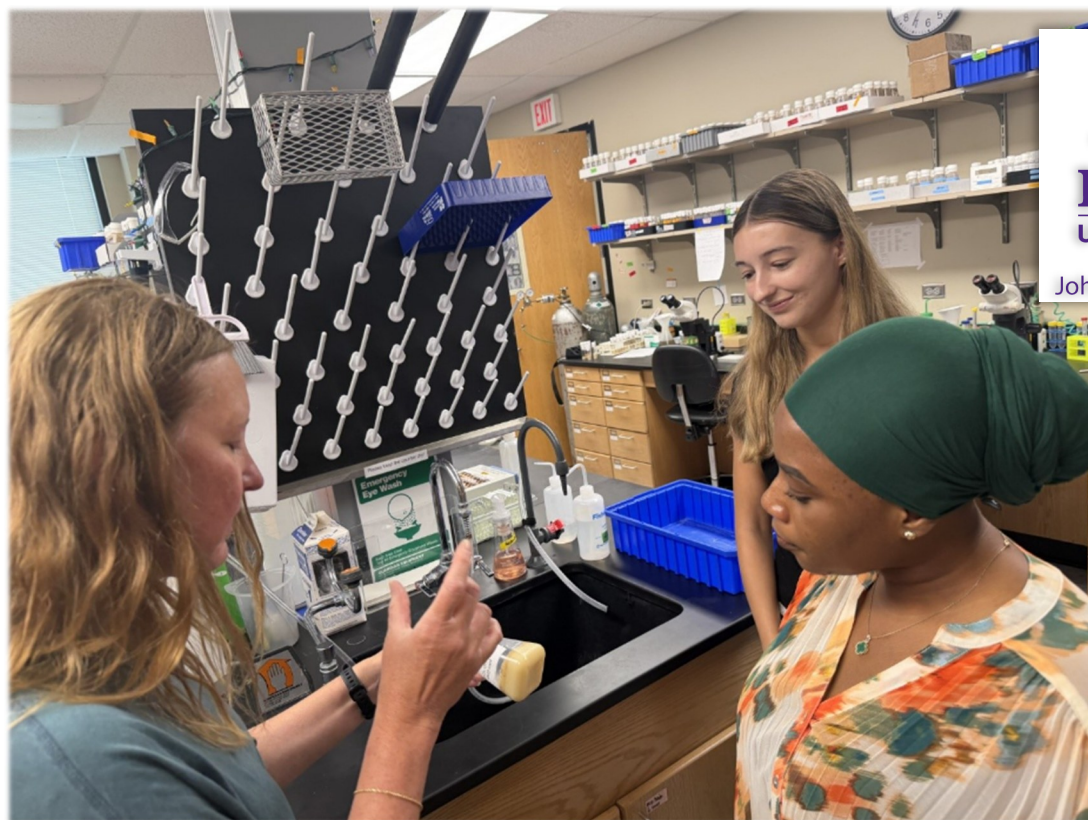




[right] Meadowlark and JCRC intern, Leanna Scott, along with graduate assistant Sherifatu Zaraki, learn about cancer research from Dr. Erika Geisbrecht.

The Cure Starts With Us

Advancing Cancer Research, Education, & Community Impact at KSU

by Melissa Kirwood, JCRC Event Coordinator, & Leanna Scott, Community Programs & Communications Interns

At the Kansas State University Johnson Cancer Research Center (JCRC), the fight against cancer reaches well beyond the laboratory. Every research breakthrough, every student mentored, and every community partnership reflects a shared dedication to advancing scientific discovery, educating the next generation of researchers, and improving lives through collaboration and innovation.

Dr. Terry C. Johnson was a professor and director of the Division of Biology at K-State, where he earned the title of University Distinguished Professor. He established the center in 1980 by securing funds for an Anticancer Drug Discovery Laboratory. Dr. Johnson passed away from cancer in 2002, but his legacy lives

through the center and their dedicated work to cancer research and educational programs.

The Johnson Cancer Research Center fosters groundbreaking cancer research initiatives that empower both graduate and undergraduate students to become the next generation of scientific leaders. In 2025 alone, the Center awarded more than 20 undergraduate research awards and 23 graduate research awards. These awards, along with other funding opportunities, enable Kansas State faculty and students to explore complex scientific questions while developing the skills, knowledge, and professional connections that will benefit them throughout their careers.

Researchers at JCRC are conducting cutting-edge

See CURE, page 2

CURE, from page 1

studies that advance our understanding of cancer biology while developing new diagnostic tools, therapies, drugs, technologies, and treatment techniques. With more than 80 faculty members and researchers representing over 25 academic departments, ranging from physics to art, the Johnson Cancer Research Center continues to unite expertise from across Kansas State University in pursuit of one common goal: advancing discoveries that improve cancer prevention, detection, treatment, and survivorship. Many of the Cancer Research Awards also help researchers secure national research funding, expanding Kansas State University's impact on cancer research nationwide.

Equally important to the Center's mission is its commitment to educating and serving the public from all backgrounds. Outreach efforts focus on increasing awareness of cancer prevention, promoting the importance of early detection, and sharing the latest research advancements. The Center's outreach efforts are ongoing throughout the summer as staff and students engage with participants at numerous K-State youth camps, showing the importance to introduce young learners to cancer science and healthy lifestyle practices. The Johnson Cancer Research Center also will join community members during the Riley County Fair and the Kaw Valley Rodeo from July 23rd to July 25th for its annual "Give Cancer the Boot" campaign. Throughout the rodeo, volunteers will raise awareness and collect donations that directly support cancer research, helping ensure that innovative discoveries continue to move from the laboratory toward improving patient care.

The Center also is dedicated to providing comfort to individuals and families on the cancer journey. JCRC understands that no two people experience cancer in the same way or face the same challenges. The Center accepts donations from the community

to create care packages that are distributed to cancer patients, with the hope of bringing encouragement and positivity during treatment. JCRC also has its own Kansas State student-led club, Cats for a Cure. This club organizes service projects

and spreads awareness about the work done at the Johnson Cancer Research Center, while educating the community about current cancer research, prevention, and support resources.

A partnership that exemplifies the mission to educate and serve the public is the Center's collaboration with Meadowlark Cancer Program. Together, the organizations are working to expand cancer education and outreach while providing valuable

experiential learning opportunities for students. This summer, an intern from Kansas State University is serving both the Johnson Cancer Research Center and the Meadowlark Cancer Program, gaining key experience and insights into how to develop and implement programs, activities, and resources for community members. By working together, the two organizations can maximize their resources and extend their reach, supporting more individuals and families than either could alone.

"Kansas State University and the Johnson Cancer Research Center are proud to be a partner with Meadowlark and the Meadowlark Cancer Program," said Dr. Ryan Rafferty, Interim Director of the Johnson Cancer Research Center. "Together, we are providing hands-on learning experiences and meaningful outreach that will impact not only our local community but also the countless individuals and families who will encounter cancer during their lifetime. By working together, we are making a real difference.

" Together, we are creating opportunities, inspiring future researchers, and proving every day that the cure starts with us. Learn more about the Johnson Cancer Research Center at cancer.k-state.edu.



Students and volunteers from the Kansas State University Johnson Cancer Research Center engage with community members during the "Give Cancer the Boot" campaign at the Kaw Valley Rodeo.

EVENTS & OPPORTUNITIES

IL Resident Board Member Elections

Nominations for an IL Resident Board Member position will be taken through July 19. Residents can nominate themselves or other IL residents. Please submit nominations to Sarah Duggan via email at sguge@meadowlark.org.

Once nominations are received, those accepting of the nomination will give a brief speech/intro at Town Meeting on Aug. 3.

Become a Meadowlark Ambassador!

Do you enjoy meeting new people and helping others? Are you looking for a meaningful way to get involved in the Meadowlark community?

The Meadowlark Ambassadors invite you to learn more about their volunteer group and consider joining them!

Meadowlark Ambassadors are resident volunteers dedicated to promoting goodwill throughout the Meadowlark and Manhattan communities through monthly service projects and acts of kindness. They also help host special events, including the annual Watermelon Feed, Clothing Drive, Kitchenware Drive, and more.

If you're interested in learning more or becoming an Ambassador, please contact Jana Armfield, Engagement Specialist, at (785) 323-3890.

The Little Mermaid at the MAC!

Experience the magic of Disney's *The Little Mermaid* at the Manhattan Arts Center! Follow Ariel's unforgettable journey as she dreams of life beyond the sea, defies King Triton, outwits the sea witch Ursula, and pursues her happily ever after with Prince Eric.

Performances are scheduled for Friday, July 10, at 7:30 p.m.; Saturday, July 11, at 2 p.m. and 7:30 p.m.; and Sunday, July 12, at 2 p.m. For tickets and more information, visit the Manhattan Arts Center or call (785) 537-4420.

UFM Class: The Fabulous '50s

Thursday, July 9, at 6 p.m.

A three-part series about The Fabulous '50s will take place on Thursdays, July 9, 16, and 23, from 6 to 7:30 p.m. in the Community Room.

The decade that followed the Second World War was a period of American prosperity, technological advances, and tranquility. The class

will consist of three lectures with the first focusing on America assuming the mantle of leading the free world. America witnessed the movement of the middle class to the suburbs, the birth of rock and roll and television, the space race, and a baby boom.

Robert Smith is the Director of the Fort Riley Museums complex. He has a doctorate in history from K-State and has published numerous articles on military history.

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.

Heart Strings Band

Friday, July 10, at 7 p.m.

Join us Friday, July 10, at 7 p.m. in the Courtyard as Meadowlark welcomes back Heartstrings! Husband-and-wife duo Joe and Kathy Hopeck have entertained audiences throughout Topeka, Kansas City, Manhattan, and Wichita for more than a decade with their engaging performances. Enjoy an evening of favorite hits from the 1950s, '60s, and '70s, featuring music by The Beatles, Elvis Presley, the Eagles, Jimmy Buffett, and more. Whether you prefer to sit back and listen or get up and dance, Heartstrings is sure to provide a fun-filled evening for all.

Wayne Goins & Friends

Saturday, July 11, at 7 p.m.

Join us Saturday, July 11, at 7 p.m. in the Prairie

Star Event Center as Meadowlark welcomes Wayne Goins and Friends.

Wayne Goins, University Distinguished Professor of Jazz Studies and Guitar at Kansas State University, will

be joined by vocalist Susan Hancock of Lawrence, Andrew Bell on guitar, Michael Brown on bass, Kurt Gertner on drums, and Javier Garza on vibraphone. Don't miss this exceptional evening of live jazz performed by an outstanding group of musicians.



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EVENTS & OPPORTUNITIES

EVENTS, from page 3

Worship Services

Sunday, July 12, 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, July 12, in the Community Room/Chapel for the first session, "Church History 1500-Present." Coffee and fellowship will be available in the lobby between 9:30 a.m. and noon. All are welcome.

Vintage Wedding Dress Fashion Show

Sunday, July 12, at 2 p.m.

Step back in time and experience bridal fashion through the generations at the Vintage Wedding Dress Fashion Show on Sunday, July 12, from 2 to 4 p.m. at The Iron Clad in Wamego. This special fundraiser for the Wamego Historical Society & Museum will showcase more than two dozen vintage wedding gowns, including dresses from the museum's collection, gowns loaned by community members, and a wedding dress representing every decade since 1903. Guests will also enjoy wedding cake, hors d'oeuvres, drinks, and a special four-generation dress feature, along with displays of antique wedding cake toppers. Tickets are \$20 in advance or \$25 at the door. Join in celebrating local history, timeless style, and the stories behind these beautiful gowns. For tickets or more information, contact the Wamego Historical Society & Museum at (785) 456-2040.

For complimentary transportation, please sign up in the Blue Book.

Fellowship with First Assembly of God

Monday, July 13, at 10:00 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 will be hosting 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, will also 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 First Assembly of God and are looking forward to getting to know residents while engaging in thoughtful discussion and spiritual encouragement.

Grief & Loss Series

Tuesday, July 14, at 1 p.m.

Meadowlark invites residents and guests to take part in a compassionate eight-week Grief & Loss Education Program designed to support anyone grieving the loss of a loved one. Each weekly session offers a meaningful blend of education, community connection, and practical tools to help participants navigate the emotional, physical, and spiritual impacts of grief at their own pace.

This is a closed group, and participants are encouraged to attend the full series to foster trust, continuity, and meaningful connections among group members. To preserve the integrity of the group experience, new participants will not be added after the second session. Individuals who are unable to attend one of the first two sessions will be invited to join the next Grief & Loss Series when it is offered.

The program will meet on Tuesdays, July 14 through Sept. 1, from 1 to 2 p.m., in the Flint Hills Room. This series is dedicated to healing after the loss of someone close. For questions or to RSVP for the group, please contact Linda Montgomery at (785) 320-7299 or at lmontgomery@meadowlark.org.

Summer Vesper Devotion Series

Tuesday, July 14, at 6:30 p.m.

Our current sermon series is titled "Let's Go to Seminary!" In July, our "course material" will cover world religions, systematic theology, Christology and pneumatology. You won't want to miss these challenging and inspiring subjects! Join us on Tuesdays at 6:30 p.m., in the Community

EVENTS & OPPORTUNITIES

Room as we continue our evening Vesper Services led by Melanie.

This week on July 14, we will have Melissa Atchison from Manhattan Mennonite Church and the Threshold Choir lead our service. This choir sings softly at the bedsides of people at the threshold of this life into the next. Their spiritual presence is a gift to those they sing with and for.

Page Turners Book Club

Wednesday, July 15, at 11:30 a.m.

Join the Page Turners Book group for our second 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.

UFM Class: A History of the United States Marine Corps (1775-1945)

Wednesday, July 15, at 6:30 p.m.

A three-part series, A History of the United States Marine Corps (1775-1945), will take place on Wednesdays, July 15, 22, and 29, from 6:30 to 8 p.m. in the Community Room.

This class will review the history of the U.S. Marine Corps from its origins at Tun Tavern in 1775 to its notable World War II Pacific campaigns. The class will consist of three sessions led by Robert Smith.

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.

IT Training from Manhattan Public Library

Thursday, July 16, 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, July 16, at 10 a.m.

Veterans and their spouses are invited for coffee and conversation at 10 a.m. Thursday, July 16, in the Manhattan Room. This group meets every third Thursday.

FUMC Communion

Thursday, July 16, at 11 a.m.

Join the pastors from the First United Methodist Church Thursday, July 16, 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.

Lettuce Ketchup with Parkinson's Lunch

Thursday, July 16 at 11:30 a.m.

Individuals living with Parkinson's, along with their care partners and support networks, are invited to gather for lunch and fellowship on the third Thursday of each month. This is a wonderful opportunity to connect with others on a similar journey.

The group meets in the KSU Classroom at Meadowlark, where a single meal option is available, or participants may bring their own lunch. The cost of food and drinks is the responsibility of each attendee.

To learn more or RSVP, call (785) 323-3899. The gathering is conveniently held just before PD Exercise Class, and Michelle and/or Katie join the group each month.

Card Making with Michelle Lehmer

Thursday, July 16, at 2:30 p.m.

The next Card Making with Michelle Lehmer class will occur on Thursday, July 16, at 2:30 p.m. in the Flint Hills Room. She provides card making supplies for FREE! It's a fun time for all.

WTC Happy Hour

Thursday, July 16, at 3 p.m.

Join us Thursday, July 16, from 3 to 5 p.m. in the Courtyard for an Americana-Themed Appreciation

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Happy Hour, generously hosted by WTC. Residents are invited to enjoy complimentary food and beverages while spending time with friends in a festive, patriotic atmosphere.

Representatives from WTC will also be on hand with fun giveaways and swag throughout the event. We hope you'll stop by and join the celebration!

Music with Keaton Marcotte

Friday, July 17, at 7:00 p.m.

Join us Friday, July 17, at 7 p.m. in the Courtyard as Meadowlark welcomes Keaton Marcotte for his Meadowlark debut.

A self-taught guitarist from Eskridge, Kan., Keaton will perform a variety of country music favorites in an enjoyable evening of live entertainment. Bring a friend, relax, and enjoy the music. All are welcome!

Saturday Shopping Trip

Saturday, July 18, at 10:30 a.m.

The next scheduled trip is Saturday, July 18, 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, Aug. 15. Please sign up in the Blue Book to participate.

Volunteer & Tech Helper

Tuesday, July 21, at 4 p.m.

Deborah Goins will be available to help residents with technology questions between 4 and 5 p.m. Tuesday, July 21, 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!

The Incident at Cheyenne Bottoms



by Noel Stanton

Shortly before Marie and I came to Kansas in 1993, I bought a little Toyota four-wheel drive pickup truck. "Useful for the move," I told Marie. "Fun on the back roads," I thought to myself. It actually *was* handy during our move, toting my Penn Yann rowboat and a couple dozen boxes of stuff that we didn't want to entrust to the movers. And driving slowly along scenic dirt roads, windows wide open, listening to the birds, was wonderful. Marie agreed, up to a point—the point being where dirt roads became rutted mud roads. Still, I thought the truck performed admirably in mud and gradually became confident that it could get us home from anywhere. Supremely overconfident, as it turned out.

One spring break during the

mid-1990's, we drove the truck down to the Cheyenne Bottoms wildlife area, about 24 miles from Great Bend, to see the migrating waterfowl that congregates in the wetlands there. We arrived in mid-afternoon of a beautiful sunny day and drove around the wetlands on good dirt roads to get a feel for the place before heading back to Great Bend for dinner and lodging.

A cold front came through during the night, accompanied by strong thunderstorms with heavy rain, and the next morning's weather was nowhere near as nice, with a temperature in the mid-40s and spitting rain. We had our raingear in the truck, and weren't planning to be outside much anyway, so we headed back to the preserve.

The dirt roads were noticeably slipperier than the day before, but I had locked the front-wheel hubs back at the motel, so I just put the truck in four-wheel drive and drove slowly while we watched for birds. As we topped a low hillock, Marie yelled, "Don't go down ...". Too late. With thick tire treads packed full of gooey, slick bottoms mud, the truck rolled and slid slowly 30 yards downhill before stopping at the bottom, then slipped ever-so-slowly sideways down the crown of the road to its edge at water level.

By this time, it was 40 degrees and raining horizontally. Wearing a plastic rain parka, I scouted up some pieces of wood to put under the wheels, but it was no use. That truck wasn't going anywhere under its own power.

This was years before cell phones became common. We decided to wait an hour for some chance passerby before I started the long, wet hike back to the visitor center. By great good luck, a tour minibus came by after about half an hour. Waving frantically, we slip-slid up the hill to catch a ride to the visitor center, where I called a towing service.

While Marie and I were riding in the tow truck back to our stranded vehicle, I filled the driver in

on what had happened. He nodded knowingly.

Marie didn't say a word. Uh-oh, I thought.

When we got back to the top of the hillock, the driver wisely refused to go down. Better one stuck vehicle than two. "Not to worry", he said. "I know how to get you out". He left us at the visitor center and drove off toward Great Bend.

When he finally returned to pick us up, he was driving the biggest tow truck I ever saw, the kind used to rescue stranded 18-wheelers. He parked this behemoth at the top of the hillock and walked the hook end of a long steel power-winch cable down to my truck. Then, with me inside, the Toyota was winched slowly up to the top where Marie was waiting in stony silence.

As I was settling up the considerable service bill with the driver, he said, confidentially, "You know, your wife is a real brick. My old lady would've had my A in a sling after a stunt like that."

On the drive back to Manhattan, I told Marie what the driver had said. It helped to clear the air, a little. But most of the drive home was still awfully quiet, with just the thunk-thunking of pounds of packed mud flying out of the tire treads.

SODA FLOATS SOCIAL

HOSTED BY THE MEADOWLARK AMBASSADORS

**TUESDAY, JULY 21
3 TO 4 P.M.**

Grab your soda float in the Kansas Room then head on out to the Courtyard for ample seating and a relaxing ambiance!



What is the best day to go to the beach?



Sunday!

© CONFESSIONS OF PARENTING

RESTAURANT **SPECIALS**

Sunday, July 12	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$13 Dinner Homemade Chicken Tenders Biscuit with Honey Butter Honey Garlic Carrots
Monday, July 13	\$10 Lunch BBQ Pork Sandwich French Fries	\$14 Dinner Swiss Steak Mashed Potatoes & Gravy Green Beans
Tuesday, July 14	\$11 Lunch Asian Chicken Salad <i>(Grilled chicken, mixed greens, mandarin oranges, rice noodles, shredded carrots, green onions, and peanut dressing)</i>	\$17 Dinner Shrimp & Grits Wedge Salad
Wednesday, July 15	\$11 Lunch Cheeseburger Sliders French Fries	\$15 Dinner Chicken Fried Chicken Mashed Potatoes & Gravy Creamed Corn
Thursday, July 16	\$11 Lunch Fried Chicken Sandwich Macaroni Salad	\$15 Dinner Chicken Parmesan <i>Served over Linguine</i> Garlic Bread Spinach Salad
Friday, July 17	\$11 Lunch Taco Bar	\$16 Dinner Smothered Pork Chop Red Skin Mashed Potatoes Broccoli
Saturday, July 18	\$11 Lunch Sloppy Joe Tator Tots Broccoli Salad	\$16 Dinner Bacon-Wrapped Meatloaf <i>Stuffed with Cheese</i> Cheesy Potatoes Peas & Onions

Weekly Opportunities Calendar *July 12 to July 18*

Sunday • July 12 *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 • July 13 *Trash pick-up*

9:30 a.m. ~ Seated Strength, CR/**1960**
9:30 a.m. ~ Memory Care Partners 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. ~ Meadowlark Valley Luncheon, BR
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
6:00 p.m. ~ Care Partners Support Circle, FHR
7:00 p.m. ~ Community Bingo, CR

Tuesday • July 14

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**
12:00 p.m. ~ 4th Floor Luncheon, MR
1:00 p.m. ~ Grief & Loss, 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
6:30 p.m. ~ Vespers, CR

Wednesday • July 15

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, MR
11:30 a.m. ~ Page Turners Book Club, PR
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-Along, FHR
6:30 p.m. ~ UFM: History of US Marine Corps, CR

Thursday • July 16

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. ~ Memory Care Partners Group, **WPL**
10:00 a.m. ~ Veterans Group, MR
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 with PD, KSU CL
1:00 p.m. ~ Parkinson's Exercise Class, CR/**1960**
2:00 p.m. ~ Card Making w/ Michelle Lehmer, FHR
3:00 p.m. ~ Fanny & Furby, KR
3:00 p.m. ~ WTC Happy Hour, CY
5:30 p.m. ~ Eastside Supper, BR
5:30 p.m. ~ Meadowlark Circle Dinner, MR
6:00 p.m. ~ UFM Class: The Fabulous '50s, CR

Friday • July 17

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. ~ Music with Keaton Marcotte, EC

Saturday • July 18

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

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: July 12

RESCUED BY RUBY (2022) TV-G, 1 hr. 30 min. *Animal Adventure, Biography, Drama*

Cast: Grant Gustin, Scott Wolf, & Kaylah Zander

Chasing his dream to join an elite K-9 unit, a state trooper partners with a fellow underdog: clever but naughty shelter pup Ruby.

MONDAY: July 13

MY BEST FRIEND'S WEDDING (1997) PG-13, 1 hr. 45 min. *Romantic Comedy*

Cast: Julia Roberts, Dermot Mulroney, & Cameron Diaz

When a woman's long-time friend reveals he's engaged, she realizes she loves him herself and sets out to get him, with only days before the wedding.

TUESDAY: July 14

BLACKBERRY (2023) R *for language throughout*, 2 hr. *Docudrama*

Cast: Jay Baruchel, Glenn Howerton, & Matt Johnson

The story of the meteoric rise and catastrophic demise of the world's first smartphone.

WEDNESDAY: July 15

RESIDENT REQUEST

JOHNNY BELINDA (1948) Approved, 1 hr. 42 min. *Drama*

Cast: Jane Wyman, Lew Ayres, & Charles Bickford

A kind doctor volunteers to tutor a deaf-mute woman, but scandal starts to swirl when his pupil is raped and falls pregnant.

THURSDAY: July 16

RESIDENT REQUEST

CHOCOLAT (2000) PG-13, 2 hr. 1 min, *Romance, Drama*

Cast: Juliette Binoche, Johnny Depp, & Judi Dench

Single mother Vianne Rocher and her young daughter arrive in a rural French town in the winter of 1959, and open an unusual chocolate shop that disrupts the moral fiber of the strictly Catholic townsfolk and mayor.

FRIDAY: July 17

DOG (2022) PG-13, 1 hr. 41 min. *Drama, Adventure, Comedy*

Cast: Channing Tatum, Jane Adams, & Kevin Nash

In this road-trip comedy, two hard-charging former Army Rangers paired against their will—Jackson Briggs and a Belgian Malinois named Lulu—race down the Pacific Coast in hopes of making it to a fellow soldier's funeral on time.

SATURDAY: July 18

THE CHOICE (2016) PG-13, 1 hr. 51 min. *Feel-Good Romance, Drama*

Cast: Benjamin Walker, Teresa Palmer, & Alexandra Daddario

Travis and Gabby first meet as neighbors in a small coastal town and wind up in a relationship that is tested by life's most defining events.