

Memory Matters Symposium

At 5 p.m. Wednesday, April 5, at the Bluemont Hotel in Manhattan, Kansas, the Meadowlark Memory Program is pleased to provide a *free* opportunity. The symposium is for individuals who would like to learn more about dementia and Alzheimer's, how it impacts our daily lives, current research and methods to help improve communication with those affected by dementia and/or Alzheimer's. Individuals who attend this symposium also will be able to learn about community resources, such as health and fitness and in-home services. No reservations are required.

Starting at 5 p.m., appetizers will be available while you visit with local and regional vendors, and resources.

At 5:30 p.m., Dr. Jeffery Burns, KU Alzheimer's Research Center Director will present: *Advances in Alzheimer's Disease Research: From Treatment to Prevention*. Then at 7 p.m., Dr. Natalie Douglas, Speech-Language Pathologist, will present *Person Centered Communication Strategies for People with Dementia*.

At 8 p.m., there will be more time to visit with local and regional vendors and resources.

Transportation is available from Meadowlark at 5 p.m. for a cost of three dollars. Please sign up in the Blue Book at the Hospitality Desk.

(Note: All Memory Classes will be canceled on April 5 due to the Memory Matters Symposium that night.)



Military Blunders

Historic military leaders have won great victories, but they have also committed incredible blunders.

Starting on April 12, from 6:30 to 8:30 p.m. in the Community Room, Robert Smith, Ph.D., will examine what happened and how they might have been averted.

First, Dr. Smith will cover the Roman disaster in the Teutoburger Forest of 9 A.D., the Scottish Battle of Bannockburn in 1314, and two Revolutionary battles--the Battle for New York and the Battle of Trenton.



Then Dr. Smith will review the 1814 Battle of Bladensburg and the capture of Washington, D.C.,

the Civil War, Battle of the Crater, and the Battle of the Little Bighorn.

Finally, he will examine WWI's Battle of Verdun, WWII's Operation Market Garden and the Battle of the Bulge.

Robert Smith, Ph.D., is the director of the Fort Riley Museum. He earned his doctorate in History from KSU in 2008. Smith has published numerous articles on military history

topics. The class will meet April 12, 19 and 26 in the Community Room.

UPCOMING EVENTS & ANNOUNCEMENTS

Spring into Spring

Today, March 30, at 1:30 p.m.

Honstead House is hosting the monthly community party. Crafts, appetizers, desserts and great conversation will start at 1:30 p.m. Friday, March 30, in the Community Room.

Amy Rosine Faculty Recital

Today, March 30, at 7 p.m.

Join the First United Methodist Church for a recital at 7 p.m. today, March 30. Amy Rosine, soprano, will give the recital with members of the Chancel Choir, and the bells. Organist, Dan Myers, will also be performing. The recital will be held at First United Methodist Church where a reception will follow. All are welcome!

T-Shirts for Sale

Friday, March 31

Tomorrow, Friday, March 31, is the last day to purchase a Pig Out for Parkinson's t-shirt. The cost is \$12 or \$18 depending on which style you choose. Orders can be placed in the Community Relations office. Please call Michelle Haub at (785) 323-3899 if you have any questions.

Mindfulness Training

Friday, March 31, at 2:15 p.m.

Bridget Larkin, LMSW, will be facilitating the workshop to educate, train and practice the art of Mindfulness. This practice can be used to help with sleep, reducing stress, pain and anxiety. This class is geared towards individuals with Parkinson's, but anyone may participate. Training will be held in the Living Room.

Shakespeare Behind Bars

Friday, March 31, at 6:30 p.m.

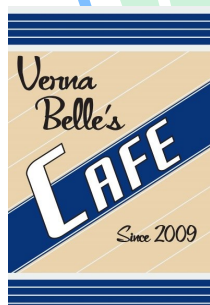
The documentary film *Shakespeare Behind Bars* will be shown in the Community Room, Friday, March 31, at 6:30 p.m. with a student-lead discussion afterward.

The intense film relates the story of prisoners in a medium-security prison, rehearsing for a complete performance of Shakespeare's *The Tempest*, with the personal stories of the prisoners and their relation to Shakespeare's story.

Gambling addiction hotlines would do so much better if every fifth caller was a winner.

Lunch Specials April 2 – April 8

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



Sunday, April 2- Egg Salad Sandwich with Side (Classic egg salad on your choice of white or wheat bread)	\$3.75/\$5.50
Monday, April 3 - Chicken Bacon Ranch Pizza (Chicken and bacon on a flatbread pizza with ranch dressing and mozzarella cheese)	\$3.75/\$5.50
Tuesday, April 4- Pulled Pork and Mac and Cheese Bowl (Pulled pork and sautéed onions on top of macaroni and cheese drizzled with BBQ sauce)	\$3.75/\$5.50
Wednesday, April 5- California Turkey Club Wrap with Side (Turkey, avocado, bacon and Swiss cheese wrapped in a flavored tortilla with lettuce and tomato)	\$3.75/\$5.50
Thursday, April 6 - BBQ Chicken Panini with Fruit Salad (Shredded chicken, BBQ sauce, and Swiss cheese on Italian Panini bread)	\$3.75/\$5.50
Friday, April 7 - Grilled Cheese with Tomato Feta Bisque (American, Swiss, and Cheddar Cheese on toasted Italian Panini Bread)	\$5.50
Saturday, April 8 - Ham Salad Sandwich with Side (Ham, red onions, celery, relish, and mayo on your choice of white or wheat bread)	\$3.75/\$5.50

UPCOMING EVENTS & ANNOUNCEMENTS

Vespers Services

Sunday, April 2, at 7 p.m.

The Vespers service, led by Rev. John Parsley from First Baptist Church, will be held at 7 p.m. Sunday, April 2, in the Community Room.

Town Meeting

Monday, April 3, at 9:30 a.m.

Meadowlark Hills Town Meeting will start at 9:30 a.m. Monday, April 3, in the Community Room. Therefore, Seated Strength is canceled, Weights 101 will be moved to noon, and Yoga will meet in the KSU Classroom.

Grief Support Group

Monday, April 3, at 1:30 p.m.

Grief Support Group is an opportunity for residents and families to discuss grief and healing in a supportive environment. The group is facilitated by Patty Brown-Barnett, DMin, Chaplain and Bridget Larkin, LMSW, Social Services Leader. Our next group will begin on Monday, April 3, from 1:30 to 2:30 p.m. and continue on Monday afternoons through Monday, June 12. Please contact Bridget at 323-3837 or bridget.larkin@meadowlark.org for more information and to RSVP.

Parkinson's Voice Class

Monday, April 3, at 2:15 p.m.

Come join our fun and interactive group in voice and speech exercises to improve your communication with family and friends! Exercises are geared toward individuals with Parkinson's disease, but anyone who is having difficulties communicating is welcome to attend. The next class will be in the KSU Classroom at 2:15 p.m. Monday, April 3.

Golf Cart Rides

Monday, April 3, at 3 p.m.

The Transportation department will be offering golf cart rides around the pond starting Monday, April 3, and they will continue every afternoon. The gold cart will be at the Village Entrance each afternoon at 3 p.m.

With the path to the pond being paved, golf cart rides will continue with weather permitting until October 15, 2017. No Blue Book sign up is needed.

Anyone that would like a ride to the pond to fish can call Transportation at 313-1039.

Classes Canceled

Wednesday, April 5

Seated Strength, Weights 101, and Sit and Be Fit will be canceled on Wednesday, April 5.

Lutheran Video Worship Service

Wednesday, April 5, at 4 p.m.

You are invited to watch a televised worship service at 4 p.m. Wednesday, April 5, in the Living Room. All are welcome to attend.

Just Between Us

Thursday, April 6, from 2 to 3:30 p.m.

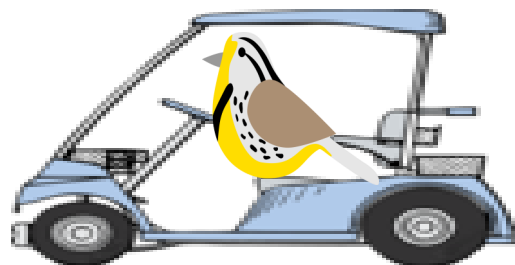
The Parkinson's Education Group of Flint Hills invites you to their monthly meeting. The group will be discussing how to live well with Parkinson's. The group will meet at 2 p.m. Thursday, April 6, in the Community Room.

2017 Meadowlark Wellness Olympiad

Thursday, April 6, at 3:30 p.m.

Registration for the Meadowlark Wellness Olympiad is open until Tuesday, April 4, with forms available at the Hospitality Desk. Be sure to get your team signed up before the fun begins. Teams will consist of three participants and the Olympiad is open to all Meadowlark residents, employees and Passport members. Feel free to create your own team, or let us know if you need help filling out your team.

The kickoff party for the upcoming Wellness Olympiad will be held on Thursday, April 6, from 3:30 to 4:30 p.m. in the Community Room. All registered participants are encouraged to attend! We will be handing out materials, reviewing the challenge rules and schedules, and announce the winner for Best Team Name. The Olympiad will officially begin on Monday, April 10 so be sure you are ready to hit the ground running! Anybody that is unable to attend the kickoff party should contact Jeff Heidbreder at (785) 341-2995 so we can arrange getting the necessary materials to you.



EASTER BRUNCH

Sunday, April 16

\$18 per person/\$10 for children

SEATING TIMES:

11 a.m., 11:45 a.m., 12:15 p.m.

1 p.m., 1:45 p.m., 2:15 p.m.

BREAD OPTIONS Pecan Sticky Buns, Sweet Potato Bread, Lemon Tea Bread, White Rolls, Blueberry Muffins, Strawberry Muffins, Poppy Seed Muffins,

OMELETTE BAR Eggs, Ham, Bacon, Swiss Cheese, Cheddar Cheese, Black Olives, Salsa, Red & Green Peppers, Mushrooms, Green Onions

CARVING STATION Prime Rib Au Jus & Horseradish, Baked Ham

HOT OPTIONS Baked Cod with Sun Dried Tomato Sauce, Almond Crusted Pork Loin with Cherry Balsamic Sauce, Seafood Jambalaya, Braised Boneless Chicken Thighs a la Orange, Fog City Macaroni, Mashed Potatoes with Sour Cream & Chives, Anna Potatoes, Fresh Green Beans, Spinach Soufflé, Biscuits & Gravy

COLD OPTIONS Green Salad Waterfall, Fresh Fruit in a Watermelon Basket, Deviled Eggs, Tabbouleh, Ambrosia Salad, Poached Salmon, Easter Jello Molds, Caprese Salad, Raspberry Marinated Asparagus, Roasted Vegetable Salad, Pasta Salad with Rigatoni & Roasted Yellow Pepper Ranch, Seafood Salad, Chicken Salad with Grapes & Walnuts, Pistachio Salad,

DESSERTS Plum Cobbler, Chocolate Banana Bread Pudding, Lemon Meringue Pie, Chocolate Cream Pie, Coconut Cream Pie, Boston Cream Pie, Limon Chiffon Pie, Strawberry Pie, Blueberry Pie, Pecan Pie, Sweet Potato Tart, Apple Tart, Cherry & Apple Turnovers, Cream Puffs, Tiramisu, Black Forest Cake, Carrot Cake Cheesecake, Pineapple Upside Down Cake



Please sign-up in Prairie Star Restaurant

Mystery Trip: Clue #2

A steamboat captain became a captain of industry, and his grand home stands the test of time.
With 76 rooms and hidden compartments, the 19th century architecture is sublime.



April BIRTHDAYS

Residents

Health Care

4/9 Curtis Walker III
4/9 Hilda Zerfas
4/20 Gary Plumberg
4/22 Wilma Hafenstein
4/27 Shirley Sanders
4/30 Gavona Hardin

Assisted Living

4/2 Donna Sesler
4/9 Florence Schwab
4/13 Helen Neill
4/22 Susan Scott

Independent Living

4/2 Una Allen
4/5 William Beck
4/6 Fred Sobering
4/7 Marlis Mann
4/9 Marcia Smies
4/9 Cam Beatty
4/12 Evelyn Lady
4/12 Bill Durkee
4/17 Jeanne Lundin
4/18 Stephanie Upson
4/22 Dorothy Tompkins
4/23 Carolyn Pulford
4/23 James Reed
4/27 Dorothy Bitler
4/28 Mary Kramer
4/30 Elizabeth Jameson

Employees

4/2 Blake Heying
4/3 Jacy Lenard
4/3 Kilynn Elliott
4/3 Eldean Ebeling
4/5 Autum DeLettera
4/5 Patty Brown-Barnett
4/6 Jen Schoenhofer
4/8 Delores Renner
4/8 Elizabeth Dudley
4/9 Mark Morton
4/10 Greg Brown
4/11 Bob Speer
4/11 Sydney Edmisten
4/11 April Ascher
4/12 Elizabeth Shirley
4/14 Rita Harsch
4/14 Magdy Mohamed
4/15 Monte Spiller
4/17 Leah Nagely
4/17 Mackenzie Stuever
4/17 Kayle Wamsley
4/18 Bailey Atkinson
4/19 Beth Cash
4/20 Christopher Loehr
4/22 Steph Oldehoeft
4/23 John Shapel
4/23 Darrion Wise
4/23 McKenna White
4/24 Cassia Russell
4/26 Isolde Mauga
4/27 Madison Epp
4/28 Marina Pecar-Krstic
4/29 Brook Niehues

***Bold denotes milestone
birthday of 80, 90, 100 or
100+***

PRAIRIE STAR RESTAURANT

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

April 2 - April 8

Includes beverage, starter and dessert.

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

SUNDAY	April 2 ~ Lunch \$13	Dinner \$11
	Baked Ranch Cornflake Chicken Scalloped Potatoes Vegetable of the Day	Baked Penne with Italian Sausage Garlic Toast Vegetable of the Day
MONDAY	April 3 ~ Lunch \$10	Dinner \$12
	Chicken Ala King Rice Pilaf Choice of Vegetable	Pork Tenderloin Piccata Risotto Vegetable of the Day
TUESDAY	April 4 ~ Lunch \$8	Dinner \$12
	Taco Bar (does not include drink, starter or dessert)	Onion Mushroom Cube Steak Mashed Potatoes Vegetable of the Day
WED.	April 5 ~ Lunch \$10	Dinner \$12
	Steamed Brats Sautéed Peppers & Onions French Fries Choice of Vegetable	Honey Lime Baked Thigh & Leg Wild Rice Vegetable of the Day
THURS.	April 6 ~ Lunch \$8	Dinner \$12
	Soup & Salad Bar (does not include drink, starter or dessert)	Meatloaf Mozzarella Marsala Sauce Mashed Potatoes Vegetable of the Day
FRIDAY	April 7 ~ Lunch \$10	Dinner \$13
	Tamale Pie Black Beans Spanish Rice	Grilled Salmon with Dill Sauce Roasted Red Potatoes Vegetable of the Day
SAT.	April 8 ~ Lunch \$10	Dinner \$15
	Pulled Pork Sandwich Cole Slaw French Fries	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, April 2 - Saturday, April 8

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

2 and 6 p.m., Sunday

Sunday, April 2 – Annie (1982)

This adaptation of the smash Broadway musical follows America's favorite urchin as she captures Daddy Warbucks's heart with her unquenchable optimism.

Co-Starring: Aileen Quinn, Albert Finney & Carol Burnett

Rated PG; 2 hrs. 7 min.

Monday, April 3 – Fences (2016)

Working as a trash collector in 1950's Pittsburgh, Troy Maxson struggles to raise his family while trying to transcend the bitter experience of being a talented baseball player denied the opportunity to play in the majors because of his race.

Co-Starring: Denzel Washington, Viola Davis & Russell Hornsby

Rated PG-13; 2 hrs. 19 min.

Tuesday, April 4 – Howard's End (1992)

When a husband, acting in his family's "best interest" does not accept his wife's deathbed wish, providence dictates that he pay for his duplicity.

Co-Starring: Vanessa Redgrave, Helena Bonham Carter & Joseph Bennett

Rated PG; 2 hrs. 22 min.

Wednesday, April 5 – The Break-Up (2006)

Cohabiting couple Gary and Brooke find their once-blissful romance on the rocks when petty spats about lemons and dirty dishes mushroom into an all-out battle for custody of their upscale Chicago condo.

Co-Starring: Jennifer Aniston, Vince Vaughn & Jason Bateman

Rated PG-13; 1 hr. 47 min.

Thursday, April 6 – On Golden Pond (1981)

A retired professor and his wife go on an annual trip to their summer vacation home. But a teen left in their care disrupts the couple's tranquility.

Co-Starring: Katharine Hepburn, Henry Fonda & Jane Fonda

Rated PG; 1 hr. 49 min.

Friday, April 7 – The Newton Boys (1998)

Four Texas brothers ignite a crime spree in the 1920s, robbing more than 200 banks and one cash-laden train—without ever killing anyone.

Co-Starring: Matthew McConaughey, Skeet Ulrich & Ethan Hawke

Rated PG-13; 2 hrs. 2 min.

Saturday, April 8 – Deepwater Horizon (2016)

Replaying the catastrophic explosion of the Deepwater Horizon oil rig in 2010, this tense drama recounts the horrific experiences of the 126 crew members onboard.

Co-Starring: Mark Wahlberg, Kurt Russell & John Malkovich

Rated PG-13; 1 hr. 47 min.

This Week's Opportunities April 2 - April 8

SUNDAY • APRIL 2

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
 7:00 p.m. ~ Vespers, led by Rev. John Parsley from First Baptist Church, CR

MONDAY • APRIL 3

Trash pick-up day
Breakfast at Verna Belle's—Biscuits & Sausage Gravy
 7:30 a.m. ~ 1st Pres. Men's Bible Study, LR
 8:30 a.m. ~ IL Resident Council, KSU CL
 9:30 a.m. ~ Town Meeting, CR
 11:00 a.m. ~ Sit & Be Fit, CR
 11:00 a.m. ~ St. Luke's Communion, LR
 12:00 p.m. ~ Yoga, KSU CL
 12:00 p.m. ~ Weights 101, CR
 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, CON
 2:15 p.m. ~ Parkinson's Voice Class, KSU CL
 3:00 p.m. ~ MLH Singers Practice, CR
 5:30 p.m. ~ Tuttle Creek Supper, MR
 7:00 p.m. ~ Community Bingo, CR

TUESDAY • APRIL 4

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. ~ Kimball Luncheon, MR
 12:00 p.m. ~ Seven Dolors Book Discussion, LR
 2:00 p.m. ~ LifeStory Writing Group, LR
 3:00 p.m. ~ Coffee Corner, CR
 3:30 p.m. ~ Ambassador Committee Meeting, CON
 4:00 p.m. ~ Newspaper & Bible, LR
 5:45 p.m. ~ KSU Social Club Dinner, CR

WEDNESDAY • APRIL 5

Breakfast at Verna Belle's—Breakfast Burrito with Fruit
 10:00 a.m. ~ Worship Service, LR
 11:30 a.m. ~ 1st Men's Club Luncheon, CON
 12:00 p.m. ~ Yoga, KSU CL
 1:15 p.m. ~ Dr. Tran's Foot Clinic, TR
 1:30 p.m. ~ Pitch, GR
 2:00 p.m. ~ Osher Class: The Wonderful Wizard of Oz, CR
 3:00 p.m. ~ Call Hall Ice Cream, KR
 3:00 p.m. ~ Rock Steady Boxing, KSU CL
 4:00 p.m. ~ Lutheran Video Worship Service, LR
 5:00 p.m. ~ Meadowlark Memory Program Symposium, Bluemont Hotel

THURSDAY • APRIL 6

Breakfast at Verna Belle's—Biscuits & Sausage Gravy
 8:00 a.m. ~ Messenger Ladies, CON
 10:00 a.m. ~ Meadowlark Bible Study, LR

10:30 a.m. ~ Steady Yourself, CR
 11:15 a.m. ~ Chair Yoga, CR
 1:00 p.m. ~ Blood Pressure Clinic, GR
 2:00 p.m. ~ Parkinson's Education Group, CR
 3:30 p.m. ~ Wellness Olympiad Kick-Off Party, CR
 5:30 p.m. ~ Meadowlark Circle Dinner, MR

FRIDAY • APRIL 7

Breakfast at Verna Belle's—Waffle or Pancake
 9:30 a.m. ~ Seated Strength, CR
 9:30 a.m. ~ Art Committee, LR
 10:20 a.m. ~ Weights 101, CR
 11:00 a.m. ~ Sit and Be Fit, CR
 12:30 p.m. ~ Mending Angel, GR
 1:00 p.m. ~ Hand & Foot Card Games, GR
 1:15 p.m. ~ Parkinson's Exercise Class, CR
 3:30 p.m. ~ Catholic Mass, CR
 7:00 p.m. ~ Resident Program: Hariette Janke—Oman! Where's That?, CR

SATURDAY • APRIL 8

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



April 2 to April 8
Easter Egg Cocktail (Easter)
1 oz. Blue Curacao
1 oz. White Crème de Cacao
Half & Half
Float Half & Half on top
\$3.75

*Meadowlark News Channel can be viewed on Channel 1960