcomes Gladius for an unforgettable musical performance.

Raised in Atlanta, Ga., and trained by a protégé of legendary guitarist Andrés Segovia, Gladius blends classical and flamenco influences with the energy of rock guitar. An award-winning composer and accomplished performer, he has shared the stage with Grammy-winning artists and captivated audiences across the country with his dynamic live shows since 2016.

Don't miss this exciting afternoon of exceptional musicianship and entertainment. All are welcome!

Worship Services

Sunday, June 28, at 10 & 11 a.m.

Ever wondered what seminary is like? A seminary

is a specialized educational institution where students study theology, scripture, and pastoral leadership in preparation for ministry. While a seminary degree typically requires years of coursework, Meadowlark residents can enjoy a "crash course" this summer and fall through a special Spiritual Life learning series during Sunday worship.

Join Rev. Melanie Nord, Spiritual Life Leader, at 10 a.m. or 11 a.m. on Sunday, June 28, in the Community Room/Chapel for the first session, "Church History 100-1500." Coffee and fellowship will be available in the lobby between 9:30 a.m. and noon. All are welcome.

American Classics Menu

Monday, June 29

Starting Monday, June 29, Prairie Star will feature a weeklong special menu to celebrate America by featuring signature dishes from several states. Prairie Star looks forward to celebrating with you through good food and great company.

Lollipops & Lemonade

Monday, June 29, at 3 p.m.

All are welcome to attend the Lollipops and Lemonade event from 3 to 4 p.m. Monday, June 29, in the Courtyard. This opportunity, hosted by Meadowlark Ambassadors, will feature refreshing lemonade and tasty lollipops.

Summer Vesper Devotion Series

Tuesday, June 30, at 6:30 p.m.

Join us each Tuesday evening this summer for a devotional service from 6:30 to 7 p.m. in the Community Room. Pastor Kevin Skidmore will be the guest preacher for Vespers on Tuesday, June 30.

All are welcome to attend this meaningful time of worship and fellowship.

String Recital

Tuesday, June 30, at 7 p.m.

All are invited on Tuesday, June 30, at 7 p.m., in the Community Room to enjoy an evening of classical string music with the Chase & Crane families and members of the MHS Chamber Orchestra.

EVENTS & OPPORTUNITIES

Page Turners Book Club

Wednesday, July 1, at 11:30 a.m.

Join the Page Turners Book group for our first discussion of *A Walk in the Woods: Rediscovering America on the Appalachian Trail* by Bill Bryson. Bryson's humorous travelogue, published in 1997, provides a mixture of laugh-out-loud moments and poignant reflections on nature. The book chronicles Bryson's attempt to hike the 2,100 (give or take) miles of the Appalachian Trail, from Georgia to Maine. The journey is filled with wilderness, challenges, and quirky characters. Robert Redford and Nick Nolte star in the 2015 film adaptation. 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.

Speedy PD Art Making

Wednesday, July 1, at 1:30 p.m.

Join the Meadowlark Parkinson's Program and the Beach Museum of Art in creating artwork for the 18th annual Speedy PD Race for Parkinson's Disease. These handmade pieces will be awarded to 5K and 10K age-group winners at the August event.

Speedy PD race raises awareness of Parkinson's disease and serves as the primary fundraiser for the Meadowlark Parkinson's Program. Art supplies and inspiration are provided by the Beach Museum of Art, and no prior art experience is needed.

The group meets Wednesdays through July 8 from 1:30 to 2:30 p.m. in the KSU Classroom. Feel free to come and go as your schedule allows.

Celebration of Life for Don Dibble

Thursday, July 2, at 4 p.m.

Family and friends are invited to celebrate the life of Don Dibble on Thursday, July 2, from 4 to 6 p.m. in the Meadowlark Event Center. This gathering will be a time to share stories and memories, honor Don's life, and enjoy some of his favorite food and beverages together. We hope you will join us as we remember and celebrate the many ways Don touched our lives. Memorial contributions may be made to Meadowlark Foundation's Good Samaritan Fund.

4th of July Celebration on the 3rd of July!

Friday, July 3, at 7 p.m.

Celebrate Independence Day a little early at Meadowlark with Prairie Rose DJ: Freedom Edition on Friday, July 3, from 7 to 9 p.m. in the Courtyard.

We're excited to welcome back Johnny Cyrene as he spins favorite tunes for an evening of music, fellowship, and patriotic fun. Gather under the gazebo, relax by the firepit, and enjoy good company, refreshing drinks, and great music as we celebrate America's freedom together. All are welcome!

Prairie Star Closed for Dinner July 4

Saturday, July 4

Prairie Star Restaurant will be closed for dinner on July 4. There will be a box meal sign-up option that will be delivered at 4 p.m. on the 4th. No delivery fee. The meal is listed below along with the other specials for the day:

4th of July Specials (July 4th only)

~ Lunch: Hot dog and Chips—\$2.50

~ Dinner: BBQ Burnt Ends, Corn on the Cobb, Baked Beans, and Apple Pie—\$17.76

~ Tap Beer—\$2.50

Prairie Star Writing Group

Tuesday, July 7, at 1 p.m.

Interested in joining the writing group at Meadowlark? Prairie Star Writers is led by Cathy Hedge. The group meets on the first and third Tuesdays. The next meeting is set for 1 p.m. Tuesday, July 7, in the Patriot Room.

The session is titled, "Now That Was a Celebration to Remember!" By now, including just last week, you have seen so many parades, lit maybe a zillion fireworks, and eaten enough fried chicken and potato salad to, as my dad said, "Choke a horse!" Either here or abroad, people celebrate their love of their PLACE. They gather joyfully in their country, their community, maybe their church, club, or neighborhood to remind each other how important we are to each other. Let's take some time to write about a special gathering you will always remember. (Sparklers and Roman candles are optional!)

RESTAURANT SPECIALS

<p>Sunday, June 28</p>	<p>Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.</p>	<p>\$12 Dinner Swedish Meatballs Egg Noodles Buttered Carrots</p>
<p>Monday, June 29</p>	<p>\$11 Lunch Maple-Bacon Chicken Sandwich <i>served on Croissant</i> Watergate Salad</p>	<p>\$17 Dinner Caribbean Jerk Salmon Wild Rice Broccoli</p>
<p>Tuesday, June 30</p>	<p>\$11 Lunch Quiche Lorraine Rice Pilaf Fresh Fruit</p>	<p>\$14 Dinner Chicken Alfredo Garlic Bread Side Caesar Salad</p>
<p>Wednesday, July 1</p>	<p>\$11 Lunch French Dip <i>served with Au Jus</i> Coleslaw</p>	<p>\$19 Dinner Braised Short Ribs Loaded Mashed Potatoes Green Beans</p>
<p>Thursday, July 2</p>	<p>\$11 Lunch Orange Chicken White Rice Stir Fry Vegetable</p>	<p>\$14 Dinner Ham Loaf Mashed Sweet Potatoes Creamed Peas</p>
<p>Friday, July 3</p>	<p>\$11 Lunch Potato Bar</p>	<p>\$16 Dinner Pot Roast <i>with Carrots, Onions & Celery</i> Mashed Potatoes & Gravy Fresh Green Beans</p>
<p>Saturday, July 4</p>	<p>\$2.50 Lunch Hot Dogs Chips</p>	<p>Closed for Dinner (Prairie Star will close at 4 p.m. See page 5 for details.)</p>

Weekly Opportunities Calendar *June 28 to July 4*

Sunday • June 28 *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 • June 29 *Trash pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**
 9:30 a.m. ~ Memory Care Partners 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
 2:00 p.m. ~ Tai Chi, EC
 3:00 p.m. ~ Lollipops & Lemonade, CY
 7:00 p.m. ~ Community Bingo, CR

Tuesday • June 30

10:00 a.m. ~ Memory Activities Class, EC
 10:30 a.m. ~ Steady Yourself, CR/**1960**
 11:15 a.m. ~ Chair Yoga, CR/**1960**
 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
 6:30 p.m. ~ Vespers, CR
 7:00 p.m. ~ String Recital, CR

Wednesday • July 1

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. ~ Page Turners Book Club, PR
 1:30 p.m. ~ Speedy PD Art Making, KSU CL
 2:00 p.m. ~ Tai Chi, EC
 3:00 p.m. ~ Rock Steady Boxing, CR
 3:00 p.m. ~ Sing-Along, FHR
 5:30 p.m. ~ Meadowlark Men's Night, MR

Thursday • July 2

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**
 1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
 3:00 p.m. ~ Fanny & Furby, KR
 4:00 p.m. ~ Donald Dibble Celebration of Life, EC
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

Friday • July 3

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. ~ 4th of July Celebration, CY

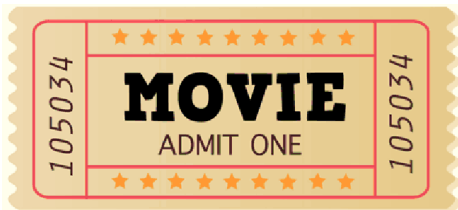
Saturday • July 4

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

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

Answers from page 3.
 1. c) George Washington
 2. b) Abraham Lincoln
 3. a) Franklin D. Roosevelt
 4. c) Ronald Reagan
 5. d) Franklin Roosevelt
 6. a) John F. Kennedy
 7. b) Andrew Jackson
 8. b) Richard Nixon
 9. a) Ronald Reagan
 10. b) Richard Nixon
Bonus: One — Dwight D. Eisenhower was born in Denison, Texas, but grew up in Abilene, Kansas. No U.S. president has actually been born in Kansas.



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: June 28

TUCK EVERLASTING (2002) PG, 1 hr. 30 min. *Coming-of-Age, Fantasy, Drama*

Cast: Alexis Bledel, Jonathan Jackson, & Sissy Spacek

A young woman meets and falls in love with a young man who is part of a family of immortals.

MONDAY: June 29

LA BAMBA (1987) PG-13, 1 hr. 48 min. *Period Drama, Tragedy, Biography*

Cast: Lou Diamond Phillips, Esai Morales, & Rosanna DeSoto

Biographical story of the rise from nowhere of early Native Latino American rock and roll singer Ritchie Valens who died at age 17 in a plane crash with Buddy Holly and The Big Bopper.

TUESDAY: June 30

JOBS (2013) PG-13, 2 hr. 8 min. *Docudrama*

Cast: Ashton Kutcher, Dermot Mulroney, & Josh Gad

The story of Steve Jobs' ascension from college dropout into one of the most revered creative entrepreneurs of the 20th century.

WEDNESDAY: July 1

AMERICAN GANGSTER (2007) R for violence, pervasive drug content and language, nudity and sexuality, 2 hr. 37 min. *True Crime, Gangster, Action*

Cast: Denzel Washington, Russell Crowe, & Chiwetel Ejiofor

An outcast New York City cop is charged with bringing down Harlem drug lord Frank Lucas.

THURSDAY: July 2

CITIZEN KANE (1941) PG, 1 hr. 59 min, *Mystery, Period Drama*

Cast: Orson Welles, Joseph Cotton, & Dorothy Comingore

Following the death of publishing tycoon Charles Foster Kane, reporters scramble to uncover the meaning of his final utterance: 'Rosebud.'

RESIDENT REQUEST

FRIDAY: July 3

HITCH (2005) PG-13, 1 hr. 58 min. *Romantic Comedy*

Cast: Will Smith, Eva Mendes, & Kevin James

A smooth-talking man falls for a hardened columnist while helping a shy accountant woo a beautiful heiress.

SATURDAY: July 4

NATIONAL TREASURE (2004) PG, 2 hr. 11 min. *Adventure Epic, Mystery, Action*

Cast: Nicolas Cage, Diane Kruger, & Justin Bartha

A historian races to find the legendary Templar Treasure before a team of mercenaries can reach it.