

## On the Market

*New Meadowlark store to offer furniture and fabulous finds*



by Becky Fitzgerald, Development Director

Need a desk? A floor lamp? How about a 1963 Goebel Hummel figurine listed for \$55 on eBay? A shop stocked with collectibles, jewelry, appliances, furniture — antiques, vintage and gently used — as well as seasonal and year-round home décor items is in the works. **Meadowlark Market** is set to open to the public Saturday, March 30, at 1217 Meadowlark Circle. Proceeds will benefit the Good Samaritan Fund and potentially other projects. A successful Market would replace the annual estate-style auction.

Market items have been placed in the cottage similar to how they'd be arranged in a home. For example, pieces from three different sets of dishes are displayed on a looks-almost-new Ethan Allen table in the dining area. There are headboards, mattresses on frames and dressers in two of the bedrooms. A third bedroom has been stocked with office furniture. The cottage's two-car garage also contains items with price tags, such as a small sofa, two coffee tables, additional dining tables and several comfy chairs.

Market hours on Saturday, March 30, are from 10 a.m. to 3 p.m. and from noon to 4 p.m. Sunday, March

31. The following week, and every week through Aug. 25, the shop is expected to be open Fridays, 10 a.m. to 3 p.m., Saturdays, 10 a.m. to 3 p.m., and Sundays, noon to 4 p.m. Wait! Here's an insider tip: a soft opening is planned for 10 a.m. to 3 p.m. on Friday, March 22. Meadowlark residents, employees and Passport members are invited. Pay for your treasures with cash or credit card. Checks with a Meadowlark address also will be accepted.

Volunteers will operate the shop with Meadowlark staff oversight. If you'd like to serve as a volunteer, please call Jana Armfield at 785-323-3890.

Meadowlark Market got its start in 2004 as a two-day sale in the Community Room and the Flint Hills Room. Items for the sale, including clothes, home décor items and furniture, were donated by residents and family members. After several years of increasingly larger once-a-year sales on campus, the first estate-style auction was held in 2015. Storage units were found, donations were accepted year-round, and two more annual auctions occurred.



**see Market, page 7**

## **Stay Healthy!**

We're hoping for spring weather, but cold a flu season is still here and it's important to take extra precautions to stay healthy and prevent the spread of illness. A good, easy defense against sickness is consistent proper hand washing and frequent usage of hand sanitizer.

If you are experiencing nausea, vomiting, diarrhea, fever, headache, stomach cramps, chills, muscle aches or tiredness, please remain home until you are symptom free for 24 hours. Symptoms can appear very quickly. Remember, if you are ill get lots of rest and fluids. If you are concerned about your symptoms, please contact your doctor.

## **Hospitality Desk Hours Change**

On Saturday, March 16, and Sunday, March 17, the Hospitality Desk will be open 10 a.m. to 6 p.m. instead of the regular hours. For any urgent Maintenance needs before 10 a.m. or after 6 p.m., please call the after hours Maintenance phone number at (785) 537-4610, then press "1."

## **Resident Board Member Elections**

Nominations for a resident board member will be accepted through tomorrow, 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.

## **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 participate.

## **Project Update**

Starting next week, workers will begin replacing the roof on 2150 and 2152 Meadowlark Road. Additionally, the team is hoping progress will be made on Fleet Parking Lot. Workers are scheduled to spread gravel to help speed up the completion process. As a reminder, please steer clear of all active construction sites on campus including the Courtyard and the Fleet Parking Lot.

## **Vespers Services**

### **Sunday, March 17, at 7 p.m.**

The Vespers service will be led by Rev. Dennis Ackerman & "His Choir" from College Ave. Methodist Church. Vespers service will begin at 7 p.m. Sunday, March 17, in the Community Room. All are welcome.

## **Change & Loss Support Group**

### **Monday, March 18, at 1 p.m.**

An informal group for the Meadowlark community, including Passport members, residents and their family members, as well as staff meet the first, third and fifth (when applicable) Mondays. Social Services Leader Bridget Larkin, LMSW; Chaplain Patty Brown-Barnett, D.Min.; and Social Worker Kathleen Spearman, LMSW are collaborating to lead this group on change, loss, grief, etc.

There is no required reading materials for this group, and consistent participation is encouraged but not required. Feel free to drop in even if you have not been to any previous meetings. Those who wish to purchase Understanding Your Grief by Alan D. Wolfelt, Ph.D., as a resource, will be able to follow group sessions in more detail. This opportunity is open to all who wish to work through life changes and loss in a supportive environment. The group will meet from 1 to 2 p.m. Monday, March 18, in the West Conference Room. The topic will be "Touchstone One: Open to the Presence of Your Loss."

## **Contemporary God Talk**

### **Monday, March 18, 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 18, 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.

### 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 and is currently a freelance photographer in the Washington, D.C.

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 go 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 a.m.

### Guided Meditation

**Tuesday, March 19, at 10:30 a.m.**

You're invited to attend Guided Meditation from 10:30 to 11 a.m. Tuesday, March 19, in the Grosh Cinema. No prior experience or understanding of

meditation is necessary. Meditation, in general, can be beneficial in reducing stress, anxiety, depression, and even pain and tremors. The meditation classes help elicit support for blocking out external forces and one's negative thoughts to focus on relaxed breathing and calmed senses. It can be a tool you use to help you live well.

### Technology Assistance

**Tuesday, March 19, 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 Tuesday, March 19, in the Flint Hills Room. Feel free to stop by with any questions you may have.

### Coffee Corner—Feature Dessert!

**Tuesday, March 19, at 3 p.m.**

Join us in the Community Room at 3 p.m. Tuesday, March 19, for a social hour. Verna Belle's Café featured dessert will be Triple Layer Toffee Bars. All are welcome!

### Card Making with Michelle

**Wednesday, March 20, at 1:30 p.m.**

Join Michelle Lehmer, Housekeeping and Laundry staff, to make hand-made cards. Wednesday, March 20, at 1:30 p.m. She will have supplies for all occasions and Easter. All are welcome to attend.

### Parkinson's Research Webinar

**Thursday, March 21, at 11 a.m.**

Each month Meadowlark Parkinson's Program will meet as a group to view a webinar and learn from the Michael J. Fox Foundation about different topics. This month's topic is "Better Conversations and Care: How Patients and Doctors Can Work Together." The webinar will have panelists of people with Parkinson's and Parkinson's physicians that will discuss strategies for discussing symptoms and working together on treatment decisions.

The group will meet from 11 a.m. to noon Thursday, March 21, in the KSU Classroom. To encourage interaction and learning from each other, we invite you to share a BYOBB (Bring Your Own Brown Bag) lunch together. Drinks and dessert will be provided.

## **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. 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 expanded 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. One bus will depart at 4:50 p.m. and another will depart at 6:20 p.m. from the Village Entrance.

## **Parkinson's Partner Luncheon**

**Friday, March 22, at 12 p.m.**

Join Meadowlark Parkinson's Program for a relaxing lunch from noon to 1 p.m. Friday, March 22, in the Community Room. Please sign up in the Blue Book by Monday, March 18. Cost is approximately \$9 per person.

## **In Flow Music Group**

**Friday, March 22, at 7 p.m.**

Meadowlark is excited to have for the first time the In Flow Music Group. They are a jazz band with Colton Jones on guitar, Samantha Williams with vocals, Brandon Collins on drums and Jeremy Morris on keyboard and bass. Join us in the Community Room at 7 p.m. Friday, March 22, and enjoy smooth jazz sounds!

## **Art Mingle: Fine Art Fair**

**Saturday, March 30, at 10 a.m.**

Need a cure for cabin fever? Are you a fan of creativity and imagination? Don't miss an opportunity to see and purchase original artwork from over 20 local & regional artists! Visit the Art Mingle: Fine Art Fair Saturday, March 30, from 10 a.m. to 3 p.m. Artist's booths will be displayed in the Community Center at Meadowlark.

There is no admission fee to attend the fair. Various artwork including collage, jewelry, mixed media, photography, paper lamps, fiber art, paintings, sculptures, and wood-turned art will be sold by the artists. Lunch will be available for purchase at Prairie Star Restaurant and Verna Belle's Café.

## **Meadowlark Wellness Olympiad 2019**

**Monday, March 18**

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.

Registration will open on March 18, with the sign-up deadline being April 3. 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! Look for more Olympiad information to come, or contact Jeff Heidbreder (785) 341-2995 with any questions.

## **Beer Tasting Event**

**Monday, March 25, at 4 p.m.**

Join John Shapel, Prairie Star Restaurant General Manager, Monday, March 25, from 4 to 5 p.m. for a beer tasting. John will lead the tasting in the Manhattan Room and various samples will be available.

The cost for the tasting is \$12. Please make reservations by visiting or calling the Prairie Star host stand at (785) 323-3820.

## **Art Mingle: Plein Air Affair**

**Friday, March 29, at 6 p.m.**

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 it to describe painting outdoors, with the artist capturing scenes or subjects in natural light.

Ticket sales are limited and only 50 are still available! Tickets are available at \$75 each. In addition to food and beverages, all attendees receive a souvenir drinking glass, thank 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.

Meadowlark Memory Program is now in its fourth year. The program provides education and engagement opportunities for persons affected by memory loss. Most program services are FREE and open to anyone in the Flint Hills region.



## **Live Auction Items**

- ◆ **"Greetings from the Sunflower State"** by Ralph Fontenot, 2010 / Signed, matted & framed watercolor; retail price \$420; framed size approximately 16 x 20
- ◆ **Collage piece by Ginny Young** / more details to come!
- ◆ **Collage Creations at the Beach:** Join the Beach Museum of Art in an evening of fun and creative exploration! Local collage artist, Ginny Young, will lead the workshop. Participants will be using a variety of materials, provided by the Museum, to create their own piece of art. The experience is designed for eight to 12 people and could be organized as a couple's night out or family event. Snacks and beverages will be provided and will be adjusted to the group. This event will be on a Thursday evening of your choice in June or July (July 4 excluded) from 5:30 to 8:30 p.m.
- ◆ **"Wagstaff Ranch"** by the late F. Gene Ernst / Framed & signed original watercolor; 20 x 13
- ◆ **Plein Air Picnic:** A Saturday morning with artist Susan Rose on her rural property. Up to six guests may draw what they see, or simply enjoy some fresh air and a glass of wine as Susan paints "en plein air." Drawing supplies, wine & lunch provided. Saturday to be determined by winning bidder(s) and artist.
- ◆ **Hand-pieced & hand-quilted 1930/1940s Churn Dash Quilt** / Never used & donated by Meadowlark resident Una Allen
- ◆ **Party on Poyntz at Strecker Nelson West Gallery:** Host your next party for up to 50 people at Strecker Nelson West. Tables, chairs, glassware, light appetizers, live cello music and a Nespor gift card (\$100) included.
- ◆ **Raise the Paddle for Meadowlark Memory Program**
- ◆ **"Dawn's Herald"** by Susan Rose, 2017 / Signed & framed oil on canvas; 20 x 24; retail value \$1,100
- ◆ **"Quiet in the Valley"** by Kim Casebeer / Signed & framed oil on canvas; 20 x 24; retail value \$3,000

## Outdoor Encounters

*submitted by Nathan Bolls*

Well, here we are in March, the most frustrating of months. When hints of spring sporadically flow by, we cannot help but be hopeful—but winter refuses to retire gracefully. We fling insults at the blustery unpredictable winds, but, in fact, April (from Topeka weather records)—with its average wind speed of 9 mph—just very barely edges out March as the windiest month. The windiest day of the year, on average, is April 1. Wonder if our April Fool's Day antics are partly responsible for that day holding that dubious honor.

March holds the first day of spring and can be thought of (at least in Kansas) as the first month of our rainy season. The average March monthly rainfall of 2.48 inches triples that of January, essentially doubles that of February, and is followed by April with 3.54, May with 4.92, June with 5.39, July with 3.82, August with 4.25, Sept with 3.66, and Oct with 3.03 before dropping off sharply in fall and winter.

March is an ancient word of uncertain origin that carries many conjectures about that origin. Several authorities state that March comes from "Martius," first month of the early Roman Calendar, and named after Mars, the Roman God of War. In those times, March tended to be when major military campaigns resumed. But the transitive forms "cause the march" and "cause to move in military order" are from the 1590s, not from Roman Empire usage.

But for all of its frustrating unpredictability, March has some good things going for it. Even a windy, but sunny, March day of 50 degree beats any wintry snowy day. Several birds have returned, and some, e.g., bluebirds, have begun to nest. The great spring migrations are getting underway; don't forget to check out the great collection of water birds that stop at the "tubes" below Tuttle Creek Dam, and sometimes on Bayer or K-State ponds. You might even see some early-blooming flowers—in addition to dandelions! And such critters as ticks, chiggers, mosquitoes, and horseflies either have not yet emerged or have not yet reached troublesome numbers.

Gardeners and those who fish begin to get itchy, and maybe some of you hold to the notion—as did my dear late father—that you're already behind

schedule if potato "eyes" are not in the ground by St. Patrick's Day.

Gardener, fisher, or no, it's time to shake out your hiking clothes, dust off your boots, check your hiking sticks, rinse out your water bottles, clean your binocular lenses, grab the sun screen, and stretch your winter legs into the world of fresh air on MLH trails. Or just sit out for a spell, quiet and observant. Either way, revel in the mystery of the natural world as it, and we, again "burst gloriously forth" from our various sorts of dormancy.

## Market, from page 1

In 2018, a planned auction was cancelled. Heavy rains over Labor Day weekend caused Wildcat Creek to overflow, and many auction items stored just south of the creek off of Amherst Avenue were destroyed by smelly flood water. Plans for a bigger and better auction in 2019 were proceeding when Lonnie Baker, Meadowlark CEO, visited Lakeview Village in Lenexa and heard about that community's What Not Shop, where resident volunteers sell household items and clothing. Thousands upon thousands of dollars have been raised yearly.

A few Meadowlark staff meetings later, the decision was made to open a similar store in a vacant cottage. Not only will store profits boost Meadowlark Foundation's funds and programming, but also customers will be able to envision independent living at Meadowlark and converse with store volunteers about Meadowlark's services and amenities.

Market customer parking is available in the driveways at 1217 Meadowlark Circle and 1221 Meadowlark Circle and on Meadowlark Circle in the spaces north of the community garden. New items are expected to arrive weekly, so customers are invited to stop by often.

Meadowlark Foundation greatly appreciates the many residents and family members who have donated a wide variety of items. If you have something you would like to contribute to the store's inventory, please contact Becky Fitzgerald, Development Director, at (785) 323-3843. Some items, such as old TVs and sofa beds, are not accepted. General questions may be directed to Market committee members: Jana Armfield, Jean Beatty, Becky Fitzgerald, Jayme Minton, or Michele Riter.

## On When Attention Is Better Than Stuff

submitted by Helen Roser

Children of the rich and famous are vulnerable to kidnap. Sometimes I was called as a bonded temporary care giver.

In her luxurious home, the seven year old had a face of sullen resentment. Her special space had the best money could buy. Her broad window seat was filled with dolls gowned in elegance. Yet it had a dead feeling and the child was not happy.

I suggested we go out into the pretty little backyard. She didn't want to go. Gently, I put her coat on her and lead her out into the back yard.

The gardener had left his beat up old broom propped in a corner. I picked it up and began to balance it on one finger, then from one finger to another. She watched in rapt attention.

After a while, I said: "I can teach you how to do this if you want me to."

Eagerly, she said: "Yes! I want you to!" There was lots of laughing as the broom fell until she could balance it, even to take two steps.

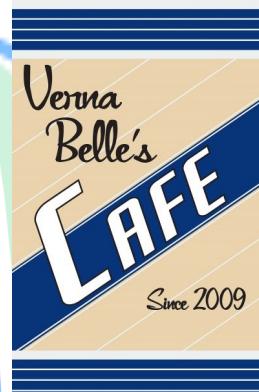
She was ecstatic when her mother returned. "Oh mother! Come to the back yard! Let me show you what I can do!"

Later, her mother called me. Through tears, she said: "Thank you! I have never seen my child so happy." Maybe she learned something. Hope so.



Why do  
Leprechauns  
wear shamrocks?

Because real rocks  
are too heavy!



## 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 17

**Breakfast:** Omelets with Fruit

### Monday, March 18

**Breakfast:** Biscuits & Gravy

**Lunch:** Triple Meat Pizza & Choice of Side pepperoni, sausage & bacon on a flatbread crust with mozzarella cheese & marinara sauce ~ \$4.50/\$6.50

### Tuesday, March 19

**Breakfast:** Breakfast Sandwich with Fruit

**Lunch:** Hamburger with Baked Beans & Chips grilled hamburger with American cheese on a butter-toasted bun with lettuce, tomato & pickle on the side ~ \$6.50

### Wednesday, March 20

**Breakfast:** Breakfast Burrito & Fruit

**Lunch:** Livin' Fajita Loca & Choice of Side sliced roast beef, mozzarella cheese, sautéed peppers, onions & cilantro lime aioli on Italian bread ~ \$4.50/\$6.50

### Thursday, March 21

**Breakfast:** Biscuits & Gravy

**Lunch:** Turkey Cranberry Sandwich & Choice of Side turkey, Swiss cheese & homemade cranberry sauce on butter-toasted wheatberry bread ~ \$4.50/\$6.50

### Friday, March 22

**Breakfast:** Waffle or Pancake

**Lunch:** Baja Fish Tacos & Choice of Side seasoned Pollock bites, cilantro lime slaw, pico del gallo & an avocado sauce on a mini flour tortilla ~ \$4.50/ \$6.50

### Saturday, March 23

**Breakfast:** A la cart menu options

# 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	March 17 ~ Lunch \$12  Raspberry Grilled Chicken Breast Wild Rice Vegetable du Jour	Dinner \$11  Ham & Beans Cornbread Vegetable du Jour
MONDAY	March 18 ~ Lunch \$10  Hot Turkey Sandwich Mashed Potatoes & Gravy Choice of Vegetable	Dinner \$12  Roast Pork Tenderloin Scalloped Potatoes Vegetable du Jour
TUESDAY	March 19 ~ Lunch \$7  Taco Bar (does not include drink, starter or dessert)	Dinner \$14  Crab Cakes with Remoulade Sauce Roasted Fingerling Potatoes Vegetable du Jour
WED.	March 20~ Lunch \$10  Ham Loaf Au Gratin Potatoes Choice of Vegetable	Dinner \$12  Chicken Leg & Thigh with Lemon Thyme Sauce Hashbrown Casserole Vegetable du Jour
THURS.	March 21 ~ Lunch \$7  Breakfast Bar (does not include drink, starter, or dessert)	Dinner \$12  Braised Short Ribs Green Chili Mashed Potatoes Vegetable du Jour
FRIDAY	March 22 ~ Lunch \$10  White Spaghetti Garlic Toast Choice of Vegetable	Dinner \$14  Seared Scallops with Lobster Sauce Twice Baked Potato Vegetable du Jour
SAT.	March 23~ Lunch \$10  Grilled Chicken Parmesan Sandwich Pasta Salad Choice of Vegetable	Dinner \$15  Steak Baked Potato Vegetable du Jour

<b>DRINK</b> <b>SPECIAL</b>	Canadian Cherry <i>1 1/2 oz. Crown Royal, 1/2 oz. Luxardo, splash of lemon &amp; orange juice</i> <i>\$3.75</i>
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## Grosh Cinema Movies

Sunday, March 17, to Saturday, March 23, 2019

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

### ■ **Sunday, March 17—Brooklyn (2015)**

■ An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.

■ Co-Starring: Saoirse Ronan, Emory Cohen & Domhall Gleeson

■ Rated PG-13; 1 hr. 57 min.; Drama

### ■ **Monday, March 18—Paul (2011) \*Resident Request**

■ Two English comic book geeks traveling across the U.S. encounter an alien outside Area 51.

■ Co-Starring: Simon Pegg, Nick Frost & Seth Rogen

■ Rated R for language & drug use; 1 hr. 44 min.; Comedy

### ■ **Tuesday, March 19—Dumplin (2018)**

■ Willowdean ('Dumplin'), the plus-size teenage daughter of a former beauty queen, signs up for her mom's Miss Teen Bluebonnet pageant as a protest that escalates when other contestants follow her footsteps, revolutionizing the pageant and their small Texas town.

■ Co-Starring: Danielle Macdonald, Jennifer Aniston & Odeya Rush

■ Rated PG-13; 1 hr. 55 min; Comedy

### ■ **Wednesday, March 20—Goldfinger (1964)**

■ While investigating a gold magnate's smuggling, James Bond uncovers a plot to contaminate the Fort Knox gold reserve.

■ Co-Starring: Sean Connery, Gert Frobe & Honor Blackman

■ Rated PG; 1 hr. 50 min.; Action

### ■ **Thursday, March 21—The Mummy: Tomb of the Dragon Emperor (2008)**

■ In the Far East, Alex O'Connell, the son of famed mummy fighters Rick and Evy O'Connell, unearths the mummy of the first Emperor of Qin -- a shape-shifting entity cursed by a witch centuries ago.

■ Co-Starring: Brendan Fraser, Jet Li & Maria Bello

■ Rated PG-13; 1 hr. 52 min.; Action

### ■ **Friday, March 22—Stronger (2017)**

■ The inspiring real life story of Jeff Bauman, an ordinary man who captured the hearts of his city and the world to become a symbol of hope after surviving the 2013 Boston Marathon bombing.

■ Co-Starring: Jake Gyllenhaal, Tatiana Maslany & Miranda Richardson

■ Rated R for language & graphic imagery; 1 hr. 59 min.; Biographical Drama

### ■ **Saturday, March 23—A Star is Born (2018)**

■ Seasoned musician discovers and falls in love with a struggling artist. She has just about given up on her dream to make it big as a singer - until he coaxes her into the spotlight.

■ Co-Starring: Lady Gaga, Bradley Cooper & Sam Elliot

■ Rated R for language, nudity & substance abuse; 2 hrs. 16 min.; Drama

# Weekly Opportunities Calendar March 17 to March 23

## Sunday • March 17

*Manhattan Room—open seating at dinner only*  
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. Dennis Ackerman, CR

## Monday • March 18

*Manhattan Room—open seating for lunch only*  
7:30 a.m. ~ 1st Pres. Men's Bible Study, FHR  
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  
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
1:00 p.m. ~ Change & Loss Support Group, WCR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
1:30 p.m. ~ Contemporary God Talk, KSU CL  
1:45 p.m. ~ Parkinson's Voice Class, CR  
3:30 p.m. ~ Meadowlark Singers Practice, CR  
5:30 p.m. ~ 5th Floor Supper, MR  
7:00 p.m. ~ Community Bingo, CR

## Tuesday • March 19 *Trash & recycling pick-up*

*Manhattan Room—open seating for lunch & dinner*  
10:30 a.m. ~ Steady Yourself, CR  
10:30 a.m. ~ Guided Meditation, GC  
10:45 a.m. ~ Technology Assistance, FHR  
11:15 a.m. ~ Chair Yoga, CR  
12:00 p.m. ~ Seven Dolors Book Discussion, FHR  
2:00 p.m. ~ LifeStory Writing Group, FHR  
3:00 p.m. ~ Coffee Corner, CR  
5:30 p.m. ~ 2nd Floor Supper, CR  
7:00 p.m. ~ Dominoes, GR

## Wednesday • March 20

*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  
10:00 a.m. ~ Memory Care Support Group, SCR  
10:00 a.m. ~ Emergency Contact Update, FHR  
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  
1:30 p.m. ~ Card Making with Michelle, FHR  
3:00 p.m. ~ Unitarian Universalist Fellowship, SCR

3:00 p.m. ~ Rock Steady Boxing, CSC  
3:00 p.m. ~ Rock Steady Boxing, CR  
3:00 p.m. ~ Call Hall Ice Cream Social, KR  
6:30 p.m. ~ Osher Class: American Regionalism, CR

## Thursday • March 21

*Manhattan Room—open seating for lunch only*  
8:30 a.m. ~ Messenger Team, WCR  
8:30 a.m. ~ Apple Help Lab, SCR  
10:00 a.m. ~ Meadowlark Bible Study, FHR  
10:30 a.m. ~ Steady Yourself, CR  
11:00 a.m. ~ Parkinson's Research Webinar, KSU CL  
11:15 a.m. ~ Chair Yoga, CR  
1:00 p.m. ~ Emergency Contact Update, FHR  
1:00 p.m. ~ Blood Pressure & Responder Clinic, GR  
4:50 p.m. ~ Depart for Memory Symposium, VE  
5:30 p.m. ~ Meadowlark Circle Dinner, MR  
6:20 p.m. ~ Depart for Memory Symposium, VE

## Friday • March 22

*Manhattan Room—open seating for lunch & dinner*  
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 Partner Luncheon, CR  
1:00 p.m. ~ Parkinson's Exercise Class, CR  
1:00 p.m. ~ Parkinson's Care Support Group, FHR  
1:00 p.m. ~ Hand & Foot Card Games, GR  
7:00 p.m. ~ In Flow Music Group, CR

## Saturday • March 23

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

## 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