



MEADOWLARK

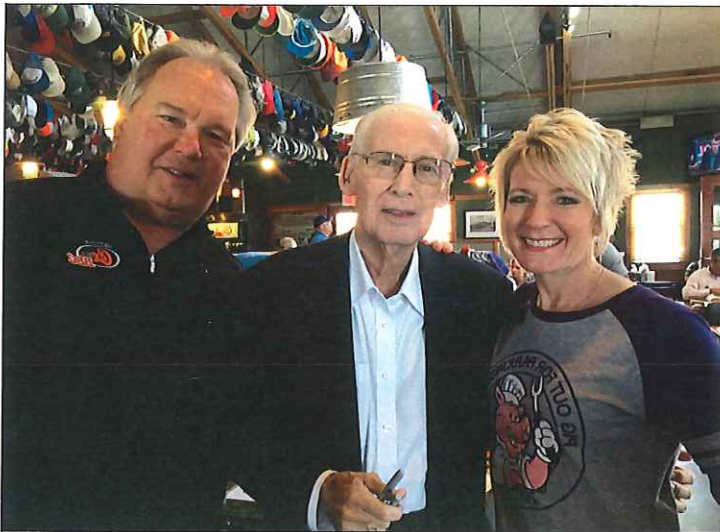
Messenger

May 4, 2017
Manhattan, Kansas
Editor-in-Chief: Hether Birchmeier

*A local not-for-profit organization
enhancing senior lifestyles*

Pig Out for Parkinson's Event a Huge Success!

submitted by Michelle Haub



\$2 Pork Sliders-Coach Bill Snyder-Education about Parkinson's Disease-Jordy Nelson Pro Bowl Raffle-BBQ Feast Buffet-Great Sponsors-Bryton Stoll Music-Beer Garden

These were all components of the 7th Annual Pig Out for Parkinson's event on Thursday, April 27 at Cox Bros BBQ. The day and night were filled with many guests enjoying the best BBQ in town, while helping to raise awareness for the free services provided by the Meadowlark Parkinson's Program to those in the Flint Hills affected by Parkinson's Disease. Since the first ever Pig Out, the main mission of this event has been outreach—this was accomplished again in 2017. A few newly diagnosed individuals came to the Pig Out to check out the scene and are now looking forward to learning and getting more involved with others who are living with this neurologic, degenerative, progressive disease. The environment of the Pig Out allows people a non-threatening opportunity to be with others with PD in a social setting which often helps people feel more comfortable. I have had the opportunity to visit with numerous individuals struggling with their diagnosis and scared of the future. Because of Pig Out, these individuals went outside of their comfort zones and were embraced in the Meadowlark Parkinson's Program. Years later, they are now volunteering their

time to help at Pig Out and reach out to those new individuals with PD—welcoming them into the Program.

This year marked the best fundraising benefits for the program. Thanks to the generosity of Green Bay Packer Jordy Nelson, 5,000 raffle tickets were sold to individuals wanting a chance to win his autographed Pro Bowl Jersey prior to the 8:50pm drawing at Cox Bros. These ticket sales provided almost \$4,000 for the program. Linda Collins of Manhattan was the lucky winner of the jersey which included a hand-crafted rotating glass display.

Thank you to everyone who purchased or helped to sell tickets! I want to say a special thank you to Shannon, Community Relations Intern, for all of her hard work, dedication and attention to details which significantly helped Becky and me with this event. I couldn't have asked for anything more—she was wonderful! Thank you also to the Meadowlark Ambassadors, Becky, Sarah, Hether & Monte and to those affected by PD who all gave of their time to ensure the day was a success! Thank you also to each and every one of you that donated or ate Cox Bros BBQ to help support the Meadowlark Parkinson's Program! I had a great time and am so grateful for Bud & Bobby Cox, all our sponsors, and all of you-- what a wonderful year it was!! And now we are on to the Speedy PD Race for Parkinson's...August 26th!



UPCOMING EVENTS & ANNOUNCEMENTS

Meadowlark Singers

Friday, May 5, at 7 p.m.

Join the Meadowlark Hills Singers and Choir Director, Michael Oldfather, for their annual Spring performance Friday, May 5, at 7 p.m. in the Community Room. What better way to bring in spring than with song!

Kentucky Derby

Saturday, May 6

Prairie Star will be opening for dinner at 4 p.m. on Saturday, May 6 in honor of the Kentucky Derby! If you purchase the Kentucky Derby dinner special, seen to the right, you will automatically receive a ticket with the name of one of the Derby horses on it. If your horse comes in 1st or 2nd, you will win a special prize!

There will be a showing of the race in the Game Room on May 6. The race will begin at 5:34 p.m. so make sure to get your dinner special early and pick your seat in the Game Room!

Verna Belle's Café New Hours

There is an ongoing discussion on extending the hours for Verna Belle's Café. Stay tuned for possible amended hours.



Kentucky Derby
 Saturday, May 6
 Prairie Star Dinner Special
 \$15 per person
Appetizer
 Hot Brown Tart
Salad
 Strawberry Spinach Salad
Entree
 Braised Brisket
 with Bourbon Peach Glaze
 Corn Pudding
 Braised Swiss Chard
 Mashed Sweet Potatoes
Dessert
 Run for the Roses Pie
 Homemade Bourbon Ice Cream

Lunch Specials May 8 – May 12

Hours: Monday—Friday, 7 a.m. to 4 p.m.

NEW: Saturday—Sunday, 7 a.m. to 11 a.m.

Verna
Belle's
Café
Since 2009

- | | |
|--|----------------------|
| Monday, May 8 – BBQ Chicken Panini with Side
(Shredded chicken, BBQ sauce and Swiss cheese on toasted Italian bread) | \$3.75/\$5.50 |
| Tuesday, May 9 – Buffalo Chicken Wrap with Macaroni Salad
(Breaded chicken tenders, mild buffalo sauce, lettuce, tomato and ranch dressing in a flavored tortilla) | \$3.75/\$5.50 |
| Wednesday, May 10 – Street Taco with Fruit Salad
(Shredded pork, cheddar cheese, coleslaw and avocado dressing on a mini flour tortilla) | \$3.75/\$5.50 |
| Thursday, May 11 – Bacon and Tomato Grilled Cheese with Side
(Bacon, tomato, American and cheddar cheese on toasted wheatnerry or Italian bread) | \$3.75/\$5.50 |
| Friday, May 12 – Grilled Chicken Sandwich with Melon Salad
(Grilled chicken, Swiss cheese, lettuce, tomato and roasted garlic aioli on a butter toasted bun) | \$3.75/\$5.50 |

UPCOMING EVENTS & ANNOUNCEMENTS

Music Recital

Come join Nancy B and her students as they perform in the Community Room on Sunday, May 7, at 3 p.m. Open to all residents. Refreshments will be served.

Bingo Location Changed

Monday, May 8, at 7 p.m.

Community Bingo will be held in the KSU Classroom on Monday, May 8 due to a dinner in the Community Room.

Bison Legislation Celebrated

Tuesday, May 9

President Obama signed the National Bison Legacy Act on May 9, 2016, making the North American bison the official National Mammal of the United States. The signing of that legislation was a milestone for an animal that once faced extinction.

To commemorate this event, Meadowlark has a number of activities planned. Prairie Star Restaurant and Verna Belle's Café will have a special menu along with the Pub where they will be serving Buffalo Trace and Buffalo Sweat. Duane Miksch will have some items on display as well as centerpieces throughout campus. *Dances with Wolves* will be playing in the cinema. There will be a themed Coffee Corner to celebrate as well.

Rasmussen Pool Tournament

It's that time again! Register for our Semi-Annual Pool Tournament that will start on Wednesday, May 10.

This year we are doing things a little different. We will have a women's only bracket and a men's only bracket, with the winners of each bracket facing off to determine the ultimate champion.

Sign-up in the Billiards Parlor starting Friday, May 5, through Tuesday, May 9. Look for the bracket to be displayed Wednesday morning, May 10 with rules of tournament play. If you have any questions, contact the Resident Services Leader, Monte Spiller at (785) 323-3801.

May Focus Group

Thursday, May 11, at 10 a.m.

The Focus Group scheduled for May will once again spotlight a staff member. The staff attendee will be Payroll and Benefits Coordinator, Mindy Downey. The Focus group will be at 10 a.m. May 11, in the KSU Classroom.

Ladies Luncheon

Thursday, May 11, at 12:30 p.m.

The May program will be a presentation by Alana Parker, Creator of Design at the Riley County Historical Museum, who will talk about AQ Little Known Historical Treasure on the K-State Campus.

Lunch will include chicken, pecan and wild rice salad, fresh seasonal fruit, hot rolls and lemon tart.

The luncheon will be held in the Manhattan Room on Thursday, May 11, at 12:30 p.m. Please sign up in the Blue Book if you plan to attend.

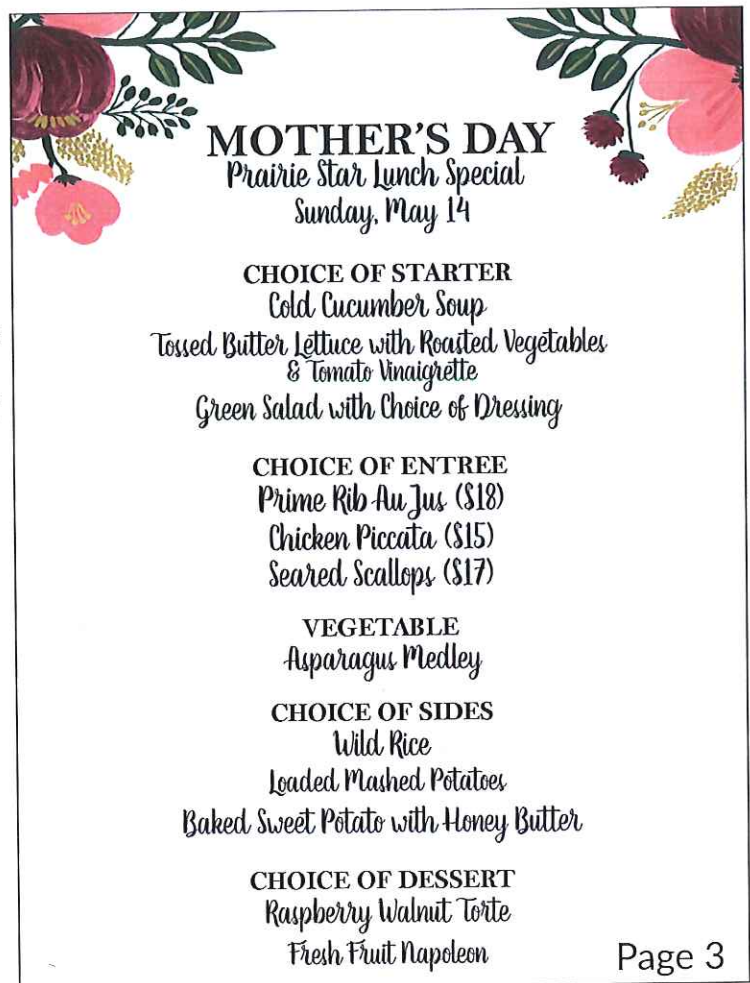
Mother's Day Lunch

Sunday, May 14

Mother's Day is fast approaching and we have the perfect lunch planned for a stress-free day! Prairie Star will have a Mother's Day Lunch Special that can be customized to your preferences.

As you can see below, you will have the option to choose a starter, entrée, side, and dessert. Cost of the meal will depend on the entrée you choose.

There will be two seating for Mother's Day: one 11 a.m. and 1 p.m. Make sure to reserve your spot in Prairie Star by Friday, May 12. We hope to see you there!



MOTHER'S DAY
Prairie Star Lunch Special
Sunday, May 14

CHOICE OF STARTER
Cold Cucumber Soup
Tossed Butter Lettuce with Roasted Vegetables & Tomato Vinaigrette
Green Salad with Choice of Dressing

CHOICE OF ENTREE
Prime Rib Au Jus (\$18)
Chicken Piccata (\$15)
Seared Scallops (\$17)

VEGETABLE
Asparagus Medley

CHOICE OF SIDES
Wild Rice
Loaded Mashed Potatoes
Baked Sweet Potato with Honey Butter

CHOICE OF DESSERT
Raspberry Walnut Torte
Fresh Fruit Napoleon

UPCOMING EVENTS & ANNOUNCEMENTS

Kansas State University Anthropology Students

Friday, May 12, at 7 p.m.

The semester has flown by and now is the time to see what the students have been working on. The K-State Anthropology Students invite you to watch the premiere of their final video projects. It has been a joy having these young people on campus for the past few months, we highly encourage you to come out on Friday, May 12, at 7 p.m. in the Community Room.

Fraud Watch Talk

Tuesday, May 16, at 1 p.m.

On Tuesday, May 16, at 1 p.m. in the Community Room, Meadowlark welcomes John Bahre. John will be presenting on different types of fraud and what to look for when those situations arise. John is retired from the State of Kansas where he worked for 33 years. He began his state employment with the water testing laboratory at the Kansas Department of Health and Environment. From there, he moved to the health microbiology lab where he spent 25 years as the State Parasitologist. Prior to his work for the State of Kansas, John taught chemistry, physics and earth science at Silver Lake High School. John has been an active AARP volunteer for two years and is the lead volunteer for the AARP Fraud Watch Network in Kansas. He and his wife, Judy, currently reside in Topeka. Meadowlark residents are no strangers to different types of frauds and scams, so your attendance is highly recommended.

Nelson's Landing

Wednesday, May 17, at 11 a.m.

Join us as we travel to Leonardville, Kansas on Wednesday, May 17 to enjoy a delicious lunch at Nelson's Landing.

It is known for its outstanding food including some of the best pies you will ever taste! Nelson's Landing is owned and operated by the mother of Kansas State great, Jordy Nelson, along with help from the rest of her family.

We will depart from the village entrance at 11 a.m. Cost for transportation is \$7 and a sign-up sheet is available in the Blue Book at the Hospitality Desk. You will be responsible for your own lunch.

Artist Jo Schwartz

Friday, May 19, at 7 p.m.

On Friday, May 19, Meadowlark is in for a treat! We welcome professional pyrography artist and Kansan Native, Jo Schwartz. What first started as a hobby has now become an artist's passion! Jo is known world-wide for her pyrography and has sold artwork across the globe. She has been contacted by individuals in several countries for private lessons. In fact, Jo was the first person to teach pyrography at the McMurdo Station in Antarctica. Jo prefers burning on various types of wood- recycling some from a local cabinet shop. Because each piece of wood has its own unique texture, grain and hardness, no two pieces of artwork are ever the same. Jo will be on hand discussing some of her pieces and explaining what goes into pyrography at 7 p.m. in the Community Room.

Church Ladies

Friday, May 26, at 7 p.m.

On Friday, May 26, Meadowlark Hills welcomes *The Church Ladies*. They are a harmony based acoustic trio made up of Mary Louise Stahl (daughter of a Presbyterian minister), Joan Nelson (Presbyterian Church secretary), and Kati Collins (Associate Pastor at First Presbyterian). So they really are Church Ladies! They will be performing in the Community Room at 7 p.m.

Summerfest

Friday, June 2, at 5 p.m.

Meadowlark Hills invites you and your family to our annual community block party, Summerfest!

Summerfest is Meadowlark Hills' annual kick-off to summer, so what better way to welcome summer than to attend this fun-filled bash!

All residents, staff, families, Passport members and board members are welcome to attend.

Summerfest will begin at 5 p.m. Friday, June 2. This yearly free event features a cook-out, beer garden, inflatables, games and live entertainment by Dillon Ray. The cookout will start at 5 p.m. and Dillon will be performing from 6 to 8 p.m.

We look forward to seeing you all there!

Meadowlark Wellness Olympiad 2017

Update: Week 4 & Week 5

Just two more weeks to go and teams still have plenty of opportunities to score points! Remember to keep tracking your physical activity and healthy eating choices on your tracking sheets and turn them in to the Hospitality Desk or Caul Fitness Center by 5 p.m. on Tuesday.

Get ready to test your strength in this week's **Arm Curl Test** challenge! It will take place Tuesday, May 9 from 2:30 to 4 p.m. in the KSU Classroom. Everyone will have 30 seconds to complete as many arm curls as you can do. Employees will be using 20lbs for men and 10lbs for females. Residents will be using 8lbs for men and 5lbs for females. Every curl gives your team 1 point! The **Ping-Pong Relay** will be held on Friday, May 12 from 3 to 5 p.m. in the Community Room. Be sure to sign your team up for a time slot in the Blue Book located at the Hospitality Desk. This challenge will test multiple abilities! It is a fun way to challenge your balance, speed, agility and teamwork! While it is encouraged for your whole team to participate, it is not necessary, so don't be afraid to come by yourself or one man down! Don't forget about the Wii Bowling challenge tomorrow, May 5, from 2:30 to 4 p.m. in the KSU Classroom. Each participant will get 2 practice frames, before completing 5 frames. You will earn 1 point for every pin knocked down in those 5 frames.

The May 10 Seminar will be led by Jeff at 2 p.m. in the KSU Classroom. He will be discussing exercises that have been known to help brain health. The group walks will be Wednesday, May 10, at 1 p.m. and Thursday, May 11, at 4 p.m., meeting at the Village Entrance. If you have any questions, contact Jeff Heidbreder at (785)341-2995 or stop by the Caul Fitness Center.

Parkinson's Pamphlet and Video

I Have Parkinson's Disease?! What Now?! pamphlet and video are now available written by Don Rasmussen.

Both are available on Meadowlark Hills website, www.meadowlark.org. To view both, click on "area services."

If you wish to have a personal copy for future reference or interaction with persons with Parkinson's, you can copy them from the site or find an inventory in the game room. Don only asks that if you no longer want the copy, please return it to the game room or place in mailbox number 1.

OUTDOOR ENCOUNTERS

Submitted by Nathan Bolls

Plants also have histories, and some of them are spectacular. During the next 2-3 months I hope to make a short exploration into the medicinal uses humans have made of certain plants. Some of them, e.g., the **western yarrow** prairie wildflower have had a significant impact upon human life. The western yarrow, mentioned in last month's OE article, found in our MLH prairie, and which begins blooming in early or mid-summer, is a member of a famous plant group. One or another species from this group can be found in prairies, meadows, and open woods on all northern continents. Two field guides containing photos and descriptions of the plants discussed soon will be in our MLH Library.

The use of yarrows by humans truly is historic: the generic name for the group, *Achillea*, is based on the legend that the great Greek warrior, Achilles used it to treat battle wounds. Yarrow was a popular medicine in Europe through the ages. The *Gerarde herbal*, printed in 1636, stated that the leaves of the yarrow "do close up wounds and keepe them from inflammation: it staunches blood in any part of the body." "Most men say that the leaves chewed, and especially greene, are a remedy for the tooth-ache." In his 1830 *Medical Flora or Manual of Medical Botany of the United States*, Constantine Rafinesque stated that the yarrow is a good remedy for hemorrhoids, dysentery, hemotysis, menstrual afflictions, wounds, cancer and hypochondria. Charles Millsbaugh, in his 1892 *Medicinal Plants*, gave a detailed recipe for preparation of the whole green plant and stated that it was a good treatment for a "variety of common ailments."

In his 2005 book, *Wildflowers and Grasses of Kansas*, Michael John Haddock wrote that Indians used yarrow for many ailments including coughs, colds, throat irritations, toothaches, respiratory diseases, and to treat wounds and stop bleeding. In his *Medicinal Wild Plants of the Prairie*, 1992, Kelly Kindscher states that "yarrow has been used in a wide variety of medicinal treatments by at least 58 different Indian tribes." Kindscher further states that most uses by Indians were identical to those in Europe, with the most common being to treat coughs, throat infections, and to stop bleeding. Settlers out on the American prairies surely either brought this information with them or borrowed treatment methods from neighboring Indian tribes.

To tweak the term "medicinal" just a bit, I will add that Kindscher also mentions that the famous Swedish botanist, Linnaeus, noted that the Swedes used yarrow instead of hops to brew beer and considered the beer thus brewed to be more intoxicating. As Benjamin Franklin once remarked: "... every knack being capable of improvement."

IL RESIDENT COUNCIL MINUTES

April 3, 2017

Members present: Sandra Emley, Jean Beatty, Bob Crawford, Nyle Larson, Betty Love, Pat Vogt, Jo Call, Marilyn Ray, Polly Ferrell, Jo Lyle, Janice Parsons, Ivan Tompkins, Bea Rasmussen and Sharon Smith

Staff present: Lonnie Baker, Jayme Minton and Monte Spiller

Sandra welcomed all meeting attendees.

Updates:

Welcome: Sandra Emley officially welcomed Betty Love as the new First Floor Representative. Other floor representatives in attendance took time to introduce themselves to Betty.

General Update: Lonnie explained Meadowlark continues to watch happenings on the government side of things. Currently, there is not a lot of shakeup and we remain hopeful to see some regulatory relief. At this point there are no changes, but there is a potential for budget cuts on the federal level. On the state level, the Medicaid cuts we saw last year were voted to be restored for this year, but were vetoed by the Governor. They are on a 30 day hold pattern to see if they can rally enough votes to overturn the veto.

We will continue to focus on ways to keep the census of Meadowlark consistent and growing. Unfortunately looking at census numbers currently, with the regulatory environment being the way it is, we have to be extremely cautious on who we accept in our licensed area. As it stands in some situations, we have to turn away persons that in the past we would have accepted. We are being proactive at looking for ways to offset the decrease in reimbursement that we are seeing due to the changes to the regulations. With the renovation to Verna Belle's we are still working through the engineering side to have a complete understanding of the total cost, before finalizing plans.

Floor Updates: Marilyn Ray reported on behalf of the 3rd floor. There are currently 32 residents with 10 couples among that number. They normally have a wonderful turnout at their floor supper. They take pride in the fact they check on one another on a consistent basis which is very welcomed on their floor. Marilyn also expressed, the 3rd Floor appears to be a favorite location for individuals that walk for exercise as the floor provides a resting area in the hallway. She finished up stating "they would like more art hung in the hallways."

Polly Ferrell reported on behalf of the 4th floor. There are only 18 apartments on the 4th floor. They have 11 one bedroom apartments, 5 two bedrooms and 2 studio apartments with three of them being vacant. There are currently 19 residents on the floor. Being a smaller group allows them to have "table talk" at their floor suppers, giving each resident an opportunity to share a personal story on the topic of the evening. The 4th floor also has a laundry schedule where residents are able to sign up for a reserved time to help keep availability open for the laundry room

usage. Polly finished her report expressing the 4th Floor continues to work on ways to make sure all residents on their floor feel safe and they work as a group to help keep in contact with all on a daily basis if possible.

Approval of February Minutes:

Motion to approve minutes was moved and passed with corrections.

New Business:

1. N/A

Old Business:

1. An inquiry about the possibility of water warming stations being installed in certain residencies was brought up. Lonnie explained the likeness of that happening was slim as the overall cost to install and maintain the stations, would greatly outweigh the use of water allowed to let it warm from the current hot water heater. It was later explained after reaching out to Mike Davis, Maintenance Leader, if we were to go with a warming station, it would be very costly. The station is a water loop circulatory system that could be used, but would have to vacate residents for an extended period as the need to tear out walls to go in to install and create the loops.

2. Polly Ferrell inquired about the new grocery carts and storage of them. Concern was expressed; since the new carts and the old carts varied in style at the base it would cause problems for proper storage. Monte explained the new carts and the old carts had been divided up, with the older carts being stored by the community room and the newer ones underneath the stairs near the west entrance. We will continue to monitor the situation to see if it works.

Additional Topics:

1. A request to have trees trimmed along the cottages near the Kimball Street entrance was made by a council member. Meadowlark recently made the decision to have an annual walkthrough of the entire campus by our tree trimmer. They will be coming out very soon and looking at the trees mostly around residences as a safety precaution and cosmetic purposes. For any extensive trimming outside of the immediate purpose of the tree trimmer, it is suggested to put in a work order detailing the request.

2. Janice Parsons thanked staff for moving the two vehicles that were parked in the circle. The topic of parking came up and it was explained Meadowlark is diligently working on looking at solutions to create more parking at different locations on campus.

TOWN MEETING MINUTES

May 1, 2017

Welcome & Introduction, Monte Spiller

Monte welcomed the Town Meeting attendees.

Campus Update, Lonnie Baker

With the goal in mind to keep rates stable, there will be some shifting in personnel duties. Tracy Musselman, Lonnie's Executive Assistant, will be leaving and the position will not be filled. Sarah Duggan, Community Relations Director, will be taking the position's duties, as well as, continuing handling all marketing for Meadowlark and overseeing the Memory and Parkinson's Program. Jayme Minton will add Home Health, Fitness Services and the Physicians Office to her duties!

Tracy thanked all the residents for "teaching her how to grow old." Lonnie announced there will be a farewell party for Tracy on May 18.

Support Services Update, Jayme Minton

Jayme has been receiving helpful feedback on carpet and paint selections on the renovation board. The renovation will be done at night and carpet squares will be used in replacing carpet.

Jayme announced the pub will be closed on May 11 and 12 as the new floor will be laid. Beer and wine will be available in Prairie Star Restaurant at dinner on those days.

Dementia Care Partners Update, Bridget Larkin

Bridget spoke on the upcoming 4 part series for family caregivers and friends who care for individuals with Alzheimer's disease or a related dementia. It will be held at the Manhattan Library from June 5 to June 26.

Legacy Society, Grow Green & Grants for MHK, Becky Fitzgerald

Becky announced that Meadowlark received a grant from the Greater Manhattan Community for a fall prevention program. Jeff Heidbreder, Fitness Instructor, will become certified and will kick off the program in September.

She also was excited to announce that for Grow Green Match Day, Meadowlark received \$18,735 which will go into our Good Samaritan fund.

The Legacy Society Banquet will be held on May 15 and four awards will be presented to four of our Residents.

Memory Symposium & Parkinson's Program Updates, Michelle Haub

Michelle thanked everyone for their support and help with Pig Out for Parkinson's. \$4,000 was made on raffle ticket sales with Linda Collins winning the jersey. \$1,500 was raised from donations. She reminded attendees that all the proceeds would go back into the program to continue to provide free services to those in the Flint Hills area affected by Parkinson's disease.

She also announced that the Memory Program received a grant from United Way to ensure services with those in the area that are dealing with dementia and Alzheimer's.

Updates/Events/Announcements, Monte Spiller

Monte listed a number of events coming up available to residents. Please refer to the Messenger for more information.

Symphony in the Flint Hills

Saturday, June 10th

We will be taking a group to the 12th Anniversary of Symphony in the Flint Hills on Saturday, June 10.

We will travel to the Deer Horn Ranch in Geary County, where they will continue their tradition of stories, art, music and magic under the prairie sky. They will also commemorate the 150th Anniversary of the Chisholm Trail with special

guest, western song artist Michael Martin Murphey.

The package price offered, which includes a ticket, reserved seat and transportation will be \$114. You can register for this event by signing up in the Blue Book, located at the Hospitality Desk. Residents, Passport Members, board members and their friends and families are welcome. Monte Spiller and Becky Fitzgerald are expected to serve as staff escorts. If you have questions, please contact Monte at 323-3801.

PRAIRIE★STAR

RESTAURANT

Monday to Saturday, 10:30 to 8 p.m.
Sunday, 10:30 a.m. to 7 p.m.

May 7 - May 13

Includes beverage, starter and dessert.

A minimum of one hour notice is required for reservations. The restaurant can accept up to four reservations per time, depending on party size. Reservations can be made in person or by calling 323-3820.1

SUNDAY	May 7 ~ Lunch \$12	Dinner \$11
	Chicken Fried Chicken Mashed Potatoes and Gravy Vegetable of the Day	Steamed Polish Sausage Fried Potatoes Vegetable of the Day
MONDAY	May 8 ~ Lunch \$10	Dinner \$11
	Italian Sausage Fettucine Garlic Toast Vegetable of the Day	Ham Loaf Au Gratin Potatoes Vegetable of the Day
TUESDAY	May 9 ~ Lunch \$8	Dinner \$14
	Fajita Bar (does not include drink, starter or dessert)	Bison Burger French Fries Vegetable of the Day
WED.	May 10 ~ Lunch \$10	Dinner \$12
	Salmon Cakes Rice Choice of Vegetable	Chicken Cordon Bleu Supreme Sauce Mixed Grains Vegetable of the Day
THURS.	May 11 ~ Lunch \$7	Dinner \$13
	Pasta Bar (does not include drink, starter or dessert)	Swiss Steak Mashed Potatoes and Gravy Vegetable of the Day
FRIDAY	May 12 ~ Lunch \$10	Dinner \$14
	Catfish Po Boy French Fries Cole Slaw	Baked Cod with Shallot Crust Asparagus Sauce Roasted Yukon Gold Potatoes
SAT.	May 13 ~ Lunch \$10	Dinner \$15
	Fog City Macaroni Choice of Vegetable	Steak Night Baked Potato Vegetable of the Day

*You may substitute an extra vegetable for the starch on any special for no additional charge.

Grosh Cinema Movies

Sunday, May 7 - Saturday, May 13

Show Times: 1, 4 and 7 p.m., Monday – Saturday

2 and 6 p.m., Sunday

Sunday, May 7 – The Secret Life of Pets (2016)

After ending up in the outside world, two squabbling pet dogs find common ground against a gang of angry animals preparing an attack on humans.

Co-Starring: Louis C.K., Eric Stonestreet & Kevin Hart

Rated PG; 1 hr. 26 min.

Monday, May 8 – La La Land (2016)

While pursuing showbiz fame, jazz pianist Sebastian falls for aspiring actress Mia, and the two embark on an intense love affair.

Co-Starring: Ryan Gosling, Emma Stone & John Legend

Rated PG-13; 2 hrs. 8 min.

Tuesday, May 9 – Dances with Wolves (1990)

Wounded Civil War soldier John Dunbar tries to commit suicide—and becomes a hero instead. As a reward, he's assigned to his dream post, a remote junction on the Western frontier.

Co-Starring: Kevin Costner, Mary McDonnell & Rodney Grant

Rated PG-13; 3 hrs. 1 min.

Wednesday, May 10 – Larry Crowne (2011)

Laid off from his longtime job at a soulless retail giant, an average middle-aged guy heads back to college, where he finds romance with a professor.

Co-Starring: Tom Hanks, Julia Roberts & Bryan Cranston

Rated PG-13; 1 hr. 38 min.

Thursday, May 11 – A Tale of Love and Darkness (2015)

Based on the memoirs of author Amos Oz, this poetic drama shares his family's tale of suffering a survival in the early years of independent Israel.

Co-Starring: Natalie Portman, Gilad Kahana & Amir Tessler

Rated PG-13; 1 hr. 38 min.

Friday, May 12 – Killers (2010)

When an elite assassin marries a beautiful computer whiz after a whirlwind romance, he gives up the gun and settles down with his new bride. That is, until he learns that someone from his past has put a contract out on his life.

Co-Starring: Ashton Kutcher, Katherine Heigl & Tom Selleck

Rated PG-13; 1 hr. 40 min.

Saturday, May 13 – Do Not Disturb (1965)

When Janet's businessman husband spends more time with his attractive secretary than with her, she invents a secret admirer.

Co-Starring: Doris Day, Rod Taylor & Hermione Baddeley

Not Rated; 1 hr. 42 min.

This Week's Opportunities May 7 - May 13

SUNDAY • MAY 7

Breakfast at Verna Belle's—Omelets with Fruit

9:00 a.m. ~ Miller Worship Service, MFR
10:00 a.m. ~ Worship Service, CR
2:00 p.m. ~ Wroten Worship Service, WL
3:00 p.m. ~ Music Students of Nancy B., CR
7:00 p.m. ~ Vespers, Rev Glenn Fogo from First United Methodist Church, CR

MONDAY • MAY 8

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

9:30 a.m. ~ Seated Strength, CR
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit & Be Fit, CR
11:30 a.m. ~ Meadowlark Valley Luncheon, LR
12:00 p.m. ~ Yoga, CR
12:00 p.m. ~ 1st Pres. Men's Luncheon, MR
1:00 p.m. ~ Blood Pressure Clinic, GR
1:15 p.m. ~ Parkinson's Exercise Class, CR
1:30 p.m. ~ Ladies Pool Table Time, BP
1:30 p.m. ~ Grief Support Group, TR
1:30 p.m. ~ Hearing Aid Doctor, CON
3:00 p.m. ~ MLH Singers Practice, CR
7:00 p.m. ~ Community Bingo, KSU CL

TUESDAY • MAY 9

Trash pick-up day

Breakfast at Verna Belle's—Breakfast Sandwich with Fruit

10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:00 p.m. ~ Seven Dolors Book Discussion, LR
1:30 p.m. ~ Culinary Corner, CR
2:30 p.m. ~ Wellness Olympiad Arm Curl Challenge, KSU CL
3:00 p.m. ~ Coffee Corner, CR
4:00 p.m. ~ Newspaper & Bible, LR
5:30 p.m. ~ 4th Floor Supper, MR

WEDNESDAY • MAY 10

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

9:00 a.m. ~ Building & Grounds Meeting, LR
9:30 a.m. ~ Seated Strength, CR
10:00 a.m. ~ Worship Service, LR
10:00 a.m. ~ Memory Activities Class, KSU CL
10:00 a.m. ~ Memory Café, CON
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit & Be Fit, CR
12:00 p.m. ~ Yoga, CR
1:00 p.m. ~ Wellness Olympiad Group Walk, VE
1:30 p.m. ~ Pitch, GR
1:30 p.m. ~ Collins Worship Service, CH
2:00 p.m. ~ Wellness Olympiad Seminar, KSU CL
3:00 p.m. ~ Call Hall Ice Cream, KR
3:00 p.m. ~ Rock Steady Boxing, CR
4:00 p.m. ~ Lutheran Video Worship Service, LR
6:30 p.m. ~ Artist Discussion with the Beach Museum of Art, KSU CL

THURSDAY • MAY 11

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

8:00 a.m. ~ Messenger Ladies, CON
10:00 a.m. ~ Meadowlark Bible Study, CON
10:00 a.m. ~ Great Decisions, LR
10:00 a.m. ~ Resident Focus Group, KSU CL
10:30 a.m. ~ Steady Yourself, CR
11:15 a.m. ~ Chair Yoga, CR
12:30 p.m. ~ Meadowlark Ladies' Luncheon, MR
1:00 p.m. ~ Blood Pressure Clinic, GR
2:30 p.m. ~ Gerontology Class, CR
4:00 p.m. ~ Wellness Olympiad Group Walk, VE

FRIDAY • MAY 12

Breakfast at Verna Belle's—Waffle or Pancake

9:30 a.m. ~ Seated Strength, CR
10:20 a.m. ~ Weights 101, CR
11:00 a.m. ~ Sit and Be Fit, CR
1:00 p.m. ~ Hand & Foot Card Games, GR
1:15 p.m. ~ Parkinson's Exercise Class, CR
1:15 p.m. ~ Parkinson's Care Partner Support Group, LR
3:00 p.m. ~ Wellness Olympiad Ping Pong Relay, CR
7:00 p.m. ~ Resident Program: Anthropology Students Presentation, CR

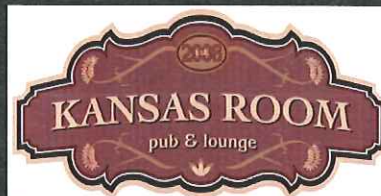
SATURDAY • MAY 13

Breakfast at Verna Belle's—Omelets with Fruit

9:00 a.m. ~ Rock Steady Boxing, CSC
9:30 a.m. ~ Painting for Fun, KSU CL

ROOM ABBREVIATIONS

BP, Billiards Parlor	LB, Library
CH, Collins House	LR, Living Room
CR, Community Room	MFR, Miller Friendship Rm
CON, Conference Room	MR, Manhattan Room
GR, Game Room	PS, Prairie Star Restaurant
GC, Grosh Cinema	TR, Tranquility Room
KR, Kansas Room (Pub)	VE, Village Entrance
KSU CL, KSU Classroom	WL, Wroten Library
PSP, Prairie Star Patio	CSC, Combative Sports Center
HD, Hospitality Desk	



April 30 to May 6

Rob Roy

1 oz. Glenlivet

1 oz. Sweet Vermouth

2 dashes Aromatic Bitters

Lemon Slice

\$3.75