



Empowered LIVE!

An Evening to Celebrate Living Well with Parkinson's

by Michelle Haub, Community Programs Leader

Riding a bike is one challenge. Riding more than 1,600 miles from Chicago to Phoenix in just 32 days is something else entirely. Now imagine doing it while living with Young Onset Parkinson's disease.

Why would anyone take on a journey like that?

Because some rides are bigger than the road itself. This ride was about raising awareness for Parkinson's disease and shining a spotlight on the 7th World Parkinson's Congress, proving that determination and teamwork can travel farther than any diagnosis. Matthew Schindler, Manhattan, Kan., and Steve

Iseman, Toronto, Canada, were two of the 12 people on this Route 66 journey in April and May 2026. Matthew was diagnosed with Parkinson's disease (PD) at the age of 40 (now 64 years old) and Steve at 48 years of age (now 60 years old).

Over the years, they have had many experiences of living well and not living well with PD. This 32-day journey on their bikes was an experience that created new fellowship and a deeper passion for helping people with PD and their care partners understand PD and how to advocate for themselves. You can hear

See LIVE, page 2

LIVE, from page 1

Matthew and Steve share their experiences at Empowered LIVE! on Friday, Aug. 28 at the Holiday Inn at the Campus. Their presentation, "Living Well with Parkinson's Disease: Lessons and Coping Skills We Learned from the Saddles of Our Bikes," begins at 6:30 pm. Their presentation is not just for those affected by PD. All individuals will enjoy these gentlemen's knack for humor, ability to relate to others, and positive perspective on most everything. They both have a shared passion for inspiring people to face their own obstacles with defiance, purpose and joy.

Join us from 5 to 6:30 p.m. for conversation, visiting with the VIPD (Very Important People with Parkinson's Disease) artists, and the vendors. If you wish to enjoy the meal of sweet and savory foods, it is advised that you purchase your tickets prior to Aug. 28. If not sold out prior to the event, tickets may be purchased at the door. If you would like to have free transportation to and from Meadowlark, please sign up in the Blue Book at the Hospitality desk.

Tickets for the meal are \$20 and can be purchased by contacting Michelle or Katie at (785) 323-3899 or online by visiting the Speedy PD Registration page at <https://www.meadowlark.org/speedy-pd>.

We look forward to sharing this empowering evening with people with PD, care partners, families, and friends and hope you will join us as well! The caliber of speakers this event brings to Manhattan each year is top-notch, because of the generosity of Vanderbilt's boot and jean stores. Through the dedication of residents David and Jan Vanderbilt and their family, Empowered LIVE! has inspired hundreds of people since 2018, to join the community, learn, and live well with what you have. We look forward to seeing you at the Holiday Inn at the Campus on Aug. 28!

Page 2

Gloria Heiberger Scores a "Heavenly Hand" in Mah Jongg

On Monday, June 29, Meadowlark resident Gloria Heiberger accomplished something that most Mah Jongg players never experience: a rare winning hand known as a "Heavenly Hand."

In American Mah Jongg, a Heavenly Hand occurs when the dealer (East) wins immediately with their first 14 tiles, before a single tile is discarded. According to Mah Jongg enthusiasts, the odds of achieving this feat are estimated to be somewhere between 1 in 250,000 and 1 in 1 million games, making it one of the rarest accomplishments in the game.

To celebrate the occasion, the Manhattan Mah Jongg Mavens presented Gloria with a Certificate of Achievement in Mah Jongg Mastery in recognition of her extraordinary hand.

Gloria's winning combination came from the Consecutive Runs section of the National Mah Jongg League card and consisted of:

- ~ Three East winds and four dots
- ~ Three East winds and five dots
- ~ Four East winds and six dots
- ~ Four East winds and seven dots

Mah Jongg has been part of Gloria's life for nearly six decades. She learned to play in 1967 while living in the Chicago suburbs, where Tuesday night Mah Jongg games were a cherished "Mom's Night Out" tradition that was rarely missed.

After moving to Kansas in 1978, Gloria found few opportunities to play. That changed in 2012 when she joined a group of players in Manhattan, and she has enjoyed the game ever since.

Congratulations to Gloria on an exceptional accomplishment and a memorable moment in Meadowlark's Mah Jongg history. Well played!



Gloria presents her winning "Heavenly Hand."

Celebrating 25 Years of PEAK: Putting People First



[above, left] Nursing home leaders, caregivers, and advocates pictured with Gov. Laura Kelly. Included in the group is Annie Peace, Health Services Director; Katrina Leisner, Lyle Household Coordinator, and resident Pat Harrison. [above, right] Pat Harrison shakes hands with Gov. Kelly.



Meadowlark team members recently joined nursing home leaders, caregivers, and advocates from across Kansas to celebrate a significant milestone—the 25th anniversary of PEAK (Promoting Excellent Alternatives in Kansas) – Quality Improvement Through Person-Centered Care.

Since its inception in 2001, PEAK has partnered with nursing homes across Kansas to advance person-centered care, encouraging communities to place each resident's preferences, dignity, and quality of life at the heart of every decision. Through education, collaboration, and continuous improvement, PEAK has become a national model for transforming long-term care.

During the anniversary celebration, Kansas Department for Aging and Disability Services (KDADS) Secretary Laura Howard recognized the dedication of participating communities, saying "Each of these homes represents the best of what person-centered care can be. Their commitment to resilience and compassion shows that excellence in care is achieved when we listen, adapt, and truly honor those who call these homes their own."

At Meadowlark, person-centered care has long been more than a philosophy—it's a daily commitment. Whether

supporting residents in making choices about their routines, creating meaningful relationships, or designing opportunities that promote purpose and independence, our team continually strives to put people first.

We are grateful to the K-State Center on Aging and KDADS for their leadership in making PEAK a lasting success, and we are proud to be part of a statewide movement that continues to redefine excellence in senior living. Congratulations to PEAK on 25 years of inspiring nursing homes across Kansas to honor the individuality, dignity, and voices of those they serve.



EVENTS & OPPORTUNITIES

Tech Helper: Upcoming Visits

For the next few months, Deborah will be scheduling Tech Help on days that differ from her typical schedule. Her in-home visits will occur on Aug. 19, Sept. 9, and Sept. 16. These visits must be arranged in advance by signing up for an open spot in the Blue Book.

Deborah's drop-in visits are first-come, first-serve and occur Sept. 8 and Sept. 15 in the Flint Hills Room.

Please look for another article later this month regarding future visit dates.

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 good will 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.

Come Sing With Us!

The Meadowlark Singers are looking for new voices, and everyone is welcome! Whether you're an experienced singer or simply enjoy making music, we'd love to have you join our choir. Singing is about more than hitting the right notes—it's about friendship, laughter, and sharing the joy of music.

No auditions or prior experience are required. Rehearsals for our December concert begin Thursday, Sept. 3, and will be held each Thursday from 4:15 to 5:15 p.m.

For more information, contact choir director Heather Augustine at mickeyksu@gmail.com. We hope you'll come make music with us!

Attend Meadowlark University This September!

Spiritual Life Leader, Melanie Nord, invites you to attend "Meadowlark U" every Wednesday in September from 1 to 2 p.m., in our Event Center. A variety of community leaders will encourage us to think deeply about topics facing our society today.

Our course list includes:

~ Sept. 9: *Artificial Intelligence* by Melanie Derby, Professor in Engineering and Co-Chair of the Artificial Intelligence Taskforce at Kansas State University

~ Sept. 16: *The Complexities of Poverty Today* by Sarah Barrett Vice President for Impact Strategy & Grant Programs with the Greater Manhattan Community Foundation

~ Sept. 23: *Fraud & Scam Prevention* by Detective Derek McKee, Corporal Spencer Parsons and Lieutenant Pat Tiede with the Riley County Police Department

~ Sept. 30: *Charcuterie & Wine Pairings* for Holiday Hosting by Sysco's European Import Specialists

Exciting Tuesday Evening Vespers Update

Our Summer Vesper Evening Devotional Service has been such a success that we're continuing this offer year-round! You now have the following weekly opportunities for spiritual enrichment and fellowship at Meadowlark! As a reminder, all our services are open to anyone in our community, hosted in the community room and last 30 minutes on Sundays at 10 a.m. and 11 a.m. and Tuesdays at 6:30 p.m.

Peggy Dettmer Services

Friday, Aug. 7, at 2 p.m.

Family and friends are invited to join us in remembering Peggy Dettmer on Friday, Aug. 7. A memorial service will be held at 2 p.m. in the Community Room, followed by a Celebration of Life at 2:30 p.m. in the Meadowlark Event Center. Interment of Peggy's ashes will take place at Fancy Creek-Randolph Cemetery in northern Riley County.

Peggy's family extends their heartfelt gratitude to the Lyle House team for the expert and compassionate care she received during the past five years.

EVENTS & OPPORTUNITIES

Kansas Flint Hills Wildflowers

Friday, Aug. 7, at 7 p.m.

Celebrate the beauty of the Flint Hills during a special presentation, Kansas Flint Hills Wildflowers, on Friday, Aug. 7, at 7 p.m. in the Community Room. Retired Konza Prairie naturalist Valerie Wright will share stunning photographs of the wildflowers that brighten the prairie each fall, some of which can even be found along Meadowlark's walking trails.

Along the way, you'll learn about these native plants, their pollinators, their value in home gardens, and their important role in the Flint Hills ecosystem. Join us for a relaxing evening celebrating the beauty of the prairie.

Worship Services

Sunday, Aug. 9, at 10 & 11 a.m.

Join Rev. Melanie Nord, Spiritual Life Leader, at 10 a.m. or 11 a.m. on Sunday, Aug. 9, in the Community Room/Chapel for the next session, "Pneumatology." Coffee and fellowship will be available in the lobby between 9:30 a.m. and noon. All are welcome.

Vesper Devotion Series

Tuesday, Aug. 11, at 6:30 p.m.

Join us each Tuesday at 6:30 p.m. in the Community Room for evening Vesper Services led by Rev. Melanie Nord. This week's message is titled, "The Risk of Faith." All are welcome.

Page Turners Book Club

Wednesday, Aug. 12, at 11:30 a.m.

Join the Page Turners Book group in the Patriot Room for our first discussion of *Remarkably Bright Creatures* by Shelby Van Pelt. The novel, published in 2022, explores the unique friendship between Marcellus, a giant Pacific octopus, and Tova, a widow who cleans at the aquarium where Marcellus lives. The novel explores themes of grief and loss, loneliness and connection, and the distinction between biological and found family. Sally Field stars in the 2026 film adaptation.

You do not have to attend every session to participate, come when you are able. If you have questions or would like more information, please contact Katie Sigman at (785) 323-3899.

Caring Conversations for People with PD

Thursday, Aug. 13, 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, Aug. 13, in the Flint Hills Room.

PD Care Partners Social

Thursday, Aug. 13, 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.

Ladies Luncheon

Thursday, Aug. 13, at 11:30 a.m.

The next Ladies Luncheon will be Thursday, Aug. 13, at 11:30 a.m. in the Event Center. The hostess for this month is Carma Linderman, and the program will be about color.

A light lunch of chicken salad-stuffed tomato, veggie sticks, and lemon bars is planned at a cost of \$11 per person.

All Meadowlark ladies, Passport members, and guests are invited to attend. Please sign up in the Blue Book at the Hospitality Desk to join us for the meal. If you require a special menu item apart from the planned menu, please indicate this next to your name on the sign-up sheet.

Blood Pressure Check

Thursday, Aug. 13, 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, Aug. 13, at 1 p.m. No sign up required.

Knitting & Crocheting Group

Thursday, Aug. 13, 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

See EVENTS, page 6

EVENTS & OPPORTUNITIES

EVENTS, from page 5

beginning or have years of experience, join other yarn creatives in the Kansas Room at 2:30 p.m. Thursday, Aug. 13, for a fun, social, creative opportunity. All skill levels are welcome!

Veerle Winkelmolen

Friday, Aug. 14, at 7 p.m.

Join us Friday, Aug. 14, at 7 p.m. in the Community Room as the Bell Family Foundation proudly presents Veerle Winkelmolen, an accomplished pianist, singer, and composer from the Netherlands.

Now based in Lawrence, Kansas, Veerle is known for her expressive performances and versatile repertoire, spanning Baroque masterpieces to contemporary works. She recently a Ph.D. of Musical Arts from the University of Kansas and continues to captivate audiences with her artistry and musical excellence. Don't miss this special evening of live music. All are welcome!

Shopping at Target & Dollar Tree

Saturday, Aug. 15, at 10:30 a.m.

The next scheduled trip is Saturday, Aug. 15, with transportation going to Target and Dollar Tree West. 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 Hobby Lobby and Dollar Tree East on Saturday, Sept. 19. Please sign up in the Blue Book to participate.

Prairie Star Writing Group

Tuesday, Aug. 18, at 1 p.m.

Interested in joining Meadowlark's writing group? Prairie Star Writers, led by Cathy Hedge, meets on the first and third Tuesdays of each month. The next gathering is at 1 p.m. Tuesday, Aug. 18, in the Patriot Room.

This session, "Big Dreams...Done or Discarded?!", invites you to reflect on the dreams you held as a young person. Which aspirations became reality? Which ones changed or faded over time? Come share your stories of ambition, unexpected turns, and the dreams that helped shape your life.

Volunteer & Tech Helper

Tuesday, Aug. 19, at 4 p.m.

Deborah Goins will be available to provide in-home technology support to residents on Tuesday, Aug. 19. Please sign up in the Blue Book at the Hospitality desk for a time to meet with her for an in-home visit.

Veterans Group

Thursday, Aug. 20, at 10 a.m.

Veterans and their spouses are invited for coffee and conversation at 10 a.m. Thursday, Aug. 20, in the Manhattan Room. This group meets every third Thursday.

Speedy PD Race for Parkinson's Disease

Saturday, Aug. 29, at 8 a.m.

Registration is open for the 18th Annual Speedy PD Race for Parkinson's Disease, presented by Little Apple Toyota, on Saturday, Aug. 29, at Tuttle Creek State Park. Since its beginning in 2009 with 125 participants, Speedy PD has grown into a community tradition with more than 1,000 participants, raising funds to support the Meadowlark Parkinson's Program.

Participants can choose from the Half-Mile Memorial Walk/Run, the Don Rasmussen 5K, the 10K, or a virtual race option. Every registration helps provide free exercise, education, and support opportunities for individuals and families affected by Parkinson's disease throughout the Flint Hills region.

Each registered participant receives a Speedy PD T-shirt (guaranteed with registration by Aug. 14), a finisher's medal, and admission to a family-friendly post-race celebration featuring refreshments, activities, and awards.

Can't participate? You can still make a difference by volunteering or making a donation to support the program. To register, volunteer, or learn more, visit www.meadowlark.org/speedy-pd or contact Michelle Haub at (785) 323-3899 or mhaub@meadowlark.org.



Outdoor Encounters: Earthiness

*Soil is Earth's womb
Nutritious and mystical
Ask any green plant
- NJB*

by Nathan Bolls

We usually think of earthiness when something or someone has an earthy nature or practices what we refer to as the base emotions, or the human personality that is unaffectedly realistic or direct, maybe even with sexual overtones. Rather, I want to discuss the relationship of humans to their Earth. I make the claim that we humans live in a world too far removed from the soil of our Earth. Further, I claim that self-reliance is a parent of self-respect, that self-respect is much preferred over self-esteem, and that working the soil is good training for life. (Self-e and Self-r are not the same.)

Please allow me time to put some flesh on the bare bones of those statements. Too many of us grow up depending upon exaggerated praise from family and friends to keep us going. This is just tunnel-vision priming of the ego, and it generates

a shallow sense of self-esteem, a fragile and vulnerable *raison d'être*.

In contrast are those who have carried themselves responsibly and applied themselves (often without fanfare) to work, play, and to being thoughtful toward others—to the tasks of daily living. They turn out to be much more confident that they have earned a place in this world and can survive the rigors of life. They have generated a sense of self-worth, of self-respect. No matter what detractors say, they are more certain that they can rightfully lay claim to their own place in the cosmic dance.

Working the soil can be an seminal event along the path to a feeling of solid self-worth. I'm not referring to bags of soil obtained from the local gardening center. I'm talking about fresh, wild, and natural soil. A backyard natural-soil garden qualifies. We are accustomed to moving through a gaseous mixture, maybe water on occasion. Natural soil is quite a different medium. Many sense that wild soil is foreign and complex, and dangerous in some instances. Few know anything about its chemistry or biology and are afraid of

See OUTDOOR, page 8

OUTDOOR, from page 7

getting too close. Thus, the act of pushing fingers into fresh, wild, and natural soil requires a bit of surrender, a brave thread of humility. We are, in a sense, by disturbing the soil in this way, violating Mother Earth.

But maybe not whenever we ask the womb of Earth to support and nourish. We are, however, leaving ourselves, and any potential plant growth, open to numerous forces over which we have very little or no control: the several extremes of weather; predation from insects, mammalian and avian species, even invasive plant species.

Gardening gets us outdoors, provides good exercise, and maybe will help us to better know our neighbors who may also be outside tending their gardens. This is a far cry from punching four or five keys on a computer and having the desired result show up at warp speed. This sort of certainty seems to be very common, perhaps too much so, in that technologically perceived view of life that many people carry today. The next generations need to know more about how to survive the bumps and curves of life than how to dial 911. Self-reliance is a parent of self-respect.

We need more dirty fingers, more of asking Mother Earth to nurture something for us. We need the sort of uncertainty that accompanies the growing of desired plant species outdoors in wild soil. Life is like that: messy, dirty, extremely unpredictable, dotted with gain and loss and pain. Why not begin early, with dirt. Done intelligently when young, lessons can be learned with minimal expense and, maybe, without a crippling shortfall of return for effort exerted.

Uncertainty, and its consequences, can help a youth learn to temper expectations, and maybe serve as a motivator to search for improvements in method. Ben Franklin once said that most ever knack is capable of improvement. Perhaps the youth will learn that one must sometimes take chances in life, that life will pass one by if she or he waits only for sure things. Maybe a lesson or two will appear that teaches how to better see a good deal if it swims by.

My first 12 years were spent as a farm boy in the very fertile Missouri River Bottomlands of Carroll County, Mo., about 100 miles east of Kansas City. During the winter of 1941-42, I watched my father, without benefit of electricity to power his tools,

convert a 1937 Chevrolet pickup into a tractor. After all, I would be 11 years old the next May, old enough to do serious field work. He rented 25 more acres in which he also planned to grow corn. He designated 10 acres of it as "my cornfield," and I spent many hours learning how to drive the tractor and disking and harrowing in our cornfields, including those rented acres. I dreamed of 2-foot-long corn ears come fall. We never discussed the form or amount of my payday.

Back in those years, before add-on chemicals took over agriculture, we hoped that we could get our cornfields "laid by" by the Fourth of July, which meant that the cornstalks, hopefully, had grown so high by the Fourth that we could not get the cultivator down the rows without damaging the stalks. In that summer of 1942, we had got all of our cornfields laid by before the Fourth. I stood on the levee looking at my corn, thinking that things seemed pretty darn good, and imagining that those corn ears would end up being even longer. All of this was years before the Army Corps of Engineers built those large flood-control dams across the upper Missouri River in the Dakotas and Montana.

But weather forecasts were becoming worrisome; heavy rains were falling upstream. Two weeks later I stood on that same levee and cursed 3 feet of swirling brown floodwaters. My 11-year-old brain was reeling with its first real disappointment. My Dad, being unusually gentle and wordy, said, "Son, I know you are disappointed, but you can be proud of how you did this summer. Your work was steady and careful. You learned a lot. Just think what you can do next year."

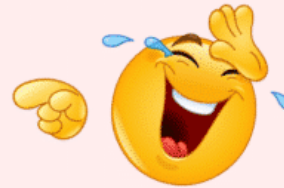
There would be no next year. Realizing that for the second year in a row there would be no income from our fields, Dad (who absolutely loved farming) caught a ride with a friend taking an 18-wheeler truck load of cattle to the Kansas City stockyards. He "walked 100 yards and got a job," as carpenter on a bridge gang for the Kansas division of the Union Pacific Railroad. In June 1943, we moved to Onaga, then a "railroad town," and a far cry from that bottomlands lifestyle where almost all of the land was flat, plowed and planted. It took me only about two weeks to fall in love with those beautiful Tallgrass-covered Flint Hills and the small, clear, fish-filled streams that flowed between and around. I soon discovered the many opportunities for town boys to hire on to help farmers and ranchers put up hay, build fences, or

harvest this or that row crop. Also, by age 10, my mother made sure I knew how to prepare and cook three to four basic food dishes. I've always been deeply grateful for her foresight.

If William Rees, Canadian ecological economist is correct, we will individually, at some time in the near future, for our personal survival, be required to return to the soil. And the farther we are away from the soil (think big cities), the more vulnerable we are. Based on many facts, figures, and charts of calculations of things we've probably never considered, Rees states that if we persist in our present rate of population growth and infrastructure development, western societies will crash from shortages of food, fuel, and energy. If we persist, Rees sees us becoming unable to feed the masses or to supply other needed goods and services.

We, individually, do not want to think about limits on anything. Both business and the government think in terms of endless expansion: more is good, perhaps even necessary for sufficient profit or a greater tax base. Rees, with the long view, thinks this mindset is totally irresponsible. To him, large cities are most vulnerable, farmers the least. He foresees starvation, breakdown of most systems, great population reductions, and the return to prominence of smaller cities surrounded by bands of arable land to supply food and fiber for that city—and the return (out of necessity) of something like the famous victory gardens of WW-II.

A wise financial plan might be to buy a house with a big back yard having a good water supply, in or near a small city, and to invest in garden centers.



Why did the student
eat his homework?
Because the teacher
told him it was a
piece of cake!



MEADOWLARK

Foundation

Gifts benefiting the Good Samaritan Fund, Helping Hands Fund, Meadowlark Parkinson's Program, Nature & Nurture projects, the Purpose in Motion capital campaign, spiritual life, and our therapy department were received by Meadowlark Foundation during the month of July.

Memory of

Bernice Brighton
Glenna Fogo
Neil Lee
Duane Miksch

Robert Reeves
Marilyn Scherling
Marie Stanton
Pat Vogt

Honor of

*Gail's Galloping Gala
*Straub Squad
*Viking Blood

*Speedy PD Race team

RESTAURANT SPECIALS

Sunday, Aug. 9	Sunday Brunch Brunch Menu available from 9 a.m. to 2 p.m.	\$12 Dinner Swedish Meatballs Egg Noodles Buttered Carrots
Monday, Aug. 10	\$11 Lunch Maple-Bacon-Chicken Sandwich <i>served on a Croissant</i> Watergate Salad	\$17 Dinner Grilled Salmon <i>served with Mango Salsa</i> Wild Rice Broccoli
Tuesday, Aug. 11	\$11 Lunch Ham & Swiss Quiche Rice Pilaf Fresh Fruit	\$14 Dinner Chicken Alfredo Garlic Bread Side Caesar Salad
Wednesday, Aug. 12	\$11 Lunch French Dip <i>served with Au Jus</i> Coleslaw	\$19 Dinner Braised Short Ribs Loaded Mashed Potatoes Green Beans
Thursday, Aug. 13	\$10 Lunch Pulled Pork Sandwich Curly Fries	\$14 Dinner Ham Loaf Mashed Sweet Potatoes Creamed Peas
Friday, Aug. 14	\$11 Lunch Potato Bar	\$16 Dinner Pot Roast <i>with Carrots, Onions, & Celery</i> Mashed Potatoes & Gravy Fresh Green Beans
Saturday, Aug. 15	\$12 Lunch Lobster Hoagie Cucumber Salad Chips	\$13 Dinner BBQ Chicken Thighs Scalloped Potatoes Zucchini Medley

Weekly Opportunities Calendar Aug. 9 to Aug. 15

Sunday • Aug. 9 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 • Aug. 10 Trash & Recycle 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**
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
6:00 p.m. ~ Care Partner Support Circle, FHR
7:00 p.m. ~ Community Bingo, CR

Tuesday • Aug. 11

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 • Aug. 12

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 p.m. ~ Page Turners Book Club, PR
3:00 p.m. ~ Rock Steady Boxing, CR
3:00 p.m. ~ Sing-Along, FHR
5:30 p.m. ~ 3rd Floor Supper, BR

Thursday • Aug. 13

9:00 a.m. ~ Messenger Team, KSU CL
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 p.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. ~ Knitting & Crocheting, KR
3:00 p.m. ~ Fanny & Furby, KR
4:15 p.m. ~ Meadowlark Singers, CR
5:30 p.m. ~ Eastside Supper, BR

Friday • Aug. 14

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. ~ Music with Veerle Winkelmolen, CR

Saturday • Aug. 15

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

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: Aug. 9

VOICEMAILS FROM ISABELLE (2026) TV-14, 1 hr. 58 min. *Feel-Good Romance, Drama, Comedy*

Cast: Zoey Deutch, Nick Robinson, & Harry Shum Jr.

Jill leaves voice messages to her deceased sister telling her about her chaotic life in San Francisco. Unwittingly, a mysterious Austin, Texas, real estate agent begins to receive her confessions.

MONDAY: Aug. 10

RESIDENT REQUEST

NOMADLAND (2020) R *for some full nudity*, 1 hr. 47 min. *Road Trip, Tragedy, Drama*

Cast: Frances McDormand, David Strathairn, & Linda May

After losing everything in the Great Recession, a woman in her sixties embarks on a journey through the American West, living as a van-dwelling nomad.

TUESDAY: Aug. 11

BLOOD DIAMOND (2006) R *for strong violence and language*, 2 hr. 23 min. *Action Epic, Thriller*

Cast: Leonardo DiCaprio, Djimon Hounsou, & Jennifer Connelly

A fisherman, a smuggler, and a syndicate of businessmen match wits over the possession of a priceless diamond.

WEDNESDAY: Aug. 12

RESIDENT REQUEST

A COMPLETE UNKNOWN (2024) R *for language*, 2 hr. 21 min. *Period Drama, Biography, Music*

Cast: Timothee Chalamet, Edward Norton, & Elle Fanning

In 1961, an unknown 19-year-old Bob Dylan arrives in New York City with his guitar and forges relationships with musical icons on his meteoric rise, culminating in a groundbreaking performance that reverberates around the world.

THURSDAY: Aug. 13

ORDINARY ANGELS (2023) PG, 1 hr. 58 min. *Drama, Biography*

Cast: Hilary Swank, Alan Ritchson, & Emily Mitchell

A fierce but directionless hairdresser discovers a renewed sense of purpose when she meets a widower working hard to pay for his daughter's life-saving liver transplant. Inspired by a true story.

FRIDAY: Aug. 14

KINDERGARTEN COP (1990) PG-13, 1 hr. 51 min. *Action, Comedy, Cop Drama*

Cast: Arnold Schwarzenegger, Penelope Ann Miller, & Pamela Reed

A tough cop must pose as a kindergarten teacher in order to locate a dangerous criminal's ex-wife, who may hold the key to putting him behind bars.

SATURDAY: Aug. 15

THE BEE MOVIE (2007) PG, 1 hr. 31 min. *Animal Adventure, Buddy Comedy*

Cast: Jerry Seinfeld, Renee Zellweger, & Matthew Broderick

Barry B. Benson, a bee just graduated from college, is disillusioned at his lone career choice: making honey. On a special trip outside the hive, Barry's life is saved by Vanessa, a florist in New York City. As their relationship blossoms, he discovers humans actually steal and eat honey and subsequently decides to sue them.