

SPRING FORWARD — ONE STEP AT A TIME

If you made a New Year's resolution this year, and you have already quit trying to achieve your goal, you are in good company. Research indicates 91% of Americans don't complete their resolutions. In fact, 23% of people quit their resolution by the end of the first week. (fisher.osu.edu/blogs)

Interestingly, improving physical fitness ranked first in resolutions in 2024 — ahead of improving finances, mental health, losing weight and improving diet. (forbes.com/health)

Resolutions can be helpful as a way to take stock of our lives and how we want to improve. They can also add pressure to our daily lives if we feel like we can't succeed. It's easy to set a goal, but much harder to achieve it, leading to feelings of failure.

So is there any good news? Of course there is, because as a resident of Brewster Place you have opportunities — both scheduled and on-your-own — to improve your physical fitness with lots of encouragement along the way.

We asked **Wellness Specialist Julie Schmanke** for some tips on how to get that spring back in your step starting now. Julie has dedicated her life to working with seniors to maintain and improve their physical fitness. It's never too late to start!



PLACE ONE FOOT IN FRONT OF THE OTHER! BY JULIE SCHMANKE, WELLNESS SPECIALIST

Spring has almost sprung, but have you lost the spring in your step? Are you looking for a little advice of how to get back on track after a long winter? Simply put, let's just start by placing one foot in front of the other.

Walking can be done inside or outside with very little equipment. You will need comfortable shoes. If you're a little unsteady, walking sticks, a cane, or even a walker can help you stay safe and maybe help you keep a better pace.

The CDC recommends that older adults get 150 minutes of exercise per week. I would recommend that 90 minutes of that be heart pumping aerobic activity. For example, three days of 30 minutes or spread it into 20 minute increments to start. And to lessen our worry, let's not concern ourselves too much about the pace at first. The important thing is to start, be consistent, and try not to be too hard on yourself if you have lost your fitness level of the past.

Why is exercise so important? Because elevating our heartrate can contribute to better brain function, better mood, and maintaining a healthy weight. There are weight bearing benefits from walking also, such as healthy bones. The way to be most successful is pick a time that works for your schedule, be consistent, and invite a friend to keep you accountable. Remember if you choose to rest, you will rust! ■

MISSION

Brewster Place is a retirement community providing all of its residents opportunities for an optimal quality of life.

BREWSTER PLACE STAFF — OUR GREATEST ASSET

THE BREWSTER PLACE STORY — PART 3

BY JANIS SWANSON, EDITOR

Part of the mystique of Brewster Place has always been the mutual respect between residents and staff. Simply put, from the founders to present day, Brewster Place **residents are the reason we exist**. In fact, this statement is one of our **Core Values** which goes hand-in-hand with another Core Value which states, **“Our greatest asset is a caring, competent and trustworthy staff.”**



Director of Social Service Vivian Umbarger accompanied singers who were preparing for a program. Once retired, Vivian volunteered her time playing the piano.

As mentioned in last month’s article, the first residents moved into Brewster Place in April 1964. “The Home had been built; residents had been recruited. Now the success of the whole enterprise rested on yet another group of people — the staff that would operate the institution. Would they be able to bring the residents all the benefits that the Board had hoped for and promised — comfort, privacy, security, independence, choice, companionship and creative activities? Such a concept of retirement living was new and unproved. Could it be implemented?” (The Brewster Place Story: A Dream Come True)

Executive Director Nathan Barr had already been working with Brewster Place’s

first employee, Esther Chester, who assisted him in the early days. Her role would expand as she managed the office and helped the new slate of directors in their roles. The first directors of Brewster Place were:

- Director of Buildings and Grounds — Roy Raines
- Director of Personnel — Martha McFarland
- Director of Food Service — Josephine Murphy
- Director of Nursing — Elizabeth Wooster
- Director of Social Service — Vivian Umbarger

A year after Brewster Place opened, Martha McFarland (later known as Martha Williams who was a resident of The Evergreens) said, “Being employed at Brewster Place isn’t just a job — it is more like being part of a living philosophy.” In 1966 Martha left Brewster Place and was succeeded by Mary Louise Davis (M.L. Davis who later was a resident of Aspen Cottages).

The Buildings and Grounds department attended to plumbing, heating and air conditioning, electrical equipment and, of course, shoveled snow and kept the sprinkler system in working order. They also helped residents by hanging pictures, connecting TVs, and fixing radios and toasters (for a small fee). A small shop was in the basement equipped with power tools that belonged to resident Munce Johnson. Much like today, residents donated equipment so they could continue to work on their own projects while living at Brewster Place.

A major problem came in July 1964 when a severe thunderstorm caused a malfunction. The air conditioning “went on a vacation” and for several hot and humid weeks, residents had to live without the comfort of cool air inside. Housekeeping was also a part of this department

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THE HOPE OF SPRING

BY CHAPLAIN JULIE FREEMAN, M.DIV

The Farmer’s Almanac tells us, “If March comes in like a lion, it goes out like a lamb.” But what does that really mean? Officially it’s weather folklore, colorful tales handed down from one generation to the next. Some of these sayings may be based in careful observation while others are simply rhymes or reflect old belief systems.

Often ancient peoples believed that bad spirits could affect the weather adversely which led them to proceed with caution in different situations. These beliefs included ideas about balance both in life and in weather. So, if a month came in bad, like a lion, it should go out good, like a lamb.

March is a transitional month when late-season snowstorms can happen as well as warm spring temperatures. Some years this saying might be true but more often it’s just a cute rhyme. While it might not be a good weather predictor, it reflects our collective hope that even when things look bleak outside, if we just hold on, things will get better. ■

Sunday Supper Club

Sunday, March 3

4:00 pm

The Evergreens Brewster Bean

Bring your dinner and join us for fun, fellowship and curious conversations.

Devotions and Donuts

Sunday mornings at 9:30 am

The Evergreens Brewster Bean

Join us for coffee, donuts and a short devotion with Chaplain Julie.

Unbound Gratitude Group

Monday, March 18

2:00 pm | Main Street Chapel

Finding life again after loss through gratitude with Chaplain Julie.

Holy Week | March 24—31

Maundy Thursday Service

Thursday, March 28

3:00 pm | Main Street Chapel

diversity & INCLUSION WOMEN’S HISTORY MONTH

Speaker: Magdalene Kovach, PhD

Tuesday, March 19

6:00 pm | Main Street Chapel

Every year, March is designated Women’s History Month by presidential proclamation. The month is set aside to honor women’s contributions in American history.

The Brewster Place Diversity and Inclusion Group is hosting a special program featuring resident Magdalene Kovach, PhD, who will share her life story highlighting her childhood in East Germany. This program will be fascinating and we hope you will join us! ■

BREWSTER PLACE VETERANS HALL OF HONOR

The Brewster Place Veterans Hall of Honor is located in the hallway adjacent to Main Street on the lower level of Redwood. This special hall honors veterans, including residents, former residents, relatives, staff and friends of Brewster Place, by displaying honor tiles and a photo gallery.

If you are interested in honoring a veteran with a tile, please call 785-274-3399 for more information. Tiles are \$250 each. If you would like to have a photo included in the gallery, please contact Janis Swanson at 785-274-3389. Adding a photo is free. ■

BREWSTER HEALTH CENTER

QUALITY OF LIFE SPECIALISTS | PROVIDING OPPORTUNITIES AND JOY



Brewster Health Center Quality of Life Specialists (left-right) Lisha Tetuan, Haven Bradford, Kynzi Grady and Nancy Arreola were dressed up for Halloween. These ladies work to provide each resident with opportunities that will enrich and enhance their lives. Costumes are always part of the fun!

The Brewster Health Center provides person-centered care in a homelike environment. Residents are at the center of decisions about their daily life and that includes the type of activities they prefer. The **Quality of Life Team** does an excellent job of providing a wide variety of fun and enriching opportunities each day. We'd like you to meet this special group of women.

Hi! My name is Lisha Tetuan. I have worked at Brewster Place for six wonderful years. I currently work as a Quality of Life Specialist at Brewster Health Center. In my spare time I enjoy spending time with my family. What I love most about my job is that my elders and my coworkers are more like family.

Hi! I'm Haven Bradford, Quality of Life Specialist. I've worked at Brewster Place for a little over five years. I love working with the elders at Brewster Health Center because they are the most kind and loving people you'll ever meet. They have so much knowledge and life lessons to learn from. It's the best. Beyond Brewster, I enjoy baking, fishing, and spending time with my friends, family, and puppy, Rex.

Hi! I'm Kynzi Grady, and I have worked for Brewster Place for a little over three years. I am the Meadowlark Neighborhood Quality of Life Specialist. One thing I love most about working at Brewster Place is the opportunities you are given. I've been given so many wonderful opportunities to work with so many different people in the most unique ways possible. What I love most about working with elders is the joy I receive, and the joy I can provide through my job — providing them with activities doing what they love most, and seeing the happiness in their eyes. Beyond working at Brewster Place, what I enjoy most of all is getting to spend time with my family and getting out to enjoy the beautiful weather!

Hi! I'm Nancy! I am part of the Quality of Life Team at Brewster Health Center. I have been with Brewster Place since 2019. The elders really keep me on my toes. I go home with a new story to share, whether it's a new skill or something interesting to pass on. We easily forget the residents were once where we are and it's just fun to learn about their life and what they did. Outside of Brewster Place, I really enjoy going fishing with my little family (going for a big crappie this year!) as well as reading and catching some sun when it's a good day. My son keeps my day filled and it's just amazing living life through his eyes. We will be able to enjoy summer this year as I introduce him to the outdoors this season. I might just get him a little fishing pole since he likes to take things from his mom! ■



CREATIVE ARTS

WITH SAMANTHA BANKS
CREATIVE ARTS COORDINATOR

STEP-BY-STEP PAINTING

Thursday, March 14

1:00 pm | Redwood Art Studio

Learn how to paint a springtime flower portrait in acrylic paint. Sam will walk you through every single step, all while encouraging you to put your own spin on it, of course! Space is limited so registration is required. Please call Sam at 785-274-3317 to reserve your spot!

ART FEATURE: ART AND TECHNOLOGY

Friday, March 15 | 2:00 pm

Main Street Chapel

This series of videos features how art and technology intersect. From artificial intelligence to technology that investigates what's hiding underneath artwork, you'll learn how art is influencing technology and vice versa.

QUILT CLUB

Thursday, March 28

3:00 pm | Redwood Art Studio

Do you love quilting? So do we! Come to Quilt Club in the brand-new quilting/sewing studio in Redwood. Meet other quilters and learn about upcoming projects.

SAM IN THE STUDIO

Mondays and Fridays
(except March 4, 8 and 15)

1:00—3:00 pm

The Evergreens Art Studio

Tuesdays and Wednesdays
(except March 5 and 6)

1:00—3:00 pm

Redwood Art Studio

Did you try to sign up for a class but it was full? Would you like help with a project? Just want to chat? Sam in the Studio is the time for any or all of the above! ■

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starting with only one housekeeper in the beginning and adding more as occupancy grew.

The food service department under the direction of Josephine Murphy had as its goal, "to serve well-balanced meals, prepared well and as reasonable in cost as possible to satisfy as many people as much of the time as possible." They used a selective menu in a cafeteria style system instead of family-style which was most common to most nursing and retirement homes of the day. And, there was no assigned seating! The early days were difficult as three meals a day had to be served in the medical unit and patronage of the main dining room was irregular. With a full-time staff, it's not surprising that food service didn't pay its own way until the end of the second year.

The social services department under the direction of Vivian Umbarger served two purposes: to provide a program of activities that was varied and geared toward helping residents function to the best of their abilities. The second purpose was to work with residents on a one-to-one basis if they needed help adjusting to their new life. Vivian Umbarger resigned in 1972 and later became an important volunteer at Brewster Place. She was succeeded by Alice Barron (current Brewster Place resident) who served as director for six years. Alice was succeeded by social worker Vicky Walters, who after leaving Brewster Place, continued to serve residents privately.

We will talk more about nursing and the medical unit in the next installment. As you can see, the early leaders of Brewster Place set the tone and instilled high standards and expectations that have continued for 64 years. It is also amazing how many staff members from the beginning to present day come back in their retirement years to live in our community. That in itself is a testament to the mission and mystique of this place. ■

KU OSHER LIFELONG LEARNING INSTITUTE

NO HOMEWORK. NO PRESSURE. JUST LEARNING FOR THE JOY OF IT!



▶ **SPRING 2024**

The Small Town in Kansas: The Interminable Struggle for Survival

Tuesdays, March 5 and 12

1:00—3:00 pm | Cultural Arts Center

This class finishes the first two Tuesdays in March.

Please call Jamie
at 785-274-3398
to register.

Brewster Place
residents and
BrewsterConnect
members attend
for free.

United States Vice President: Insignificant Position or Second Most Powerful Office?

Tuesdays, April 9, 16 and 23 | 1:00—3:00 pm | Cultural Arts Center

We'll explore U.S. Constitutional requirements and powers given to U.S. vice presidents as we study the evolution of the position from someone "waiting in the wings" performing ceremonial duties, to becoming an influential and respected advisor. We'll examine how the relationship between the president and vice president has changed over the years.

▶ **SUMMER 2024**

The Musical Theatre of Lerner and Loewe

Tuesdays, June 11, 18 and 25

1:00—3:00 pm | Cultural Arts Center

Three of the most enduring musicals from Broadway's Golden Era — Brigadoon (1947), My Fair Lady (1956) and Camelot (1960) — were created by the team of writer Alan Jay Lerner and composer Frederick Loewe. This class will explore this memorable collaboration with emphasis on these three shows, as well as Lerner and Loewe's other notable projects, including the film Gigi (1958). Their work earned Academy Awards, Tony Awards, Golden Globes and Kennedy Center Honors.

Young Generals of the American Civil War

Tuesdays, July 16, 23 and 30 | 1:00—3:00 pm | Cultural Arts Center

During the American Civil War, the United States Army grew exponentially in size. In order to command the increased number of troops, general officers were created from younger members of the military. This class will focus on the generation of young leaders who served in the ranks of the Union Army attaining senior military positions outside the traditional norm. The class will look at the careers and war making abilities of officers in both the Western and Eastern Theaters. The first class will examine the military exploits of Western Theater generals William T. Sherman, Benjamin Grierson, Judson Kilpatrick, and John Schofield. The second class will move to the Eastern Theater and focus on Union generals Winfield Hancock, John Gibbon, George McClellan, Alfred Pleasonton, and Joshua Chamberlain. The last class will examine the Civil War careers of three of the youngest Union generals that attained senior rank, George Custer, Philip Sheridan, and Darius Couch. ■

BREWSTER PLACE SHOPPING TRIPS EXPLAINED

Do you find it difficult to get to the store for your groceries? One of the great amenities at Brewster Place is knowing you can have a little help with your shopping. Whether you just need a ride on the bus, or you want Brewster Place staff to take your list and do your shopping for you, Transportation has you covered.

WEEKLY BUS SHOPPING TRIPS

Wednesdays at 10:00 am

- Alternating weeks between **Walmart** and **Aldi's** (*check your Weekly Bulletin for the schedule*)

Fridays at 10:00 am

- Each week shopping at **Dillon's**

Procedure:

- Residents should call Transportation at 785-274-3320 to be added to the bus list. (Residents can call up to 9:00 am the day of the outing)
- Based on who has signed up, Transportation will go to those buildings to pick you up
- Bus will depart at 10:00 am
- This service is at no charge to residents

SHOPPING BY STAFF

Brewster Place staff will do your shopping for you on Wednesdays and Fridays. To use this service, please follow the procedure:

- No sign up required
- Please call 785-274-3320 to request that your grocery list be picked up
- Please hang your completed list on the outside of your door. A Brewster Place Security Officer will pick it up. (*If you hang your list outside your door and don't call us, it will not get picked up*)
- Residents must call to have their list picked up no later than 5:00 pm the night before staff go shopping (Tuesday & Thursday)
- Shoppers go to Wal-Mart and Dillons
- Shoppers will not make special trips to different locations
- The cost for this service is 10% of their total shopping bill ■

FUTURE EVENTS

A Day at the Midwest Genealogy Center in Independence, Missouri Wednesday, April 3 | 8:30 am | Shuttle pick up in Evergreen Lobby only

We are going to explore this library. We will start with a class about newspaper databases accessible through this library as newspaper databases can be used to find genealogical information such as birth, marriage, and death records, obituaries, probate cases, and interesting information about your ancestors' lives. Then we take a break for lunch and have turkey sandwich. We will then take a guided tour of the library and finish our day with a hands on class of using the library's computers. Lunch is \$10. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited.

New Theatre and Restaurant

Wednesday, June 5 | 9:45 am | Shuttle pick up in Evergreen Lobby only

New Theatre is bringing back George Wendt and Bernadette Birkett in *Squabbles*. It shows the good, the bad, and the in-laws. Jerry and Alice are happily married until her father decides to move in with them. Then his mother moves in with them. Then all hell breaks loose — family style. Tickets are \$36 and includes lunch. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited. ■

SHOOT FOR THE SKY — HOME OF THE MONTH

There is nothing quite like enjoying a blue sky or a shooting star and at Brewster Place you can enjoy them six stories up. The new addition, on the sixth floor of the original building, has changed the skyline on the Brewster Place campus.

Less than 16 months since the renovation began, new residents have already begun moving into the lower floors. The six penthouse apartments with floor to ceiling windows, gaslight fireplaces, tree top views, and large private balconies, will open their doors this spring.

Four of these homes are spoken for, but still available is the **Blue Sky**, an east facing 1,436 square foot apartment. This apartment home has two bedrooms and two bathrooms with ensuite laundry and designer finishes. Facing the west is the **Shooting Star** apartment. This new build has the same wonderful elements as the Blue Sky, but

even larger with a den. The Shooting Star is 1,782 square feet of spacious living.



Besides the two at the top, there are currently five available apartment homes on the fifth floor, and if you like a first floor apartment, there is one remaining on the Club Level of Redwood. All the apartments have ensuite laundry, large walk-in closets and beautiful fin-

ishes.

If you would like to take a look from the bottom to the top of the newly renovated and reimagined Redwood building on the Brewster campus, contact Sales and Marketing at 785-274-3351.

Residents in Independent Living who make a new referral to Brewster Place will receive one month's free rent once the friend moves in. ■

HAVING FUN ROOTING FOR EACH OTHER AND THE CHIEFS



Above left: Marcia Groth and her daughter attended the Palentine's Potato Bar and Magic Show in February. Love was certainly all around!

Left: Donna Robinson joined in Chiefs Day as we prepared to root on our favorite team in the Super Bowl. Our cheering worked as the Chiefs won the game and are now back-to-back Super Bowl Champions.

Above right: The Palentine's Potato Bar and Magic Show was enjoyed by a full house. Residents Doris Davidson, Donna Scoggin, Ann Uhl, Gary Scoggin and Julie Reeves were in stitches watching magician Curtis Sneden. We thank him for entertaining and amazing us!



OFF CAMPUS — A few highlights!

CHEAP AND CHEERFUL SHOPPING

Wednesday, March 6 | 9:45 am | Shuttle (pick up from EV lobby only)

Let's go shopping to find all the best deals in Topeka. We will look high and low for unique and affordable treasures that need must have for spring. Lunch is Dutch treat. Please call Jamie at 785-274-3398 as space is limited.

DAY TRIP IN THE FLINT HILLS

Wednesday, March 13 | 8:45 am | Shuttle (pick up from EV lobby only)

We will begin our day with a scenic drive. We will stop in Emporia and check out William Allen White's house and other things unique to Emporia. Then we proceed to Strong City for a gourmet lunch at Chef Stan's Place in the Flint Hills. He has a restaurant called the Little Restaurant on the Prairie where everything is made from scratch with love. Lunch is a preset menu and cost \$26 due to the ingredients being seasonally sourced. The menu is to be determined. After lunch we will enjoy a stop at the Tallgrass Prairie National Preserve. Tour of William Allen White's house is \$5 per person. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited.

DAY OUT IN THE COUNTRY

Wednesday, March 20 | 10:00 am | Shuttle (pick up from EV lobby only)

We will begin our day with a drive down the old country roads to get to Alma. We will stop in at the Alma Bakery and get a delicious lunch of chicken salad, potato salad, Jell-O and finish with a scrumptious piece of pie. Then we will go check out the resident artist at the Volland Store and will learn about Microbial Multiverse Art. We will be exposed to works by Sarah Hearn and her study of living things that cannot be seen with the naked eye. Lunch is \$11. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited.

TOPEKA CIVIC THEATRE

Thursday, March 21 | 6:00 pm | Shuttle (pick up from EV lobby only)

TCT presents *School of Rock*. Rock got no reason; rock got no rhyme — You better get me to school on time! Andrew Lloyd Webber's *School of Rock – The Musical* is a two-hour, two-act show (plus intermission), based on the hit movie. The show follows Dewey Finn, a failed, wannabe rock star who decides to earn an extra bit of cash by posing as a substitute teacher at a prestigious prep school. There he turns a class of straight-A pupils into a rock band. But find out if he can sneak them to the Battle of the Bands without their parents and the school's headmistress finding out? Tickets are \$35. Please call Jamie at 785-274-3398 as space is limited.

NEW THEATRE AND RESTAURANT

Wednesday, March 27 | 9:45 am | Shuttle pick up in Evergreen Lobby

New Theatre is bringing back the man — ELVIS. *ELVIS: ALOHA FROM VEGAS* traces The King's journey through the 70s. It was a period of reinvention, kicking off a seven-year annual residency at the International Hotel in Las Vegas, running through the sold-out shows at Madison Square Garden, and culminating in a historic international live satellite broadcast from Hawaii, all set to unforgettable songs like "Burning Love," "Suspicious Minds," and of course, "Can't Help Falling in Love." Tickets are \$36 and includes lunch. Transportation is \$13. Please call Jamie at 785-274-3398 as space is limited.

TOPEKA SYMPHONY ORCHESTRA

Saturday, March 30 | 6:45 pm | Shuttle pick up in Evergreen Lobby

The Symphony will transport you to Italy via beautiful music. Italy is home to some of the most picturesque landscapes in the world, and you won't want to miss this trip to the heart of it on our tour of Italy. Since all roads lead to Rome, we head to the Eternal City to bask in the glory of its majestic pines. Van Cliburn Gold Medalist Jon Nakamatsu is one of the most popular pianists performing today, and we are thrilled to bring him back to Topeka to perform Rachmaninoff's bold and beloved second piano concerto. For tickets, please call 785-232-2032 to purchase. Please call Jamie at 785-274-3398 to make a transportation reservation as space is limited.

ON CAMPUS — A few highlights!

KU OSHER LIFELONG LEARNING SERIES

The Small Town in Kansas: The Interminable Struggle for Survival Tuesdays, March 5 and 12 | 1:00 pm | Cultural Arts Center

The historical geography of small towns reveals that their struggles for economic viability began shortly after settlement. Climatic misconceptions, ineffectual land alienation laws and the townsite activities of railroads led to over settlement and too many towns. The platting of new towns continued despite depopulation and the abandonment of rail lines. We'll explore the various survival strategies implemented.

SPRING BREWSTER PLACE CHOIR PRACTICE

Tuesdays, March 5, 12, 19 and 26 | 3:30 pm | Main Street Chapel

Calling all singers no auditions necessary! We are having a special session of the Brewster Choir for the month of March. Dorothy Illiff has agreed to come and direct the choir while offering lots of good treats. Their performance will be magical.

SCHIRMER SINGERS

Thursday, March 7 | 6:00 pm | Cultural Arts Center

Come and enjoy this wonderful duet — she is a little bit country and he is a little bit rock and roll. She is also the daughter of Brewster Place resident, Karen Sutton. Your toes are sure to be tapping.

BOOK TALK WITH AUTHOR MARJORIE VAN BUREN

Tuesday, March 19 | 1:00 pm | Main Street Chapel

Marjorie (aka M.J.) Van Buren will introduce her most recent novel, *Bright Moon, Dark Water*. She will read some excerpts and try to answer your questions about writing and publishing based on her experience. She'll also have a few copies available to sell and sign. (Amazon has it now as paperback or e-book.)

Here's a little tease about the story:

In response to encouraging interest in Dark Moon Over Brooklyn (2022), Bright Moon, Dark Water is a sequel to that earlier suspense novel. The new book begins on the Mexican Riviera. "I've been shot at before," is all Kitty Toulkes can think as she runs down the shadowy promenade deck of the ship as fast as her arthritic knees will allow. Once back home in Brooklyn, Kitty and her gentleman friend, Joe Treacher, a not-quite-retired intelligence agent, get caught up in a mystery within a puzzle within a very dangerous enigma, amid doubts as to whether their relationship—or even their lives—will survive.

WASHBURN JAZZ BAND

Thursday, March 21 | 6:00 pm | Cultural Arts Center

If you love music this will delight you. We are excited to welcome to Brewster Place the Jazz Band from Washburn University. It will be an outstanding performance.

SARA TUCKER PRESENTS:

CIVILIZATION STARTED IN MESOPOTAMIA: WHEN, WHAT AND HOW

Tuesday, March 26 | 2:00 pm | Cultural Arts Center

Sara is a gifted speaker and loves all things history. She taught many years at Washburn University and is happy to share her knowledge with us. She will be presenting a program called: "Civilization Started in Mesopotamia: When, What and How." Be sure to come.