

Meadowlark Wellness Olympiad, update

Annual wellness challenge in full swing

by Jeff Heidbreder

We are in week two and the competition is starting to heat up! Team scores are posted on the bulletin board in the Game Room. Participants should be tracking physical activity on the sheet labeled "Week 2" and they need to be turned in by Tuesday, April 24, at 5 p.m. Sheets can be turned in at the Hospitality Desk, Caul Fitness Center, or Monte's office.

Tomorrow, April 20, will be the Stations Challenge from 2 to 3 p.m. in the Community Room. Next week, Group Walks will take place on Monday and

Wednesday at Noon, leaving from the Village Entrance. Tuesday April 24 will be the Trivia Challenge from 2:30 to 3:30 p.m. in the KSU Classroom. The Jigsaw Puzzle Challenge will be held on Friday, April 27, from 2:30 to 4 p.m. in the South Conference Room. Teams will need to sign up for a ten-minute time slot and the sign-up sheet is located at the Hospitality Desk.

Challenge Winners: Team Chile was the winner of our Triathlon Challenge, completing the triathlon in 30 minutes.

Calling for Research Participants



What does living at Meadowlark Hills mean to you? Abby Molzer and Dr. Jeffrey Smith with the

Department of Geography at Kansas State University invite you to tell your story in conjunction with a research project.

Learn more about the project and what your role as a participant would be during an Orientation Meeting with Abby and Dr. Smith at 2 p.m. Thursday, May 3, in the West Conference Room.

For more information, please contact Abby at aimolzer@ksu.edu or by phone at (913) 302-1667. Dr. Smith can be reached (785) 851-8234.

It's a Boy!



Congratulations, Brook!

Brook and Dalton Marcotte welcomed a beautiful baby boy early this week! Baby Boy Marcotte was born at 4:55 a.m. Tuesday, April 17. He weighs 8 pounds, 3 ounces and measures 21.25 inches long.

Brook will bring baby to meet everyone for her Sip'n'See at 3 p.m. Tuesday, May 1, in the Community Room. You're invited to join Brook and baby for cake and party games. All are invited to attend. No gifts, please.

Spring Beckons

Submitted by Bill Swofford

Other than the beautiful sculpture at the Kimball entrance, have you spotted an Eastern Meadowlark on our campus? It's a wonderful time of the year to be outside to listen to an observe our feathered friends. A quiet moment on one of the many benches on the trails surrounding our campus will reward you with the sights and sounds of Spring.

And don't forget to look for the brown striped bird with a bright yellow breast crossed by a black "V" and listen for the "see-you-see-yeeer" whistle of our namesake bird.

Street repair work to begin 4/23

Starting Monday, April 23, a section of Meadowlark Road will be closed to traffic for concrete replacement. This will be the area of road just to the north of the circle drive at the main entrance and ending at the intersection next to the Meadowlark Community Garden. All traffic will be re-routed around the building. Weather permitting, the repair work is expected to last through the end of June. For everyone's safety, please stay clear of the construction area. The noise level in this area will likely increase during the replacement work. Thank you, in advance, for your cooperation.

Scam alert!

There is a scam circulating in the form of a phone call requesting you to go to Wal-Mart, pick-up a particular form and complete it with your information. The person on the phone will promise money and a new car for you to complete this task. This is a scam—do not follow the directions given.

Pedicures at Pizazz Salon

Pizazz Salon offers pedicures by appointment for \$25. The service includes a refreshing foot soak, toe nail trim and soothing lotion application. To schedule your pedicure, call Shannon at (785) 537-6189.

Haymakers

Friday, April 20, at 7 p.m.

On Friday, April 20, Meadowlark welcomes back the Haymakers! The Haymakers will be performing a variety of music, including traditional Kansas songs, old-time tunes, Bluegrass and Country songs from the '30s and '40s. Come on down to the Community Room at 7 p.m. Friday, April 20, and enjoy a performance by the Haymakers!

Concert at Hale Library

Friday, April 20, at 7:30 p.m.

You're invited to Hale Library to enjoy a concert titled *A Tribute to Leonard Bernstein*.

The concert will begin at 7:30 p.m. Friday, April 20, in the Hale Library Hemisphere Room. There will be free transportation provided to and from Meadowlark and Hale Library. If you would like to attend, please contact Darchelle

Martin for tickets at 532-7442. The free transportation can be reserved in the Blue Book at the Hospitality Desk.

Vespers Services

Sunday, April 22, at 7 p.m.

The Vespers services will be led by Steve LaFever, Musical Director from First Baptist Church. Vespers service will begin at 7 p.m. Sunday, April 22, in the Community Room. All are welcome.

Emily's Feature Dessert

Tuesday, April 24, at 3 p.m.

Emily's Feature Dessert for Coffee Corner Tuesday, April 24, is Bailey's Cheesecake. Join the afternoon coffee group in the Community Room to enjoy this delicious dessert!

Change & Loss Series

Wednesday, April 25, at 2 p.m.

The topic for the meeting scheduled for 2 p.m. Wednesday, April 25, is *Embrace the Uniqueness for Your Grief*. All who are interested are invited to join Social Services Leader Bridget Larkin, Chaplain Patty Brown-Barnett, D.Min., and Social Work Intern Ebonie Christion in The Change & Loss Series. Together they hope to provide a supportive environment for finding hope and healing in a safe place.

ArtFul Memories

Wednesday, April 25, at 10 a.m.

Memory Café and Memory Activities Class (MAC) are joining together with the Marianna Kistler Beach Museum of Art for Artful Memories Class from 10 to 11 a.m. Wednesday, April 25, in the KSU Classroom.

During this monthly session, the museum's Education Assistant, Kim Richards, will conduct a session of Artful Memories by showing the group three pieces of art.

Family Caregiver Alliance Webinar

Wednesday, April 25, at 12:30 p.m.

You're invited to a Family Caregiver Alliance Webinar titled *Alzheimer's Disease & Spouse Caregiver Support: How to Keep the Glass Half Full*. In this webinar, we will identify the issues and challenges that confront the spouse/partner caregiver of a person living with dementia at each stage of the illness. Common themes will be highlighted and the importance for family

caregivers to appreciate and respect individual differences—as they chart the course of their caregiving journey—will be demonstrated.

The webinar will be held from 1 to 2 p.m. Wednesday, April 25, in the West Conference Room. Registration is not required and it is open to anyone who is interested.

Parkinson's Partners Luncheon

Friday, April 27, at 12 p.m.

Join the Parkinson's Partners Luncheon for a relaxing lunch from noon to 1 p.m. Friday, April 27, in the Community Room. Please sign up in the Blue Book by Monday, April 23. Cost is approximately \$9 per person.

Riley County WWII Veterans

Friday, April 27, at 7 p.m.

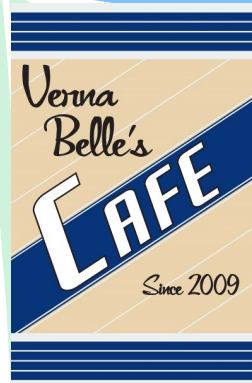
At 7 p.m. Friday, April 27, Meadowlark welcomes Jim Sharp to the Community Room. Jim will share the history of The Peace Memorial and the 101 servicemen who lost their lives in war.

Jim serves on the Board of Directors and as a honorary chair for the Friends of Peace Memorial Auditorium. The Peace Memorial Auditorium serves as a memorial which honors the 101 Riley County World War II veterans and the county's veterans of previous wars who paid the ultimate sacrifice. The Auditorium also serves the community's many needs, including the arts, athletics, and civic events in the Manhattan area.

Audrey Pickering & the MNTA

Saturday, April 28, at 2 p.m.

Meadowlark welcomes back Audrey Pickering and the Kansas State University National Music Teachers Association (MTNA) at 2 p.m. Saturday, April 28, in the Community Room. This Collegiate Chapter is a group that seeks to educate both teachers and students in the art of music making. The chapter will present a recital including piano, cello and violin. All who are interested are welcome to attend!



LUNCH SPECIALS

Monday to Friday, 7 a.m. to 4 p.m.
Saturday & Sunday, 7 to 11 a.m.

Monday, April 23

Meatloaf Sandwich with Choice of Side
meatloaf, mozzarella cheese & ketchup on toasted Italian bread
\$3.99 / \$5.99

Tuesday, April 24

Chicken Caesar Salad Wrap with Choice of Side
pulled chicken, parmesan cheese, croutons, lettuce & Caesar dressing in a flour tortilla
\$3.99 / \$5.99

Wednesday, April 25

Pizza Grilled Cheese with Choice of Side
pepperoni, pizza sauce, mozzarella cheese & basil on sourdough bread
\$3.99 / \$5.99

Thursday, April 26

Patty Melt with Choice of Side
grilled hamburger, swiss cheese, sautéed onions & thousand island dressing on toasted rye bread
\$3.99 / \$5.99

Friday, April 27

Chicago Dog with Baked Beans & Chips
grilled hot dog topped with onion, relish, pickle spear, tomatoes, pepperoncini peppers, mustard & celery salt on a poppy seed bun
\$3.99 / \$5.99

PRAIRIE STAR RESTAURANT

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

All specials include beverage, starter and dessert.
 An extra vegetable can be substituted for the starch at no additional charge.
 The restaurant can accept up to four reservation per time, depending on party size.
 Reservations can be made in person or by calling 323-3820.

SUNDAY	April 22 ~ Lunch \$12	Dinner \$11
	BBQ Chicken Au Gratin Potatoes Vegetable du Jour	Ham & Beans Cornbread Vegetable du Jour
MONDAY	April 23 ~ Lunch \$10	Dinner \$12
	Ham Loaf Roasted Red Potatoes Choice of Vegetable	Sautéed Apple Butter Pork Chops Roasted Red Potatoes Vegetable du Jour
TUESDAY	April 24 ~ Lunch \$7	Dinner \$14
	Taco Bar <i>(does not include drink, starter, or dessert)</i>	Shrimp Scampi Twice Baked Potato Vegetable du Jour
WED.	April 25 ~ Lunch \$10	Dinner \$13
	Meatball Hoagie French Fries Choice of Vegetable	Chicken Cordon Bleu <i>with Supreme Sauce</i> Wild Rice Vegetable du Jour
THURS.	April 26 ~ Lunch \$7	Dinner \$12
	Pizza Bar <i>(does not include drink, starter, or dessert)</i>	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
FRIDAY	April 27 ~ Lunch \$10	Dinner \$12
	White Clam Linguini Garlic Toast Choice of Vegetable	Roast Turkey <i>with Sausage Sage Dressing</i> Mashed Potatoes & Gravy Vegetable du Jour
SAT.	April 28 ~ Lunch \$10	Dinner \$15
	Hot Turkey Sandwich Mashed Potatoes & Gravy Choice of Vegetable	Steak Baked Potato Vegetable du Jour

DRINK SPECIAL | Negroni
 1 oz. Beefeater, 1 oz. Campari & 1 oz. Sweet Vermouth
 \$3.75

Grosh Cinema Movies

Sunday, April 22, to Saturday, April 28, 2018

Show Times: 1, 4 and 7 p.m., Monday – Saturday / 2 and 6 p.m., Sunday

Sunday, April 22 — Finding Dory (2016)

The friendly but forgetful blue tang fish, Dory, begins a search for her long-lost parents, and everyone learns a few things about the real meaning of family along the way.

Co-Starring: Ellen DeGeneres, Albert Brooks & Ed O'Neill

Rated PG; 1 hr. 37 min.

Monday, April 23 — The Imitation Game (2014)

During World War II, the English mathematical genius Alan Turing tries to crack the German Enigma code with help from fellow mathematicians.

Co-Starring: Benedict Cumberbatch, Keira Knightley & Matthew Goode

Rated PG-13; 1 hr. 54min.

Tuesday, April 24 — Pirates of the Caribbean: Dead Men Tell No Tale (2017)

Captain Jack Sparrow searches for the trident of Poseidon while being pursued by an undead sea captain and his crew.

Co-Starring: Johnny Depp, Geoffrey Rush & Javier Bardem

Rated PG-13; 2 hrs. 9 min.

Wednesday, April 25— Gifted (2017)

Frank's plans for a normal school life for Mary are foiled when the seven-year-old's mathematical abilities come to the attention of Frank's formidable mother Evelyn whose plans for her granddaughter threaten to separate Frank and Mary.

Co-Starring: Chris Evans, McKenna Grace & Lindsay Duncan

Rated PG-13; 1 hr. 41 min.

Thursday, April 26 – High Society (1956)

A spoiled heiress must choose between three suitors: her jazz musician ex-husband, a stuffy businessman, and an undercover tabloid reporter.

Co-Starring: Bing Crosby, Gracy Kelly & Frank Sinatra

Rated NR; 1 hr. 51 min.

Friday, April 27 – King Kong (2005)

In 1933 New York, an overly ambitious movie producer coerces his cast and hired ship crew to travel to the mysterious Skull Island, where they encounter Kong, a giant ape who is immediately smitten with leading lady Ann Darrow.

Co-Starring: Naomi Watts, Jack Black & Adrien Brody

Rated PG-13; 3 hrs. 7 min.

Saturday, April 28 – The Duchess (2008)

A chronicle of the life of 18th century aristocrat Georgiana, Duchess of Devonshire, who was reviled for her extravagant political and personal life.

Co-Starring: Keira Knightley, Ralph Fiennes & Dominic Cooper

Rated PG-13; 1 hr. 50 min.

Weekly Opportunities Calendar April 22- April 28

Sunday • April 22

Verna Belle's—Omelets with Fruit

- 9:30 a.m. ~ Miller Worship Service, MFR
- 10:30 a.m. ~ Worship Service, CR
- 2:00 p.m. ~ Wroten Worship Service, WL
- 7:00 p.m. ~ Vespers with Steve LaFever from First Baptist Church, CR

Monday • April 23

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
- 12:00 p.m. ~ Yoga, CR
- 12:00 p.m. ~ Group Walk, VE
- 12:00 p.m. ~ 1st Pres. Men's Luncheon, MR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 1:45 p.m. ~ Parkinson's Voice Class, CR
- 2:00 p.m. ~ Osher Class: True North, BFH
- 3:30 p.m. ~ MLH Singers Practice, CR
- 5:30 p.m. ~ Eastside supper, MR
- 6:00 p.m. ~ LEAP!, KSU CL
- 7:00 p.m. ~ Community Bingo, CR

Tuesday • April 24

Trash pick-up day

Breakfast at Verna Belle's—Breakfast Sandwich w/Fruit

- 9:30 a.m. ~ Literature of Aging, WCR
- 10:30 a.m. ~ Steady Yourself, CR
- 12:00 p.m. ~ Seven Dolors Book Discussion, FHR
- 2:30 p.m. ~ Wellness Olympiad Challenge, KSU CL
- 3:00 p.m. ~ Coffee Corner, CR
- 4:00 p.m. ~ Newspaper & Bible, FHR
- 5:30 p.m. ~ 3rd Floor Supper, CR

Wednesday • April 25

Breakfast at Verna Belle's—Breakfast Burrito with Fruit

- 9:30 a.m. ~ Seated Strength, CR
- 10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE
- 10:00 a.m. ~ Worship Service, FHR
- 10:00 a.m. ~ ArtFul Memories Class, KSU CL
- 10:20 a.m. ~ Weights 101, CR
- 11:00 a.m. ~ Sit & Be Fit, CR
- 12:00 p.m. ~ Yoga, CR
- 12:00 p.m. ~ Group Walk, VE
- 1:00 p.m. ~ Family Caregiver Alliance Webinar, WCR
- 1:00 p.m. ~ Pitch, GR
- 1:15 p.m. ~ Dr. Tran's Foot Clinic, CR
- 1:30 p.m. ~ Diabetic Support Group, KSU CL

- 2:00 p.m. ~ Change & Loss Series, SCR
- 3:00 p.m. ~ Rock Steady Boxing, KSU CL
- 3:00 p.m. ~ Rock Steady Boxing, CSC
- 3:00 p.m. ~ Call Hall Ice Cream, KR
- 3:00 p.m. ~ Unitarian Universalist Fellowship, MR
- 4:00 p.m. ~ Lutheran Video Worship Service, FHR
- 5:30 p.m. ~ 1st Floor Supper, FHR

Thursday • April 26

Breakfast at Verna Belle's—Biscuits & Sausage Gravy

- 8:30 a.m. ~ Messenger Team, WCR
- 9:30 a.m. ~ Literature of Aging, WCR
- 10:00 a.m. ~ Meadowlark Bible Study, FHR
- 10:30 a.m. ~ Steady Yourself, CR
- 11:15 a.m. ~ Chair Yoga, CR
- 1:00 p.m. ~ Blood Pressure & Responder Clinic, GR
- 2:30 p.m. ~ Gerontology Class, CR
- 2:00 p.m. ~ Stepping On, KSU CL
- 6:30 p.m. ~ Osher Class: Life & Teachings of Christ, CR

Friday • April 27

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 & Be Fit, CR
- 12:00 p.m. ~ Parkinson's Partners Luncheon, CR
- 1:00 p.m. ~ Hand & Foot Card Games, GR
- 1:00 p.m. ~ Parkinson's Exercise Class, CR
- 1:00 p.m. ~ Parkinson's Care Partner Support Grp, FHR
- 2:30 p.m. ~ Wellness Olympiad Challenge, SCR
- 2:30 p.m. ~ Rock Steady Boxing, CSC
- 7:00 p.m. ~ Riley County WWII Veterans, CR

Saturday • April 28

Breakfast at Verna Belle's—Omelets with fruit

- 9:30 a.m. ~ Painting for Fun, KSU CL
- 2:00 p.m. ~ Pickering Piano School, CR

Room Abbreviations

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

*Meadowlark News Channel can be viewed on Channel 1960