

## Deserved and Distinguished

*Don Rasmussen announced as candidate for Community Foundation Volunteer Award*

*by Michele Riter, Community Relations Assistant*

The Greater Manhattan Community Foundation recognize community members for their time, talent and treasure. Community Foundation Awards (CFAs) are awarded annually. Of the two Time Awards, the Distinguished Volunteer Award is given to a deserving candidate 50 years and older. Don Rasmussen, Meadowlark resident, is a finalist for the 2019 Distinguished Volunteer Award. The top three finalists were among nominees for their significant, positive impact on the organization or the community served. Other finalists include James Koelliker, Meadowlark Passport member, and Gary Bigley.

Don was nominated by Michelle Haub, Special Programs Leader, Becky Fitzgerald, Development Director, and William Riley Jr., Past Chair of International Acacia Fraternity Foundation. A qualification for the nomination that the person “has made a difference with their personal time by providing exemplary volunteer service.” Don has done just that.

Not only does Meadowlark currently benefit from Don’s involvement, but also future residents, staff and visitors are sure to feel the positive effects of his nearly 12 years of volunteerism. In 2009, Don was elected to Meadowlark’s Board of Trustees, serving for five years.

Don and his wife, Bea, have been great supporters for outdoor and recreational opportunities for the Meadowlark community. With financial and insightful contributions from Don, the walking trail, campus parking and pedestrian safety, fishing pond and other

various enhancements were made possible.

In 2004, Don was diagnosed with Parkinson’s disease (Pd), a progressive degenerative neurological disease that affects the central nervous system. Don is a champion of living well with Pd. In true altruistic nature, he is committed to the fight and advocate for those with Parkinson’s to live their fullest life by being active and learning about the disease.



Don leading the National Anthem at the 2018 Speedy Pd Race for Parkinson's disease

The service Don has offered reaches beyond Meadowlark and into the Manhattan and Flint Hill Community. Don actively has served on Meadowlark Parkinson’s Program Core Team for nine years and the Speedy Pd Race for Parkinson’s disease Planning Team

since the race’s inception 11 years ago. His volunteer efforts have helped the program reach more than 800 people every year, and raise almost \$400,000 to serve patients and caregivers living with the neurological condition that does not, yet, have a cure. Michelle Haub, described Don as having “genuine selflessness, organization, foresight and strong-willed determination. He is a man of honor, heart, and generosity.”

Don recognized that his diagnosis opened the door for promoting a positive philosophy of responding to life issues. This became his platform for presenting to and mentoring members of Acacia Fraternity. As an alumnus of Acacia Fraternity, Don has been a role model of personal integrity, professionalism and dedication for public service to current members.

The winners of the CFAs will be announced Monday, March 18, at the 6th annual Community Foundation Awards. “We hope to hear his name called out”, stated Becky Fitzgerald.

### **Mardi Gras Party—a success!**

Thank you to everyone who joined this week's Mardi Gras Party! Prairie Star Restaurant hosted and served a grand total of 56 people for the fun occasion. Be sure to read the Meadowlark Messenger each week for future opportunities for fun!

### **Resident Board Member Elections**

Nominations for a resident board member will be accepted through March 15. Nominations can be submitted to the Hospitality Desk or Monte Spiller.

The ballot will be announced later this month and candidates will be introduced at April's Town Meeting. Voting will occur in April. If you have questions regarding resident board member elections, please contact Monte Spiller at (785) 323-3801.

### **Project Update**

Looking outside at the weather its no surprise that progress has not been made on our two current campus projects, the courtyard and the fleet parking lot.

Our winter has been a crazy one! To date, the Environmental Services team has ordered over 55 pallets of ice melt. Each pallet weights 2,500 pounds making our total for the year roughly 140,000 pounds of ice melt. Thank you to all the Environmental Services team members for their hard work clearing the roads and sidewalks to allow for safe travel on our campus. We appreciate you!

### **Sushi 101**

*Friday, March 8, at 5 p.m.*

Hyunghwa "Rick" Oh is excited to bring to Meadowlark residents the art of making sushi Friday, March 8, at 5 p.m. in Verna Belle's Café. Rick will teach you how to make sushi and roll it. There will be four sushi rolls highlighted including the Philadelphia Roll, Grilled Eel Roll, Salmon Roll and Spicy Shrimp Roll. Supplies and space is limited. Please sign up in the Blue Book at the Hospitality Desk. This event is available at no cost. Residents who participate will be offered a gift card. For questions, call Monte Spiller at (785) 323-3801.

### **Wildflowers: Think Spring!**

*Friday, March 8, at 7 p.m.*

Join Dr. Valerie Wright for a presentation on wildflowers and about some of the favorite blooms you can see in the spring and throughout the year at 7 p.m. Friday, March 8, in the Community Room.

Dr. Wright is an Adjunct Professor in the Entomology Department, Kansas State University, and retired Education Director, Konza Prairie Biological Station. Teaching school children and the public about the tallgrass prairie has been her passion for more than 25 years. As a long-time board member of the Kansas Native Plant Society and past president, she has promoted the enjoyment and use of native plants in gardens and the conservation of native prairie in the Flint Hills.

### **Vespers Services**

*Sunday, March 10, at 7 p.m.*

The Vespers service will be led by Rev. Sandra Moore & "Cherub" Choir from College Ave. Methodist Church. Vespers service will begin at 7 p.m. Sunday, March 10, in the Community Room. All are welcome.

### **ARTful Making**

*Monday, March 11, at 11 a.m.*

Join the Meadowlark Memory Program for ARTful Making on Monday, March 11, at 11 a.m. in the KSU Classroom. Marianna Kistler with the Beach Museum of Art will lead the workshop. Together we will develop new skills and revisit old ones while engaging in various art making activities. No sign up is required, please come and go as you are available.

### **Contemporary God Talk**

*Monday, March 11, at 1:30 p.m.*

Do you want to engage in conversation about progressive Christian theology? Do you seek opportunity to think through questions of faith? A group is being formed just for this kind of dialogue.

Led by Meadowlark resident, Jim Reed, the group will have its first gathering from 1:30 to 2:30 p.m. Monday, March 11, in the KSU Classroom. The group will meet weekly for a month and then determine it's future. Only thing needed is an open mind and the discipline of sharing and listening. For questions, call Jim at (785) 341-7231.

### **Technology Assistance**

*Tuesday, March 12, at 10:45 a.m.*

Arthur Eby, a Meadowlark volunteer, will be available to answer questions and assist with phones, computers and other small tech devices. From 10:45 to 11:45 a.m. on Tuesdays, stop by the Flint Hills Room with any questions you may have.

### **Lobby Design Focus Group**

*Tuesday, March 12, at 2 p.m.*

Our main Village Entrance lobby is getting a new look! A designer will be available to hear from you! Share your opinions and interests for the main lobby design at a resident focus group Tuesday, March 2, at 2 p.m. in the Community Room. All are welcome to attend.

### **Coffee Corner—Feature Dessert!**

*Tuesday, March 12, at 3 p.m.*

Join us in the Community Room at 3 p.m. Tuesday, March 12, for a social hour. Verna Belle's Café featured dessert will be Rolo Carmel Brownies. All are welcome!

### **Associated Audiologists**

*Wednesday, March 13, at 1 p.m.*

Sarah Schotte, Au.D., FAAA, audiologist with Associated Audiologists can perform hearing screenings, hearing aid cleaning and maintenance, wax removal, state-of-the-art hearing aid technology and hearing assistive technology. Dr. Schotte will see patients in the West Conference Room from 1 to 5 p.m. Wednesday, March 13. To schedule an appointment with Dr. Schotte, please call (785) 539-7361.

### **Artist Profile Series**

*Wednesday, March 13, at 6:30 p.m.*

Join Kathrine Schlageck from the Marianna Kistler Beach Museum of Art for a artist profile presentation at 6:30 p.m. Wednesday, March 13, in the KSU Classroom. Her talk will be "Artist, Mentor, Teacher: The History of Early Visual Art Supporters in Kansas."

### **Resident Focus Group**

*Thursday, March 14, at 10 a.m.*

The March Resident Focus Group will highlight Kathleen Spearman, LMSW. Kathleen is a Social Worker for Meadowlark. Come to the KSU Classroom Thursday, March 14, at 10 a.m. to meet Kathleen.

### **Meadowlark Ladies Luncheon**

*Thursday, March 14, at 12 p.m.*

The ladies of Meadowlark are invited to attend a luncheon Thursday, March 14, at noon in the Manhattan Room. Lunch will cost approximately \$10. Please sign up in the Blue Book to attend.

### **Dental Clinic—by appointment only**

*Friday, March 15, at 8 a.m.*

360 Care will be at Meadowlark Friday, March 15, starting at 8 a.m. The dental clinic is by appointment only. For questions, contact Taylor Wheelock at (785) 323-3800.

### **Veteran's Group**

*Friday, March 15, at 10 a.m.*

The Veteran's Group will meet Friday, March 15, at 10 a.m. in the Grosh Cinema. All who are interested are welcome to attend.

### **Glenna and Mike Mann Magic's Show**

*Friday, March 15, at 7 p.m.*

Meadowlark welcomes back Glenda and Mike Mann Friday, March 15, at 7 p.m. in the Community Room. They are a husband and wife team with a unique profession. Combining illusions, ventriloquism, and comedy to entertain and inform. Glenna is a member of the International Brotherhood of Magicians, and has studied under some of the greatest magicians including Harry Blackstone Jr. She presents polished magical routines that quickly gain the attention of adults as well as children. Mike, the ventriloquist, humorously converses with different puppets. He not only performs comedy routines, but ad-libs throughout the program. His human ventriloquist routine turns anyone into a puppet. The Mann's programs are for the all ages. Come and enjoy this unique and original entertainment.

### **Trip to Beach Museum of Art & Lunch**

*Tuesday, March 19, at 9:45 a.m.*

We will be taking a day trip to the Beach Museum of Art located on Kansas State University's campus Tuesday, March 19. You will have the option to tour one or two great exhibits.

The first exhibit is "Two Presidents, One Photographer." The iconic photographs of Pete Souza are well known from his tenure as Chief Official White House Photographer for President Obama and President Reagan. Souza earned a

master's degree in journalism at Kansas State University. He is currently a freelance photographer in the Washington, D.C. area and professor emeritus of visual communication at Ohio University.

The second exhibit is *Celebrating Heroes: American Mural Studies of the 1930s and 1940s from the Steven and Susan Hirsch Collection*. The 1930s and 1940s were a golden age for murals in America when the everyday worker rose to the status of hero. Murals celebrating the work of miners, farmers, and other laborers covered walls in public buildings across the country. On loan from Frances Lehman Loeb Art Center, Vassar College.

We will then travel from the Beach Museum to Little Apple Brewery Company for lunch. A signup sheet is located in the Blue Book at the hospitality desk. Cost for transportation is \$3 and lunch is the responsibility for each resident. We will depart from the Village Entrance at 9:45 am.

### **Memory Matters Symposium**

**Thursday, March 21, at 5 p.m.**

Join Meadowlark Memory Program for an educational opportunity for those in the Flint Hills region Thursday, March 21, in the Ballroom at Holiday Inn at the Campus in Manhattan. The goal of Memory Matters Symposium is to provide outreach and education about dementia and Alzheimer's, while also helping to encourage engagement and understanding; ultimately helping to de-stigmatize cognitive decline/changes. No reservations are required to attend this free event and you welcome to come and go as your schedule allows.

Learn about local community resources and enjoy brain healthy appetizers starting at 5 p.m.

From 5:30 to 6:30 p.m., Dr. Eric D. Vidoni, Director of Outreach, Recruitment and Education Core for KU Alzheimer's Disease Center, will present on education about dementia and Alzheimer's, as well as explain current treatment options. He will also update the audience on regional and national research trials' impacts.

Sally King, MSW, LSCSW, LCSW (Licensed Clinical Social Worker - Missouri/Kansas) will expand on Dr. Vidoni's presentation in regards to how dementia/Alzheimer's affects the whole person in her presentation "Meeting the Unseen Needs for Those Affected by Dementia" from 7 to

8 p.m.

Please sign up in the Blue Book for Transportation. There will be options to attend the whole event or arrive for each individual speaker presentation.

### **Art Mingle**

**Friday, March 29**

Meadowlark staff have joined with several Manhattan community members to present, Art Mingle: Plein Air Affair, to benefit the Meadowlark Memory Program. Guests at a Friday evening reception, March 29, are invited to mingle with friends amid the colorful and varied artwork in the Community Center. Fabulous food, lively libations, treasured tunes and art appreciation are part of the plan for this 2nd annual celebration. The 2019 theme, Plein Air Affair, was inspired by our guest artists, Kim Casebeer and Susan Rose, who have created several works by painting "en plein air". This French expression means "in the open air", and it's used to describe painting outdoors, with the artist capturing scenes or subjects in natural light.

A limited number of tickets are available at \$75 each. In addition to food and beverages, all attendees receive a souvenir drinking glass, thank

### **February Gifts to Meadowlark Foundation**

*Gifts to Meadowlark foundation during the month of February were given in memory/honor of the following persons to benefit the Good Samaritan Fund, Parkinson's Program, Memory Program. Gifts were also received to support the Helping Hands Fund and Courtyard Project.*

#### **Memory of**

Rose Bissey	Jerry Moran
Dorothy Frazee	Barbara Myhre
Harvey Harts	Margaret Pickett
Pauline Lindgren	Dr. M.S. Ram

#### **Honor of**

Marilyn Ray

*If you have questions regarding Meadowlark Foundation, please contact Becky Fitzgerald, at (785) 323-3843.*

you gifts and access to shuttle service from your parking spot (if needed). Cocktail or business casual attire suggested. Order tickets by contacting Michele Riter at (785) 323-3832, or purchase online at [www.meadowlark.org](http://www.meadowlark.org) by clicking on the "Art Mingle" button on the top right corner of the home page.

### **ML Wellness Olympiad 2019**

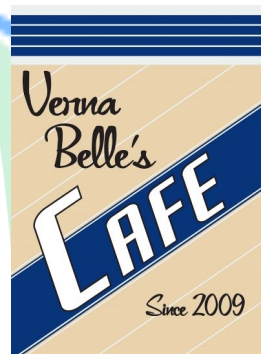
The time has come for our annual Meadowlark Wellness Olympiad! Like previous Olympiads, teams will be competing for the top prize and many other awards. The six-week Olympiad consists of creative, physical, and mental challenges and encourages participants to achieve 30 minutes of physical activity each day while making healthy food choices.

The event will run from April 8 to May 19 and is open to all Meadowlark residents, employees, and passport members!

Participants will form teams of three, and are free to create teams of their choosing. This year teams will create their own fictional sports team name. The best team name will awarded at the kickoff party, putting that team in the early lead for the Olympiad! Registration will open on March 18, with the sign-up deadline being April 3. Look for more Olympiad information to come, or contact Jeff Heidbreder (785) 341-2995 with any questions.

### **Emergency Contact Review**

Meadowlark will be updating our current resident Emergency Contact Form. There are two dates we have scheduled and ask residents to stop by the Flint Hills Room to review, make changes, or include additions to their emergency contacts. The first date is Wednesday, March 20, from 10 to 11:30 a.m and the second date is Thursday, March 21, from 1 to 2:30 p.m. Both dates will be held in the Flint Hills Room. Support Services Intern, Rachel Conner, will be assisting with any changes or updates along with Resident Services Leader, Monte Spiller. All are encouraged to stop by.



## **LUNCH & BREAKFAST SPECIALS**

Monday to Friday, 7 a.m. to 4 p.m.  
Saturday & Sunday, 7 to 11 a.m.  
(785) 323-3818

### **Sunday, March 10**

**Breakfast:** Omelets with Fruit

### **Monday, March 11**

**Breakfast:** Biscuits & Gravy

**Lunch:** Steak Fajita Quesadilla & Side strips of steak, shredded cheddar cheese, sautéed peppers & onions on a crispy flour tortilla  
~ \$4.50/\$6.50

### **Tuesday, March 12**

**Breakfast:** Breakfast Sandwich with Fruit

**Lunch:** Meatball Sub with Choice of Side meatballs, marinara sauce & shredded mozzarella cheese on a sub roll ~ \$4.50/\$6.50

### **Wednesday, March 13**

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Mexican Lasagna with Choice of Side ground seasoned beef, black beans, tomatoes, onions, refried beans & shredded cheese between layers of flour tortillas ~ \$6.50

### **Thursday, March 14**

**Breakfast:** Biscuits & Gravy

**Lunch:** Cuban with Choice of Side shredded pork, ham, Swiss cheese, pickles & mustard on butter-toasted Italian bread~ \$4.50/\$6.50

### **Friday, March 15**

**Breakfast:** Waffle or Pancake

**Lunch:** Turkey Reuben with Choice of Side turkey, Swiss cheese, sauerkraut & thousand island dressing on butter-toasted rye bread ~ \$6.50

### **Saturday, March 16**

**Breakfast:** A la cart menu options

# LEADER OF THE PACK



Congrats to Meadowlark's Leader of the Pack for March 2019, Rebecca Moffitt! Rebecca is a nurse in Bramlage House. As a committed nurse, Rebecca works hard to support her team members and find new ideas and solutions for situations. Rebecca's positive attitude and approach to all she does is a great example to staff, residents and guests. We appreciate all you do, Rebecca!

## Meadowlark Memory Program: Art Exhibition

by Michele Riter, Community Relations Assistant  
Friday, February 28, Meadowlark Memory Program artists, their families, Meadowlark staff and community members enjoyed the unveiling of the art pieces at an opening reception for Meadowlark Memory Program: Art Exhibition. This free exhibition is located in the atrium of The Flint Hills Discovery Center (315 S. Third St.). Featured art includes pieces created by residents and community members through Memories in the Making and ARTful Making programs made possible by collaborations between Meadowlark Memory Program, the Marianna Kistler Beach Museum of Art and the Alzheimer's Association.

Michelle Haub, Special Programs Leader commented on the event saying, "it was exciting to see the artists viewing their work and sharing their creativity and ideas with others. The support from the community was especially appreciated." One of Michelle's favorite part of the evening was engaging with

program members about the art pieces. When she had asked a program participant about a painting. "I covered the label that showed the title of the work, 'Where's Barbie?' and asked him what he would title it. I was just curious of his perspective on the piece. His response was spot on! He answered with 'Who's Wearing the Dress?'"

Creative thinking can enhance memories, emotional expression and cognitive processing. Through art, imagery can reflect memories or emotions that a person may not be able to verbalize. This form of expression can reduce anxiety and depression of those with dementia and Alzheimer's. Meadowlark Memory Program is

encouraged by the support of this exhibition and future projects.

Visit The Flint Hills Discovery Center to view bright watercolors, mixed media prints and memorable moments depicted by program participants. The exhibition will be open through Monday, March 18.



## **IL Resident Council Minutes, Feb. 4, 2019**

**Members present:** Pat Vogt, Bob Crawford, Nyle Larson, Ron Williams, Jo Call, Marilyn Ray, Charlotte Kelly, Jo Lyle, Janice Parsons, Pam Oehme, Jan Vanderbilt and Leo Lake

**Staff present:** Lonnie Baker, Jayme Minton and Monte Spiller

### **Updates**

General Update: The courtyard renovation and the parking lot projects are in similar stages as last month due to inclement weather not allowing progress.

There are currently eight cottages open with five of the eight being in Meadowlark Circle. Between the years of 2013 through 2018, we had a total of 31 residents move from the cottages. We are looking at and exploring options to address the Circle's census and find a way to increase occupancy in the cottages overall.

Both Home Plus locations are full and we are pleased with the services being provided. Riley House had their first survey and it went well. Things in Topeka with Home Health at Brewster are going well.

Social Workers, Bridget Larkin and Kathleen Spearman, are now officing on the second floor in the old IT workspace.

**Approval of January Minutes:** Motion to approve minutes was moved and passed with corrections.

### **New Business**

A request to update the television in the game room was presented. A new television was purchased and mounted two days later.

There was also a request to follow up with housekeeping in regards to cleaning in specific spaces such as elevators and certain carpeted areas. Aric Sapp, Housekeeping and Laundry Leader, was made aware of the request.

**Old Business:** None.

### **Additional Discussion Topics**

The Eastside Neighborhood asked if it would be possible to list the calories, salts, fats, sugar etc.

associated with the Prairie Star menu. It was expressed the Prairie Star menu currently list LEAP approved meals, along with gluten free, low sodium, and low fat symbols.

Residents expressed how much they enjoyed Winter Ball and was very pleased with the food.

Ron Williams praised Tom Barcellina for his help with a recent situation.

Meadowlark is considering opening a resell shop that will be run by volunteers. The shop will possibly be located at 1217 Meadowlark Circle with limited hours. The target date is March 2019.

### **Meeting adjourned**

## **Town Meeting Notes, March 4**

*Notes from Town Meeting conducted by Monte Spiller, Resident Services Leader, on March 4.*

**Welcome** Monte welcomed the meeting attendees.

**Campus Update** The Operating Board approved moving forward with the next step in exploring possible campus expansion. This growth would include the addition of independent living apartments and a Wellness Center that would house services like our primary care clinic, outpatient therapy and fitness.

**Meadowlark Market & Art Mingle** The next evolution in our Meadowlark Benefit Auction will begin later this month. A thrift-style shop full of fabulous finds will be open on campus a couple days a week. This will be supported by volunteers and the proceeds will benefit the Good Samaritan Fund and campus projects. Art Mingle tickets are on sale at the Hospitality Desk and online. The event is set for Friday, March 29.

**Memory Matters Symposium** The second Memory Matters Symposium is at Holiday Inn at the Campus the evening of Thursday, March 21. See the Meadowlark Messenger for event details.

**Wellness Olympiad** Meadowlark's annual six-week Wellness Olympiad will begin April 8. Team registration will open March 18. See the Meadowlark Messenger for details.

**Upcoming Events** Monte reviewed the events coming up in the month of March. Please see the weekly Meadowlark Messenger for details.

# 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.

<b>SUNDAY</b>	March 10 ~ Lunch \$12	Dinner \$12
	Cornflake Ranch Baked Chicken White Cheddar Scalloped Potatoes Vegetable du Jour	Grilled Ham <i>with Pineapple Sauce</i> Ranch Roasted Red Potatoes Vegetable du Jour
<b>MONDAY</b>	March 11 ~ Lunch \$10	Dinner \$11
	Catfish Po Boy French Fries Coleslaw	Meatloaf Mashed Potatoes & Gravy Vegetable du Jour
<b>TUESDAY</b>	March 12 ~ Lunch \$7	Dinner \$12
	Taco Bar <i>(does not include drink, starter or dessert)</i>	Rigatoni & Grilled Herbed Chicken Breast <i>with Creamy Tomato Sauce</i> Garlic Toast Vegetable du Jour
<b>WED.</b>	March 13~ Lunch \$10	Dinner \$13
	Ham & Cheese Quiche Rice Pilaf Choice of Vegetable	Swiss Steak Mashed Potatoes Vegetable du Jour
<b>THURS.</b>	March 14 ~ Lunch \$7	Dinner \$12
	Breakfast Bar <i>(does not include drink, starter, or dessert)</i>	Sautéed Chicken Breast <i>with Lemon Basil Sauce</i> Lemon Basil Risotto Vegetable du Jour
<b>FRIDAY</b>	March 15 ~ Lunch \$10	Dinner \$13
	BBQ Baked Chicken Legs Au Gratin Potatoes Choice of Vegetable	Stuffed Pork Tenderloin <i>with Wild Mushrooms &amp; Caramelized Shallots</i> Wild Rice Vegetable du Jour
<b>SAT.</b>	March 16 ~ Lunch \$10	Dinner \$14
	Beef Chili Cornbread Choice of Vegetable	Stuffed Sole <i>with Crab Meat</i> Roasted Potatoes Vegetable du Jour

**DRINK  
SPECIAL**

Irish Mule  
 2 oz. Jameson, 1/2 oz. Lime Juice & Ginger Beer  
 \$3.75



## Grosh Cinema Movies

Sunday, March 10, to Saturday, March 16, 2019

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

### **Sunday, March 10—Cars 3 (2017)**

Lightning McQueen sets out to prove to a new generation of racers that he's still the best race car in the world.

Co-Starring: Owen Wilson, Cristela Alonzo & Chris Cooper

Rated G; 1 hr. 42 min.; Animated Comedy

### **Monday, March 11—The Hundred-Foot Journey (2014)**

The Kadam family leaves India for France where they open a restaurant directly across the road from Madame Mallory's Michelin-starred eatery.

Co-Starring: Helen Mirren, Om Puri & Manish Dayal

Rated PG; 2 hrs. 2 min.; Drama

### **Tuesday, March 12—Christopher Robin (2018)**

A working-class family man, Christopher Robin, encounters his childhood friend Winnie-the-Pooh, who helps him to rediscover the joys of life.

Co-Starring: Ewan McGregor, Hayley Atwell & Bronte Carmichael

Rated PG; 1 hr. 44 min.; Comedy

### **Wednesday, March 13—The Last Laugh (2019)**

When retired talent manager Al Hart is reunited with his first client, Buddy Green, a comic who quit show business 50 years ago, he convinces Buddy to escape their retirement community and hit the road for a cross-country comedy tour.

Co-Starring: Chevy Chase, Richard Dreyfuss & Andie MacDowell

Rated R for language & drug use; 1 hr. 38 min.; Comedy

### **Thursday, March 14—The Great Gilly Hopkins (2015)**

12-year-old wisecracking Gilly Hopkins finds herself shuffled from foster home to foster home until she meets Maime Trotter.

Co-Starring: Sophie Nelisse, Kathy Bates & Glenn Close

Rated PG1 hr. 39 min.; Comedy

### **Friday, March 15—The Grand Budapest Hotel (2014)**

The adventures of Gustave H, a legendary concierge at a famous hotel from the fictional Republic of Zubrowka between the first and second World Wars, and Zero Moustafa, the lobby boy who becomes his most trusted friend.

Co-Starring: Ralph Fiennes, Murray Abraham & Mathieu Amalric

Rated R for language; 1 hr. 52 min.; Comedy

### **Saturday, March 16—The Soloist (2009)**

Steve Lopez, a LA Times columnist discovers a homeless street musician who possesses extraordinary talent, even through his half-broken instruments. Inspired by his story, Lopez writes an acclaimed series of articles about Ayers and attempts to do more to help him have a better life.

Co-Starring: Jamie Foxx, Robert Downey Jr., Catherine Keener

Rated PG-13; 1 hr. 57 min.; Biographical Drama

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# Weekly Opportunities Calendar March 10 to March 16

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## Sunday • March 10

*Manhattan Room—open seating at lunch & dinner*  
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 Rev. Sandra Moore, CR

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## Monday • March 11

*Manhattan Room—no open seating available*  
9:30 a.m. ~ Seated Strength, CR  
10:20 a.m. ~ Weights 101, CR  
11:00 a.m. ~ ARTful Making, KSU CL  
11:00 a.m. ~ Sit & Be Fit, CR  
11:30 a.m. ~ Meadowlark Valley Luncheon, MR  
12:00 p.m. ~ 1st Pres. Men's Luncheon, WCR  
12:00 p.m. ~ Yoga, CR  
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
1:30 p.m. ~ Contemporary God Talk, KSU CL  
3:30 p.m. ~ Meadowlark Singers Practice, CR  
7:00 p.m. ~ Community Bingo, CR

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## Tuesday • March 12 *Trash & recycling pick-up*

*Manhattan Room—no opening seating available*  
10:30 a.m. ~ Steady Yourself, CR  
10:45 a.m. ~ Technology Assistance, FHR  
11:15 a.m. ~ Chair Yoga, CR  
12:00 p.m. ~ Seven Dolors Book Discussion, FHR  
12:00 p.m. ~ Kimball Luncheon, MR  
2:00 p.m. ~ Lobby Design Focus Group, CR  
3:00 p.m. ~ Coffee Corner, CR  
4:00 p.m. ~ Newspaper & Bible, FHR  
5:30 p.m. ~ 4th Floor Supper, MR  
7:00 p.m. ~ Dominoes, GR

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## Wednesday • March 13

*Manhattan Room—open seating at lunch only*  
9:30 a.m. ~ Seated Strength, CR  
10:00 a.m. ~ Walmart/Dillons Shopping Trip, VE  
10:00 a.m. ~ Memory Activities Class, KSU CL  
10:00 a.m. ~ Memory Café, WCR  
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. ~ Pitch, GR  
1:00 p.m. ~ Assoc. Audiologist—Dr. Schotte, WCR  
3:00 p.m. ~ Rock Steady Boxing, CSC  
3:00 p.m. ~ Rock Steady Boxing, CR

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3:00 p.m. ~ Call Hall Ice Cream Social, KR  
5:30 p.m. ~ Eastside Supper, MR  
6:30 p.m. ~ Artist Profile Series, KSU CL

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## Thursday • March 14

*Manhattan Room—open seating for dinner only*  
8:30 a.m. ~ Messenger Team, WCR  
8:30 a.m. ~ Apple Help Lab, SCR  
10:00 a.m. ~ Meadowlark Bible Study, FHR  
10:00 a.m. ~ Resident Focus Group, KSU CL  
10:30 a.m. ~ Steady Yourself, CR  
11:15 a.m. ~ Chair Yoga, CR  
12:00 p.m. ~ Meadowlark Ladies Luncheon, MR  
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
4:00 p.m. ~ Great Decisions, FHR

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## Friday • March 15

*Manhattan Room—open seating for lunch & dinner*  
8:00 a.m. ~ Dental Clinic-by appointment only, SCR  
10:00 a.m. ~ Veteran's Group, GC  
9:30 a.m. ~ Seated Strength, CR  
10:20 a.m. ~ Weights 101, CR  
11:00 a.m. ~ Sit & Be Fit, CR  
12:30 p.m. ~ Mending Angel, GR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
1:00 p.m. ~ Hand & Foot Card Games, GR  
3:00 p.m. ~ Rock Steady Boxing, CSC  
3:30 p.m. ~ Catholic Rosary, CR  
7:00 p.m. ~ Glenna & Mike's Magic Show, CR

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## Saturday • March 16

*Manhattan Room—open seating for lunch & dinner*  
9:30 a.m. ~ Painting for Fun, SCR

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### Room Abbreviations

BP, Billiards Parlor	CH, Collins House
WCR, West 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	VB, Verna Belle's
	VE, Village Entrance