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## Our Mission

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



The Brewster Health Center is accredited by The Joint Commission.



## Five to Thrive | Spiritual Wellness

By Jenny Lamb, MSW, LCSW, Director of Community Wellness

**A**s we continue to focus on our **Five to Thrive** dimensions of wellness, this month we will take a deeper look at the dimension of **spiritual wellness**. What does it mean, how does it impact our overall sense of well-being, and we will identify avenues available at Brewster Place to practice spiritual wellness.

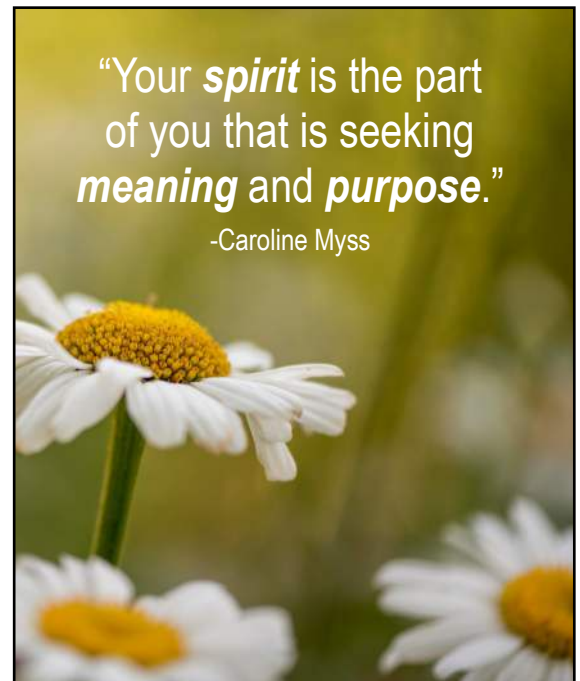
The path to spiritual wellness is a deeply personal process and can mean many things to many different people. In my experience most equate spiritual wellness with religious practice. While your religion or identified faith may be a component of your spirituality, spiritual wellness is not dependent on religious practice and they are not one and the same.

Consider these words from Caroline Myss, *"Your spirit is the part of you that is seeking meaning and purpose. That's one way someone can relate to that. Another way to understand spirit is that it's the part of you that is drawn to hope, that will not give in to despair. The part of you that has to believe in goodness; that has to believe in something more."*

Spiritual wellness involves living out the values and beliefs you hold dear and allowing this to be your guide to finding your purpose. Then carrying this purpose and meaning out into the world with understanding and appreciation for being a part of something much greater than our individual selves.

With a deeper understanding of spiritual wellness, we can examine how we can put this internal process into external action. At Brewster Place we have a number of individual and group opportunities for enhancing spiritual wellness. For many, the Chapel on Main Street provides a space to sit in quiet prayer or meditation. For those who find their spiritual wellness in the practice of faith, Chaplain Roger Jackson provides weekly Vespers, regular Bible studies and inspirational movies with discussion time.

Tim McManus, Spiritual Wellness Support Specialist, is available to provide support and assist in helping you find your purpose. Participation in



## Imagine, Create, Participate!

No experience necessary. All are welcome!

**Make-It  
Monday**

### PAINT A POT!

Monday, April 9  
1:00 pm | Redwood Lounge



**Y**ou are invited to join us for Make-It Monday. Please drop by the Redwood Lounge and paint a little clay pot. You don't have to be an artist to paint a pot! We will also help you plant a pansy in your pot take home and enjoy! Give Kris Saia a call at 274-3317 by April 6 to reserve your flower pot and pansy. ■



### MUFFINS & MASTERPIECES

Tuesday, April 17  
10:00 am—Noon | Evergreens Art Studio

**T**he Market on Main Street needs some fresh artwork — will you help us? Grab a friend, come for yummy muffins and coffee, and we will make a masterpiece! Muffin and cupcake designs will already be drawn out on canvas and Kris Saia, Creative Arts Coordinator, will guide you step by step on adding a colorful background with easy to use acrylic paints. You can add the special details to make this work of art uniquely yours. **No painting experience necessary**, so join us for fun and muffins! Just bring your imagination, and help us decorate The Market! Please call Kris to reserve your spot (and a muffin) at 274-3317. ■

## Writing Group

**Monday, April 23**

1:00 pm | Redwood Founders Room

**T**he Brewster Place Writing Group continues to meet once a month. Each month a different prompt is offered as an assignment for the next month. Participants can also write whatever they like and then share their writings with each other. Writing is a wonderful way to express yourself and share your thoughts and feelings. All are welcome!

**April Prompt:** Write a poem or write something about poetry. ■

## Saturday Yoga

**D**id you know we offer a Yoga class every Saturday morning at 11:00 am at The Evergreens



Wellness Center? Senior Yoga is offered and we invite you to give it a try! Until recently, the class has been taught by Mary Boland. Now Mary will alternate Saturdays with another wonderful teacher, Jennifer Cobble. The benefits of Yoga are endless including lessening of chronic pain, relaxation, improved balance and flexibility, and lowering of blood pressure. If you prefer a weekday class, please join Kelly Sundbye on Tuesdays and/or Thursdays at 1:00 pm in the Winchell Wellness Center. **Namaste!** ■

## Be a Prayer Partner

**K**airos Torch Prison Ministry is an interdenominational Christian prison ministry consisting of



volunteers from a variety of churches. The Topeka chapter will be conducting a Kairos Weekend **April 27-29** at the Kansas Juvenile Correctional Complex. The weekend is followed by

a six month program.

You can participate in this program as a **Prayer Support Partner**. All that is asked of you is to **pray** for the youth and volunteers during the Kairos Weekend of April 27-29. If you are interested, sign-up sheets will be available at Redwood Info Center, The Evergreens bulletin board, and Brewster Health Center south entrance desk.

We ask that you sign your first names only. Names on this list will be printed on strips of paper and made into a prayer chain which is hung up around the prison room for all to see. It is a very dramatic way to show the support and love that Christians provide to one another. The youth are touched that others take time to pray for them. Please sign up by Wednesday, April 25. For more information, contact Brewster Place resident, Paul Beck, at pbeckjr@bpmail.org. ■



# the Market

on Main Street

## Cheeseburger & Fries Day!

Wednesday is now “**Cheeseburger and Fries Day**” at the Market. For just **\$5.50**, which includes your tax, Market guests can enjoy a hot juicy cheeseburger with all the fixings along with a side of nice crispy French fries. Don’t forget, we also still offer Milton’s hot lunches on Tuesdays and Thursdays. ■

## Updates from Brewster Dining Spring Menus Debut Soon!

Spring menu rotation for The Evergreens Grill, Greenleaf Restaurant, and Assisted Living will begin in mid-April, offering residents lots of new meal specials!

## Special Dietary Needs

Help with dining choices is available for those with special dietary needs. At each of our campus restaurants, Brewster offers a plethora of choices to ensure variety to make the dining experience enjoyable. Independent Living residents on special diets who are looking for some assistance with navigating the choices, will be happy to know that assistance is available. If you would like help managing your special diet, please contact Connie Geartz, Brewster Certified Dietary Manager, at 274-3348. ■

## New & Improved!

Each week you receive the **Life Enrichment Opportunities** bulletin and **Brewster Dining** menus. Coming soon you will receive **larger and easier to read** copies of both, with more wellness information, puzzles, and fun facts included. Be on the lookout! ■

...Continued from page 1

Bazaar Workshops with Kris Saia, Creative Arts Coordinator, is a wonderful way of being able to contribute to the greater Topeka community by creating items that are sold at the Annual Bazaar — proceeds of which benefit Topeka charitable organizations. In addition, Jamie Fritz, Activities Coordinator, provides a monthly opportunity to volunteer at the Ronald McDonald House as well as an array of other opportunities.

We also have many volunteer opportunities right here at Brewster Place. To learn more about these opportunities, please contact Maxine Thuston, Administrative Assistant and Volunteer Coordinator. And coming soon we will have additional intergenerational opportunities allowing you to be a light and a blessing for youngsters in our community with Katy Wright, Intergenerational Activities Coordinator, leading the charge. Some find purpose in being a good steward of our planet and find solace in recycling. Others may find their spiritual wellness in practicing intentional and radical acts of kindness, in being what R.J. Palacio refers to as being “*kinder than necessary*” in the book *Wonder*. These are just a sampling of opportunities.

Even in knowing how to define and identify ways in which one can practice spiritual wellness many are left asking, “*How is it supposed to feel?*” This will feel differently for all of us, but there are common themes.

I can offer an example of my own feelings which I do not believe to be unique, but rather, a shared experience with many. I wrote this article while hiking in the woods near my home. It is here in nature I can feel my spirit being nurtured and I feel fulfilled. Where I am free from passing judgment and do not feel judged. Where my mind can be at ease with my thoughts or think nothing at all. It is here where I can see fears as the liars they are and joy is solidly experienced, where gratitude is easy to find, and there is tangible evidence I am but a grain of sand in the universe. The woods are where I can reflect on my daily endeavors and feel confident in my purpose. There is calm and peacefulness and I know with absolute certainty it is well with my soul.

Take a few minutes now to evaluate your spiritual wellness. Focus on your **values** and **beliefs**. Using our **Five to Thrive** spiritual wellness definition — **the ability to experience spiritual connection, identify purpose and find meaning** — and knowing this includes things such as faith, transcendence, intentional living and gratitude; rate your spiritual wellness on a scale of 1-10 with 10 representing Very Well. If your rating is not as high as you would like, or you aren’t sure how to get started on your spiritual wellness journey, contact the wellness department at 785-274-3395 and we’ll help you get started.

***How will you nurture your spirit today?*** ■



# From the Chaplain | Jesus Is Alive!

by Chaplain Roger Jackson, M. Div.

Just a few days ago we observed Palm Sunday, when Jesus rode into Jerusalem followed by a crowd of people who laid down palm branches and shouted, **“Hosanna! Blessed is the one who comes in the name of the Lord!”**

**Maundy Thursday**, a time for us to commemorate the Last Supper with Jesus and his disciples, came and went. That same night we recalled that Judas betrayed him, and the trials began. And

*Jesus is alive!*

on **Good Friday**, we remember the crucifixion, the dark hours of Jesus' death and burial. Soon, **Easter** morning will arrive with its glorious an-

nouncement of Jesus' resurrection from the dead. Hallelujah!

I once heard about a preacher who gave the most profound and powerful Easter Sunday message. A large church was getting ready for their Easter service Sunday morning, and they couldn't find their pastor. It was almost time to start the service, and they didn't know what to do. They called the pastor's house, but no one answered. They didn't know how else to get hold of him in those days before we carried cell phones. When it

was time for the service to start, the worship leader began with singing a hymn but still no pastor. They collected the offering – no pastor. The worship leader was about ready to announce that the pastor wasn't there when everyone heard a loud car roar outside and come to a screeching halt.

They heard the car door open and close, then a person walking up the front steps. The church doors flew open, and they saw it was their pastor. He began to run down the aisle yelling at the top of his lungs, **“He has risen! He has risen!”** He then stopped and shouted, **“JESUS IS ALIVE! JESUS IS ALIVE!”** And then he walked out of the church. The Easter message is simple but profound, **“JESUS IS ALIVE.”** May you truly experience the simple but profound message of Easter this year! ■

## Easter Services

**Sunday, April 1**

**2:30 pm**

Brewster Health Center

Fink Living Room

**4:00 pm**

Main Street Chapel



## Celebrate My Life | How Do You Want Your Life Celebrated?

In the March issue of the Brewster News, we introduced **“Celebrate My Life”** which is a tool that has been developed to assist you in planning for your funeral or memorial service. Many times end-of-life decisions are difficult to discuss and this new tool was created to help make that conversation easier and more organized. It is specifically designed so that you can make final decisions about how your life is celebrated by family and friends.

To learn more we invite you, and any family members you would like to have involved in making these plans, to one of the following Celebrate My Life Learning Sessions:

### Celebrate My Life Learning Sessions

**Wednesday, April 18**

6:30 pm | Main Street Chapel

**Monday, April 23**

3:00 pm | Main Street Chapel

If you any questions, please call Chaplain Roger Jackson at 274-3349. ■

*every life matters.  
every life should be celebrated!*



ENGAGE AT EVERY AGE: MAY 2018

**M**ay is Older Americans Month and this year's theme is **Engage at Every Age!** What a perfect theme as we celebrate **Five to Thrive** — *all things wellness* — and how **engaging** in life in a variety of ways benefits your mind, body and spirit.

As part of our celebration, this year we are planning our **Cheers for Volunteers** celebration to coincide with Older Americans Month. Volunteering is a wonderful way to engage with others while using your gifts in service to our community.

In 2017 our celebration of volunteers included awarding the inaugural **Virginia Tevis Volunteer Service Award** to its namesake, Virginia Tevis. For over 50 years, Virginia has modeled what service to others looks like and she serves as an inspiration to all who cross her path.

We will be accepting nominations for this year's Virginia Tevis Volunteer Service Award during April. The recipient will be announced at our celebration in May.

Nomination forms will be distributed to your homes in the next few days. Nominations must be for residents who have served the Brewster community in a volunteer capacity. Examples are Resident Council members, Bazaar and Trash & Treasure volunteers, gardeners, activity volunteers, reception volunteers, visitors to Brewster Health Center, etc. ■

## KU Osher Lifelong Learning Series

### Abraham Lincoln Revealed

Wednesdays, April 18 and 25 and May 2  
2:00—4:00 pm | Chapel

**A**s a giant part of our American heritage and culture, we know a lot about Abraham Lincoln. In this course, we'll take an intimate look at many aspects of Lincoln's life, from his early years to his election to the presidency in 1860, and his experiences living and working



in the White House. We focus on his Civil War partnerships with his most famous generals, Ulysses Grant and George McClellan, and study some of the back stories associated with his delivery of The Gettysburg Address. We then hear some commentary and insights from some of Lincoln's harshest critics. Finally, we examine the assassination.

**Instructor** Marvin Burris ■

**KU** **AUDIO-READER**  
The University of Kansas  
**Now on Brewster TV**  
Tune to channel 1961



**Marketing Event  
at the Redwood:**

**April 11th  
Invite a  
friend!**

To find out more,  
Contact **Nancy** at  
**274.3314** or  
**Chris** at **274.3351**

**Wellness Skin Clinic**  
Rick's Advanced Dermatology

**Friday, April 13**  
**2:00—4:00 pm**  
**Winchell Wellness Center**  
**Therapy Room**

Please call Maxine Thuston at  
274-3374 to schedule your  
appointment.

It is spring, the weather is warming, and flowers are starting to peek from the ground. They have been growing, but have not been seen until now. Something else will also be rising from the ground this spring — a new building, which includes a Cultural Arts Center, wonderful dining, all-weather connectors, an aquatics center, a woodshop, exercise room, art studio, a salon/spa, and a barber shop.

The ***New Opportunities for a Thriving Community NOW*** campaign was launched last year with a total goal of \$4,000,000. That total included \$1,000,000 for Endowed funds to be used for programming and \$3,000,000 for capital costs. As with the blooming of spring, we will soon see our building projects bloom as well. Now we must work to see our exciting project come to full bloom.

This massive project has seemed far away. We have seen artist renderings, we have talked about it, yet it still seemed like it was not going to happen any-time soon. In campus-wide discussions, it was even mentioned by a few, “I won’t be around to see this.” But now we will start to see earth moved and buildings rise from the ground. We will be able to watch as the improved facilities are a reality. The work is really just getting started. The ground will be broken and we must finish raising the funds.

Currently, we have received pledges and gifts of ap-

proximately \$900,000. The Campaign Committee is very happy that people have come forward early and made commitments to support this project. We know that some people have waited — waited to see if things got going — waited to see something happen — or just waited. Now is the time—no more time to wait!

Pledges, cash gifts, gifts of appreciated stocks, estate gifts, gifts of your required minimum distribution from an IRA account are some of the ways that you can give. Charitable gift annuities, gifts that provide naming opportunities, endowed gifts for a specific project, large gifts, smaller gifts, gifts combined with a matching gift, gifts from a family, gifts to name a location, gifts of any size — we can work with all of these and more. Whether you are a first time donor or a repeat supporter, it does not matter. We have a way to make YOUR gift impact this project and the community around you.

There are many necessary things that work together to create the beautiful flowers that we spoke of earlier. The flower needs the soil with its nutrients,

the sun, water, earthworms around the roots, and bees and butterflies on its petals. If any of these were taken away, the flower would not flourish. Like the flower, our ***New Opportunities for a Thriving Community NOW*** campaign is relying on many different things to help it flourish. But, we need you!

A variety of different gifts of all shapes, sizes, and styles are needed to help this project bloom. Now is the time to make an impact. Now is the time to embrace the ***New Opportunities for a Thriving Community NOW*** campaign. Be a part of this growth. It really is happening! Like the bulbs that have sprouted green and are becoming beautiful flowers, we enjoy them but take their creation for granted. We love the fresh new green, we love the blooming flower, and we often forget all of the things that came together in the background to create the bloom.

Please be one of the components that leads this campaign to success and help our campus Thrive, Bloom, and Flourish! ■



## Beginning Chess

**First and Third Monday**

**Mondays, April 2 and 16**

**3:00 pm | Main Street Pavilion**

**O**ur new chess group has started and it’s a hit! You are welcome to come and challenge your mind and learn all the details of playing chess. The instructors are Brewster’s own Ian Safford from Human Resources and John Long from IT. ■

## Foundation Forum

**Kansas Historical Society**

**“Your Stories. Our History”**

**Thursday, April 5 | 10:00 am**

The Evergreens Community Room

**J**oin us as the Foundation Forum will host Susan Mahoney, Director of Operations for the Kansas Historical Foundation. Susan will be presenting **“Your Stories. Our History.”** She will offer a look at the work of the Kansas Historical Society, including some fascinating stories about the Museum and State Archives collections, and the partnership between the Foundation and the state agency. It is sure to be a historical event. Please come and join us in the Evergreens Community Room. ■

## Furniture Sale

**Friday, April 27**

**9:00 am—3:00 pm**

Klinge Activity Center  
(Redwood lower level)

## Trash & Treasure Sale

***Coming this fall!***

**Friday and Saturday**

**September 28 and 29**

**9:00 am—3:00 pm**

Klinge Activity Center

## At the Movies!

**Thursdays at 2:00 pm | BPTV 1960**

**April 5**

“Meet Me in St. Louis” (1944 musical)

**April 12**

“Mark Felt: The Man Who Brought Down the White House”

(2017 drama based on real life)

**April 19**

“Stronger” (2017 drama based on a book)

**April 26**

“The Mountain Between Us” (2017 drama)



## Key to Campus Abbreviations

How to Navigate Campus

### ASSISTED LIVING (south end of Redwood)

<b>AL</b>	Assisted Living
<b>Monarch</b>	Assisted Living first floor
<b>Frontier</b>	Assisted Living second floor
<b>HH</b>	Home Health (AL first floor)

### BREWSTER HEALTH CENTER

<b>BHC</b>	Brewster Health Center
<b>BHC FLR</b>	Brewster Health Center Fink Living Room

### THE EVERGREENS

<b>EV</b>	The Evergreens
<b>EV AR</b>	The Evergreens Art Studio
<b>EV CR</b>	The Evergreens Community Room
<b>EV DR</b>	The Evergreens Dining Room
<b>EV WC</b>	The Evergreens Wellness Center
<b>EV Parlor</b>	The Evergreens Parlor

### MAIN STREET (lower level of Assisted Living)

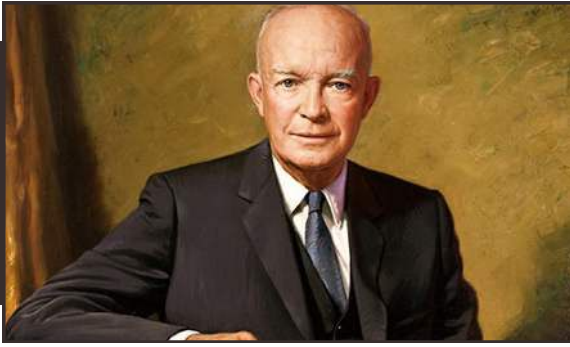
<b>WWC</b>	Winchell Wellness Center
<b>MSP</b>	Main Street Pavilion
<b>Chapel</b>	Chapel on Main Street
<b>The Market</b>	The Market on Main Street

### REDWOOD

<b>RW</b>	Redwood
<b>RWL</b>	Redwood Lounge
<b>RW FR</b>	Redwood Founders Room
<b>RW PH</b>	Redwood Penthouse Art Studio (take west elevator to 6th floor)
<b>RW Veranda</b>	Redwood Veranda
<b>GL</b>	Greenleaf Restaurant
<b>CSP</b>	Chandler Sun Porch
<b>KAC</b>	Klinge Activity Center

**Lobbies** For off-campus trips, if you meet in the lobby of Redwood or The Evergreens, the Brewster bus will pick you up from that location.

**SH** Stone House



## Take a Tour of History

Eisenhower Library, Museum & Boyhood Home  
Thursday, April 19 | 8:30 am | Lobbies

Tour is \$9.00 | Transportation is \$13.00 | Lunch is Dutch treat  
Please call Jamie at 274-3398 for reservations.

Let's go to Abilene and visit history! Join Jamie Fritz, Activities Coordinator, on a trek west to visit the **Eisenhower Library, Museum and Boyhood Home**. We will enjoy a guided tour which will provide insight into one of Kansas' favorite sons. We will enjoy lunch at a local eatery and then drive to see Eisenhower Park and Rose Garden.

The Eisenhower Presidential Library is home to a world-class research facility that caters to scholars and history enthusiasts from around the world. Located in Eisenhower's hometown of Abilene, Kansas, the vast holdings of the Library consist of approximately:

- 26 million pages of historical records
- 335,000 photographs
- 768,000 feet of original motion picture film
- 70,000 artifacts

In addition, the Eisenhower Museum and Boyhood Home allow visitors to explore Ike's boyhood years growing up in America's heartland, his years as military leader, and his presidency. The Eisenhower Presidential Library is one of 13 Presidential Libraries administered by the National Archives and Records Administration. ■

*Live enriched.  
For the wellness of it!*

## Cyber Seniors and March Madness

It doesn't get much better than that!



**Above Left:** Shirley Kossoy was one of 20 Brewster Place residents and BrewsterConnect members who participated in our Cyber Seniors partnership with Washburn University. This intergenerational program was a huge success with the goal of learning more about technology and developing relationships with younger generations.

**Right:** Eldon Danenhauer (along with his wife Linda—not pictured) also participated in Cyber Seniors. There is no doubt that projects like this create nothing but smiles, joy and a rewarding experience for all.



**Above:** Dick and Donna Crawford joined 200 other residents and staff for the March Madness Kick-Off Lunch at the Main Street Pavilion. The weather was gorgeous, the food tasted yummy, and all had a great time being together.



## Birthdays

Jan Burnett	1
Barbara Noe	1
Maxine Taylor	1
Marion Knight	5
Barbara Wildrix	5
Carol Jacobs	7
Patricia Beason	9
Dwight Thomas	9
Mary Lou Heckathorn	10
Doris Peery	13
Barbara Wehking	13
Sylvia Boyd	17
Elizabeth Stubbings	18
Doris Davidson	23
Anita Lorson	24
Juanita Hopkins	25
Naomi Brooks	27

## Anniversaries

Bill and Daisy Douthett	4/14/1946
Dwight and Irma Thomas	4/15/1950

## New Residents

Don Dawson	EV 133
Beth Neuer	RW 405

## Resident Transfers

Dee Crawford	BHC
Anderson Chandler	AL 30
Barbara Thiele	BHC
William Thornton	BHC
Leona Brinkmeyer	BHC
James and Marilyn Stanton	BHC
Loren Greene	BHC
Carlee Wilson	BHC
Merle Welch	AL 8

## In Memoriam

Mrs. Emmy Lou Thorp	3-04-18
Mrs. Johanna Roney (former resident)	3-14-18
Mrs. Alice Hurst	3-15-18
Mrs. Nancy Hazlett	3-23-18

## Staff Anniversaries

Brewster staff members who are celebrating their employment anniversaries in April!

<b>Department</b>	<b>Location</b>	<b>Years</b>
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### Dining Services

Stephanie Vanegeren	BHC	1
Esteban Tetuan	BHC	2
Christine Maki	RW	1
Ernest Llamas	RW	2
Robert Uitts	RW	2
Payton Reynolds	RW	1

### Environmental Services

Matt Burns	RW	15
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### Health Services

Sharon Guyle	BHC	1
Kaileigh Gray-Milligan	BHC	2
Anny Haney	BHC	8
Wonjung Bryant	BHC	1
Marquita Lucas	HH	1

### Rehab

Lynzie Reynolds	Rehab	3
Denise Forgy	Rehab	6

### Resident Services

Janis Swanson	RW	18
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### Security/Transportation

Yvette Brooks	Campus	3
Nina Goss	Campus	1
Dawn Means	Campus	4

### Therapy

Richard Dinneen	BHC	9
Susan Calderwood	BHC	3
Barbara Bleich	BHC	4
Carla Howe	BHC	4
Brooke Schmidtberger	BHC	6

### Wellness

Jenny Lamb	RW	2
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The Brewster News is a monthly publication for the residents and friends of Brewster Place.

The Brewster News is also available online at:

**[www.BrewsterLiving.org](http://www.BrewsterLiving.org)**

Janis Swanson, Editor

[Janis.Swanson@BrewsterLiving.org](mailto:Janis.Swanson@BrewsterLiving.org)

# april | on-campus events

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## **Kristi Baker on Piano | Monday, April 2 | 2:30 pm | Redwood Lounge**

Come and enjoy the beautiful piano music of world famous pianist, Kristi Baker. She will update us on her current work and travels. It will be outstanding!

## **Beginning Chess | Monday, April 2 and 16 | 3:00 pm | Main Street Pavilion**

Have you always wanted to learn to play chess? Come and challenge your mind and learn all the details of playing chess. The instructors are Ian Safford from Human Resources and John Long from IT.

## **KU Osher Lifelong Learning Series: Women and the Civil War | Wednesday, April 4 | 2:00 pm | Chapel**

This is the third and final class of this series.

## **Foundation Forum | Thursday, April 5 | 10:00 am | The Evergreens Community Room**

Please see article on page 7 of this issue.

## **Helping Hands Humane Society Pet Visit | Thursday, April 5 | 1:30 pm | Redwood Veranda**

We are pleased that Helping Hands volunteers will once again bring furry friends to visit us. Animals have a healing impact — come enjoy holding a pet outside on the veranda!

## **Make It Monday: Paint a Pot | Monday, April 9 | 1:00 pm | Redwood Lounge**

Drop by and paint a little clay pot. We will help you plant a pansy in it to take home! Give Kris Saia a call at 274-3389 by April 6 to reserve your flower pot and pansy. A great way to say “hello” to spring!

## **Suzuki Strings Student | Monday, April 9 | 5:45 pm | Redwood Lounge**

Carolyn Sandquist is bringing her students to share their musical talents with us. It will be a beautiful concert.

## **Bridge | Tuesdays, April 10 and 24 | 7:00 pm | Redwood Lounge**

This group is for seasoned bridge players. If you are interested, please call Doris Davidson at 286-1432 or Christel Marquardt at 274-5509.

## **Wellness Skin Clinic | Friday, April 13 | 2:00—4:00 pm | Winchell Wellness Center Therapy Room**

If you are interested, please call Maxine Thuston at 274-3374 to schedule your appointment.

## **Grace Morrison Sings | Monday, April 16 | 3:00 pm | Redwood Lounge**

Come and enjoy the beautiful voice of Dr. Grace Morrison. She will sing an array of wonderful music. This concert is brought to us by **On Stage Live**.

## **Healthwise 55 | Tuesday, April 17 | 11:30 am | Klinge Activity Center**

Our topic will be special help for wounds that just won't seem to heal. We will receive information about techniques that are being used to ensure that patients heal quickly and completely. The lunch cost is \$7.00. Reservations are required by Friday, April 13. Please call Jamie at 274-3398 for reservations.

## **KU Osher Lifelong Learning Series: Abraham Lincoln Revealed**

### **Wednesday, April 18, 25 and May 2 | 2:00 pm | Chapel**

For more information, please see article on page 5 of this issue.

## **Celebrate My Life Learning Sessions | Wednesday, April 18 | 6:30 pm; Monday, April 23 | 3:00 pm | Chapel**

Please see article on page 4 of this issue.

## **Team Trivia: Entertainment | Friday, April 20 | 1:00 pm | Klinge Activity Center**

Join us for a fun-filled Friday! We will enjoy playing some games and testing our knowledge. Bring a friend for more fun!

## **Kansas Humanities Book Talk | Tuesday, April 24 | 2:00 pm | The Evergreens Community Room**

We will continue the series **On the Lighter Side** and will be discussing the book *Standing in the Rainbow* by Fannie Flagg. Flagg takes us to Elmwood Springs, Missouri, where we meet Bobby Smith, a 10 year old living an idyllic postwar boyhood; his mother; neighbor Dorothy, broadcasts her Midwest housewife's radio show; and later on, Tot Whooten, a very incompetent hairdresser; mortician Cecil Figgs; Hamm Sparks, the tractor salesman turned politician; and many, many others. The discussion leader will be Tom Prash.

# april | off-campus events

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## **Cornerstone Family Concert | Monday, April 2 | 6:00 pm | Lobbies**

The concert theme will be LOVE. The beautiful voices of the Cornerstone students will be directed by Dorothy Iloff, Mary Muilenburg's daughter. Please call Jamie at 274-3398 for reservations.

## **New Theatre Restaurant | Wednesday, April 11 | 10:30 am | Lobbies**

New Theatre presents *Barefoot in the Park* with Cindy Williams from Laverne and Shirley. In the play, newly-wed, Corie, wants everything about the new apartment to be perfect for her new husband, Paul. But, it has no furniture or heat, the skylight lets in the snow, the paint job's all wrong and the bedroom is too small for a bed. Just when things couldn't get any worse, Corie's mom and potential boyfriend show up. One of Neil Simon's best comedies, *Barefoot*, received an Oscar nomination and four Tony nominations, including Best Play. Tickets are \$33 and include lunch. Transportation is \$13. Please call Jamie at 274-3398 for reservations.

## **Tulip Time and Sonic | Thursday, April 12 | 1:00 pm | Lobbies**

Let's head out to Lake Shawnee and see how spring is progressing in our area of the world. The tulips *should* be blooming. We will stop at Sonic for a limeade. If time permits, we will drive through Gage Park and check out the blooms. Sonic is Dutch treat. Tickets for Tulip Time are a recommended donation of \$5.00. Please call Jamie at 274-3398 for reservations.

## **Topeka Symphony Orchestra | Saturday, April 14 | 6:45 pm | Lobbies**

TSO presents *After the Revolution*. What happens after the upheaval of a revolution? For Chinese-American composer, Zhou Long, the end of the restrictive Cultural Revolution marked the beginning of his artistic career. And after watching Napoleon crown himself emperor and crush the revolutionary ideals of liberty and fraternity, Beethoven had to dig deep to find light in his despair. At this concert, we hear the music of new worlds taking shape, rising up after bloody and frightening upheaval, re-establishing their foundation and reaching for the future. Please call Jamie at 274-3398 for transportation reservations.

## **On State Live | Sunday, April 15 | 2:00 pm | Lobbies**

**On Stage Live** presents **The Strutters** with vocalist Meloney Collins. They will celebrate the 100th anniversary of recorded jazz. Vinyl Jazz-A Century Celebration is a potpourri of jazz, pop and R&B songs like Gershwin's Rhapsody In Blue, Ellington's Mood Indigo and All Or Nothing At All recorded by Frank Sinatra. Melodies that shaped our musical landscape. Tickets can be purchased by calling 785-273-2767. Please call Jamie at 274-3398 for transportation reservations.

## **Tour of Eisenhower Library and Museum | Thursday, April 19 | 8:30 am | Lobbies**

Let's go to Abilene! We will have a guided tour of Dwight D. Eisenhower's Presidential Library, family home, and Visitor's Center. The tour will provide insight into one of Kansas' favorite sons. We will enjoy lunch at a local eatery. We will then drive and see Eisenhower Park and Rose Garden. Tour cost is \$9.00. Transportation cost is \$13.00. Lunch is Dutch treat. Please call Jamie at 274-3398 for transportation.

## **Ronald McDonald House | Monday, April 23 | 1:00 pm | Lobbies**

We will travel to the Ronald McDonald House and make dinner for the families staying there. Jamie will do the heavy lifting. Please call Jamie for reservations at 274-3398.

## **Lunch at The Pennant | Thursday, April 26 | 11:00 am | Lobbies**

Everyone is talking about downtown's newest restaurant, The Pennant. They offer fabulous lunches and milkshakes. Let's go check it out. Lunch is Dutch treat. Please call Jamie for reservations at 274-3398.

## **Topeka Civic Theatre | Thursday, April 26 | 6:00 pm | Lobbies**

TCT presents *King Lear*. William Shakespeare's immortal classic of King Lear depicts the gradual descent into madness of a powerful king after he disposes of his kingdom by giving bequests to two thankless daughters and losing the only child that ever truly loved him. Considered one of Shakespeare's greatest works and celebrated as one of the theatre's finest for over 400 years, our *King Lear* will be set in Downton Abbey time period, giving a new perspective on the classic. Tickets are \$33.00. Please call Jamie for reservations at 274-3398.