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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.

A Shared Commitment to Lifelong Learning

Brewster and the Osher Lifelong Learning Institute at KU

Brewster believes in whole-person wellness. We are committed to providing opportunities for our residents to engage in meaningful classes, programs and events which will benefit them with regard to the six dimensions of wellness (physical, intellectual, social/emotional, environmental, spiritual and vocational).

For the last 10 years, the Osher Lifelong Learning Institute at the University of Kansas has been a vital part of Brewster's intellectual wellness programming. The Institute is "committed to creating accessible and innovative learning environments throughout Kansas and the Greater Kansas City area, with special focus on participants age 50 and over." In essence, learners can choose from a diverse collection of courses and create their own program of development to expand their world and enrich their lives. Faculty and facilitators have been carefully selected for their academic qualifications, passion for a topic and love of teaching. (kupce.ku.edu/osher-about)

Brewster began offering Osher Institute courses in 2007. "This spring Brewster and the Osher Institute celebrate our 10th anniversary as partners! During the past decade together we've offered more than 50 courses for the residents and neighbors of Brewster Place — from history and religion to art and science! We're extremely proud of our partnership and Brewster's commitment to lifelong learning," said Jim Peters, Director.

Our two three-week courses this spring focus on art history, artists and hands-on creativity. The first course entitled, "Fun with Collage" will begin Wednesday, February 8. The second course enti-



AT THE UNIVERSITY OF KANSAS

“learning is a treasure that will follow its owner everywhere.”
-Chinese proverb



Matisse, defaced by Max Braun

Guest Essay

by Charles “Chuck” Sodergren, Resident

Recent changes in my life have motivated and encouraged me to search for and be open to new approaches. I am much more aware of my many limitations and vulnerability. I have grown in wisdom and grace and am now more patient, inclusive, and understanding. I feel more forgiving, compassionate, and inclusive. I continue to honor my family and close friends but I tend to also move past the boundaries of groups that I started with to include others. I have become a “both-and thinker,” not an “either-or.” I now welcome change and growth. I love the past and look forward to the future. I have made daily trips to the downtown McDonalds and this has opened my social relationships to those humans who are on the edge of what we usually define as normal. They tend to reveal the mysterious side of life. This diversity has taught me much. Jesus had no trouble with associating with exceptions, whether they be drunkards, Samaritans, lepers, Gentiles, tax collectors, or wayward sheep. I rely heavily on the mercy and grace of God. Life is full of handicapped people, mentally unstable people, people of other and false religions, irritable people, gay people, and people of different customs and traditions. I have learned to be more inclusive and comfortable with diversity. God excludes no one from the



reunion in heaven, but allows us to exclude ourselves in order for us to maintain our freedom. I respond more to other peoples energy than to their exact words. I have become simultaneously very traditional and very progressive. I no longer fit in with either the mere liberals or mere conservatives. I have moved toward larger viewpoints and greater inclusiveness. God has become bigger and led me to bigger ideas. God asks me to love unconditionally and universally, and it is clear to me that God operates in the same way. I

hope to add new experiences and relationships; and work for positive change, persuasion, change of attitude, and forgiving. We are all in this together and we are all equally naked underneath our clothes. When I was young I defined myself by differentiating myself, now I look for the things we all share in common. It is good to just be a part of the general dance, we don't need to make defining moves or be better than anyone else on the floor. I no longer have to prove that I or my group is the best, that my ethnicity is superior, that my religion is the only one that God loves, or that my role and place in society deserves superior treatment. I hope to become a contemplative thinker who knows that God created all and loves all. I don't want to end up a sad and angry old man. ■

Kansas Humanities TALK Series | Talk About Literature in Kansas

Thursday, February 16 | 3:00 pm | BE CR



We begin another TALK Series in February entitled, “**Kansas at 150.**” Outsiders may know us mostly as that place where Dorothy and Toto lived before the tornado swept them away, but Kansans know better. More than just the geographic center of the nation, Kansas provided a stage for many of the most dramatic episodes of American history. Following the state’s sesquicentennial, commemorating 150 years of Kansas, is an apt time to take stock of where we have been, and where we are going. In February we will read ***It Happened in Kansas*** by Sarah Smarsh. Our facilitator will be Sara Tucker. If you would like to participate, please call Jamie Fritz at 274-3398 and she’ll get you the books. ■

...continued from page 1

tled, “Mary Cassatt, Thomas Eakins, and Winslow Homer: Three Great American Masters from the 19th Century” will begin Wednesday, April 5. We will have two more courses this summer and an additional two courses in the fall. Those course titles will be announced at a later date.

We are proud of our partnership with the Osher Lifelong Learning Institute at KU and we thank them for being on this journey with us. If you are interested in attending an Osher course at Brewster Place, please call Jamie Fritz, Activities Coordinator, at 274-3398 for a catalogue. See below for more class information. ■

Spring 2017 Osher Classes

Fun with Collage!

Wednesdays, February 8, 15 and 22
2:00—4:00 pm | KAC

This course is part art history lesson and part hands-on creativity making collages. No drawing skills are necessary! Learn about important artists and their contribution as leaders in the art world of the 20th century. In our first session we'll examine Henri Matisse and his use of collage.



Then we'll study two giants in art history, Pablo Picasso and Georges Braque, and how they incorporated collages in their work. In our last session, using the ideas and techniques you learned in the first two classes, you'll create your own postcards to send or keep as your work of art.

Instructor

Barbara Solberg, B.F.A., University of Kansas, has been a working artist for more than 30 years. She has taught classes in her studio, at art centers, and has presented workshops statewide. Cost is \$5.

Osher in April....

Mary Cassatt, Thomas Eakins and Winslow Homer: Three Great American Masters from the 19th Century

Wednesdays, April 5, 12 and 19
2:00—4:00 pm | Chapel



In the Chapel...

Movie with Chaplain Roger: “God’s *Not* Dead”

Monday, February 6 | 2:00 pm | Chapel
Intermission, refreshments, discussion to follow

Freshman university student Josh Wheaton attends a philosophy class, where the uncompromising Professor Radisson requires all students to submit a signed statement that “God is dead” and never existed. When Josh refuses due to his own Christian beliefs, the Professor challenges him to defend his position that his God is real.

Come and join us for this inspirational movie!

Movie with Jamie: Band of Brothers

Mondays, February 20 and 27
Wednesdays, March 1, 8 and 15
1:00 pm | Chapel

This series, originally broadcast on HBO, tells the story of Easy Company, 506th Regiment of the 101st Airborne Division, U.S. Army. Based on interviews with survivors of Easy Company, as well as soldiers' journals and letters, this 10-part series chronicles the experiences of these young men who knew extraordinary bravery and extraordinary fear. Based on the book written by Stephen Ambrose.

On BPTV 1960...

February 2
“Sully” (2016 biography)
We are replaying this due to sound issues during the first showing in January.

February 9
“Frozen” (2013 family animation)

February 16
“Finest Hours” (2016 based on true story)

February 23
“Infinitely Polar Bear” (2015 romantic drama)

Meditation Mondays

We continue with Meditation Mondays this month. Residents, employees and community members are invited to join us every Monday from 7:30 am—8:00 am for group meditation in



Meditation Mondays

the Chapel on Main Street. Flyers with “how to” meditate tips are available in the Chapel. Residents may join in their Brewster Place homes at

7:30 am, as Brewster TV 1960 will program a meditation segment. Employees receive an email every Monday to take five minutes during the day to breathe and focus. Our employees are encouraged to take care of themselves as they take such excellent care of our residents! Namaste! ■

Friday Flash Brain Train

Team Jeopardy

Friday, February 24

Do you want to keep your brain fit as a fiddle? Are you looking for ways to train (and perhaps strain) your brain? We’ve got something for you!

Because we know the importance of keeping your brain active and strong, the Resident Services Team is partnering with the Brewster Therapy Team to offer a nifty new program twice a month on Friday afternoons.

Beginning Friday, February 24 at 1:30 pm in the Klinge Activity Center, we will host the Friday Flash Brain Train. Each week will feature a different type of game — with all skill levels included.

Your Friday Flash Brain Train hostesses will be Valerie Huss, MS, CCC-SLP, and Jamie Fritz, Activities Coordinator.

We expect YOU to come aboard the Friday Flash Brain Train. ■

Walk for the Health of It!

Walking is good for you! There’s no question about it and, since it’s free and easy to do (inside or outside), walking can be your path to better health.

Brewster Place offers many fitness classes including aerobics, balance, Tai Chi, Yoga and more. We also encourage residents and friends to use the exercise equipment in our wellness centers. In addition to this, we love to see residents and staff walking for the health of it!

We are excited to announce that beginning in March, we will have indoor walking trails (hallways and open spaces) in all areas of campus measured and marked with distances. Whether you live at Brewster East, Main Building, Oak, Maple or Cedar, Julie Schmanke, Wellness Specialist, is busily measuring your hallway so you will know how far you’ve traveled on your walk. This will help you with fitness goals and a sense of accomplishment as you reach your goals.

According to the Arthritis Foundation, walking can:

- Improve circulation
- Stop loss of bone mass
- Lighten your mood
- Lead to weight loss
- Strengthen muscles
- Improve sleep
- Support your joints
- Improve your breath
- Slow mental decline
- Lower Alzheimer’s risk
- Help you do more, longer
- Lead to a longer life!



As the weather warms, we will also begin marking outside walking paths with distances. So lace up your shoes and join us on a walking adventure! Let’s make 2017 all about engaging our bodies, minds and spirits to enjoy better health. ■

Wellness Wednesday

Staff from Stormont-Vail Sleep Clinic

Wednesday, February 1

11:00 am | ML

From the Chaplain | Christian Symbols

by Chaplain Roger Jackson, M. Div.



If you have visited the Chapel on Main Street, perhaps you noticed the stain-glass banners. We purchased several, so you will see them change periodically, especially during the holy seasons of Advent and Lent. Some residents have asked what the symbols mean. Over the next few months I will share the meaning behind the symbols on the banners.

Alpha & Omega – Alpha (Α) is the first letter of the Greek alphabet, meaning “beginning,” and Omega (Ω) is the last letter of the Greek alphabet meaning, “end.” In the Book of Revelation Jesus says of Himself, “*I am the Alpha and the Omega, the first and the last, the beginning and the end*” (Revelation 22:13). Jesus is the beginning of all things and the end of all things. He is everything, A to Z and all things in between. Jesus is the Alpha and the Omega.



Fish – The fish outline is a symbol the early Christian church adopted. Fish are often mentioned in the gospels. This is what one would expect since Jesus did most of his teaching in and around Galilee. The synoptic gospels – Matthew, Mark and Luke – state that fish were a staple in the diet of Galilee. In Mark we find Jesus saying, “Come after me, and I will make you to become fishers of men” (Mark 1:17). The fish is still a symbol to Christians in the 21st Century.



Baptism Shell – The scallop shell has historically represented the start of a pilgrimage journey. When baptized, one starts their spiritual journey in life. Some faiths believe when Jesus Christ was baptized, John the Baptist used a scallop shell to scoop up water from the Jordan River for the baptism. John the Baptist did not think he was worthy to baptize Jesus. In fact, he said, “I need to be baptized by you, and do you come to me” (Matthew 3:14).



Descending Dove – The Bible mentions doves on several occasions, and it has become a symbol for Christians. A dove was released by Noah after the flood in order to find dry land. And the Apostle John as a witness at Jesus’ Baptism writes, “I saw the Spirit descending from heaven like a dove and it remained on him” (John 1:32). Then it is written, “He on whom you see the Spirit descend and remain is the one who baptizes with the Holy Spirit (John 1:33).

On your next visit to the Chapel, be sure to look at all of the beautiful banners. I will continue sharing the meaning of these Christian symbols over the next couple of month. ■

Bible Study

“24 Hours That Changed the World”

by Adam Hamilton

Mondays, March 6—April 17
3:00 pm | Chapel

In this seven week video Series, Adam Hamilton combines biblical story, historical detail, theological analyses, spiritual insight, and pastoral warmth to retell the narrative of Jesus’ last and greatest hours.

Walk with Jesus on his final day.
Sit beside him at the Last Supper.

Pray with him in Gethsemane.

Follow him to the cross.

Desert him.

Deny Him.

An Evening with Dr. Harriet Lerner

Harriet Lerner, Ph.D., is one of the nation’s most loved and respected relationship experts. Renowned for her work on the psychology of women and family relationships, she served as a staff psychologist at the Menninger Clinic for more than two decades.

Join us Thursday, February 2 as Dr. Lerner will share insights from her new book, ***Why Won’t You Apologize? Healing Big Betrayals and Everyday Hurts***. Book sale and signing will follow. Please call Jamie at 274-3398 for reservations. ■

The Brewster Foundation is thankful for all the support we have received over the last year. 2016 resulted in a total of 3,378 individual gifts which is just under a 25% increase of individual gifts from 2015. A great number of these gifts were from first time givers to the Brewster Foundation. This is a positive statistic as it lets us know that more people are realizing the importance of supporting the Brewster Foundation. Each year we have a goal to increase donations over a rolling five-year average. For 2016 we topped that goal by receiving 23% over the average of contributions over the last five years.

The Brewster Foundation’s purpose is to raise funds in support of Brewster and we could

not do that without your support. The gifts for 2016 were given to several Funds including: Employee Assistance and Support Fund, Chaplaincy Fund, Benevolent Care Fund, Strategic Opportunities Fund, Special Projects and the General Unrestricted Fund. Each Fund has a specific purpose and helps place your kind donation in the area that you feel is important to you.

We look forward to new and exciting things to come in 2017 and beyond. Please feel free to come and speak to us in the Foundation office if you have any questions about how you can be a part of our wonderful family of giving. Together we will expand Brewster and continue to enrich our campus and community. ■

Foundation Forum

Brown v. Board of Education Speaker

Thursday, February 2

10:00 am | BE CR

The Foundation Forum on February 2 will feature a park ranger from the Brown v. Board of Education National Historic Site. This site is dedicated to telling the story of the U.S. Supreme Court decision that ended legal segregation in public schools. ■

Brown v. Board of Education

Historic Site Tour

Thursday, February 9

10:00 am | BE CR

On Thursday, February 9, join us for a trip to the historic Brown vs. Board of Education Historic Site. We will take a guided tour of Monroe Elementary School and learn more about the history of segregation in America. In addition, we will discover how lives were changed in the aftermath of the ruling of Brown v. Board of Education. After our tour we will grab a Dutch treat lunch. Please call Jamie at 274-3398 if you are interested in attending. ■

Don't Be Scammed! Stay Vigilant and Informed

The Brewster Foundation has been made aware that someone has tried to solicit gifts pretending to represent the Foundation. If you receive a phone call from someone claiming to be representing the Brewster Foundation, and they ask you to donate over the phone, please hang up and call us at 274-3327.

The Brewster Foundation does not call and ask for phone donations. Jeremy Hall, Director, will be happy to come by and see you to discuss making your philanthropic dreams come true. He will not call and ask for a gift over the phone.

Please call the Brewster Foundation at 274-3327 if you have received a call asking for a donation, or any other information. Any mail or correspondence with the Foundation can be sent through on-campus mail. Please be vigilant and don't ever give your personal information or credit card information out over the phone. Scammers are out there ready to take advantage of you. ■

Travel Chat with Jamie

It has been said that, “we travel not to escape life, but for life not to escape us.” Traveling has many benefits including lowering your stress level and improving your brain health. Travel expands your mind and allows you to meet new people and become more culturally aware. The benefits are endless!

The big question is — are YOU interested in taking a trip

in Kansas or beyond? We want to get your thoughts about a possible overnight (or several nights) trip in 2017. Possible travel destinations include Wichita by bus, St. Louis by train or New Orleans by plane. Sound like fun? We invite you to join Jamie Fritz, Activities Coordinator,

on Friday, February 3 at 2:00 pm in the Brewster East Community Room to share your ideas. ■



Reminders from Security

SARA Pendant

Please remember how important it is to **always** wear your **SARA pendant**. When you have an emergency or need assistance of any kind, press the button in the **center until the RED light flashes**. As soon as you press your pendant, security and a home health nurse will be on their way to you while we also follow up with you via a phone call. The pendants work within our 35 acre campus, and let us know where you are located. If you have any questions or would like to have your pendant tested, please call Security at 274-5000.



\$5 Tuesdays and Thursdays | Valet Service

Please be reminded of our \$5.00 Tuesday and Thursday transportation program, wherever you need to go in Topeka for \$5.00. We also have our Valet Service available to you. Security will get your car warmed up and de-iced for you and return it to your parking stall for \$5.00 per service or \$30.00 a month unlimited. ■

Upcoming Events

Dollar Day Clothes SALE

Friday, March 10

1:00—4:00 pm | KAC

Are you busy cleaning out closets in time for spring? February is a great month to do so and if you want totally get rid of them, you can donate them to Joline in the Trash & Treasure storeroom for the upcoming Dollar Day Clothes Sale. At the Sale, each item of clothing will be priced at \$1.00. Proceeds benefit the Brewster Service Fund. This sale will be for residents and staff only. ■

Trash & Treasure Sale

Friday, March 31

Saturday, April 1

Have you started collecting those unwanted items? If so and you want to donate to the Trash & Treasure Sale, please bring them to the Trash & Treasure storeroom (KAC) or call Kim Jenkins at 274-3399 to arrange a pick-up. Trash & Treasure Sales are open to residents, staff and the public. Proceeds benefit the Brewster Service Fund. Please call Joline at 274-3317 if you have questions. ■

Church Basement Ladies

Sunday, March 12 | 1:00 pm | Deadline to reserve tickets is February 14.

With recipes, food and camaraderie, this funny, and heart-warming musical invites you to join the ladies of the church kitchen as they stave off potential disasters, ensure 1/2 pound butter per guest, sing the *Pale Food Polka* and generally keep the pastor on course. ■



facebook.com/brewsterplace.org

We are excited to invite you to take a trip back in time with us as we trek to Kansas City's Union Station to view **POMPEII: The Exhibition**. This incredible exhibition made its North American premier at Kansas City's historic Union Station beginning in November. The exhibition

UNION STATION KANSAS CITY



Thursday, February 23
9:00 am | Lobbies
Tickets \$17
Transportation \$13
Lunch is Dutch treat

examines the lives of residents of Pompeii before and after the catastrophic eruption of Mount Vesuvius on August 24th, 79 A.D. Nearly 200 artifacts on loan from the collection of the Naples National Archaeological Museum will be displayed, ten of which are making their North American debut.

The tour will allow us to travel back in time to 79 A.D. when Pompeii bustled as a commercial port and strategic military and trading city. In a media-rich, object-based, immersive experience, you will learn how the people of Pompeii lived, loved, worked, worshipped and found entertainment.

The exhibit features nearly 200 artifacts — including frescoes, mosaics, and statues from sites that were hidden from view and forgotten for centuries until rediscovery over 250 years ago. The sudden disaster that destroyed Pompeii also preserved it and over time archaeologists have uncovered a unique record of its daily life — roads, buildings, municipal services, paintings, mosaics, artifacts, and even preserved bodies. Ongoing excavations at the site provides an ever-evolving picture of everyday life at the height of the Roman Empire.

If you are interested in this fabulous trip, please call Jamie Fritz, Activities Coordinator, at 274-3398 for more information or reservations. ■

ENGAGE in Life! The Benefits are Endless!



Above: Betty Bulkley participates in many opportunities at Brewster Place. She is also a faithful volunteer at the front desk at Brewster Health Center. It's a great way to be of service and meet new people!



Above: When Celia Eddy is not out walking her dog, she is often times participating in programs and events on and off campus. She also enjoys volunteering each month serving cake and ice cream at our monthly Birthday Party.

Below: John Reinecke stays active by using his creative talents to paint beautiful pieces of art. John's work, along with other resident artwork, can be viewed in the Dorothy Trueblood Resident Art Gallery on the lower level of the Main Building.



Birthdays

Dorthy Bennett	3
Tom Rimmel	6
Nadine Manley	8
Phyllis Butler	10
Jane Stephens	10
Marie Culver	11
Rose Fritz	11
Nancy Hazlett	11
Gary Wilder	11
Judy McGinness	12
George Paris	12
Evelyn Beaty	13
Marianne Bloesch	13
Beverly Martin	15
Chuck Sodergren	16
Lawrence Brock III	18
Elmer Davis	18
Dorothy Mergenmeier	18
Luana Niemackl	18
Roseann Schroeder	18
Jack Barron	19
Jack Smith	20
Alice Eisele	21
Dean McKeever	21
Liz Kiene	22
Beverly Hammond	23
Phyllis Allen	24
Dick Fuller	25
Connie Smith	25
Jan Seagraves	26
Robert Harrington	27
Dorothy Pooler	28
Patsy Walz	28
Merle Welch	28
Donna Low	29

Anniversaries

Jerry and Jean Hinton (70 years!)	2/1/1947
Gilbert and Audrey Singleton (70 years!)	2/5/1947

New Residents

Dusty and Doris Green	MB 429
Ted Bernard	MB 210
Joyce Harbaugh	BE 308
Melba Banion	BE 102
Ona Maydew	MB 312

Staff Anniversaries

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

<u>Department</u>	<u>Location</u>	<u>Years</u>
<u>Administration</u>		
Brian Massek	MB	8
Larry Riggins	SH	18
Claudia Larkin	SH	1
<u>Brewster Foundation</u>		
Jeremy Hall	MB	4
<u>Community Relations</u>		
Phyllis Lansford	SH	18
Katy Wright	SH	1
<u>Dining Services</u>		
Manuel Martinez	BHC	14
Milton Carr	Market	1
Nancy Ortiz	MB	1
<u>Environmental Services</u>		
Tom Heideman	Campus	3
Vanesa Munoz	BS	1
<u>Health Services</u>		
Mellisa Vaughn	BHC	1
Angela Goehring	BHC	2
Mya Green	BHC	2
Robin Williams	BHC	17
Tonya Blatt	BHC	13
Fallyn Handley	AL	1
Elisia Johnson	AL	1
Derick Siwila	AL	7
Debbie Young	AL	3
<u>Health Services Administration</u>		
Brenda Dyer	BHC	11
Jodi Buchmeier	BHC	6
Patricia Stover	BHC	2
Ashley Baker	BHC	5
<u>Rehab</u>		
Samantha Still	Rehab	1
<u>Resident Services</u>		
Maxine Thuston	MB	10
Julie Schmanke	MB	7
Roger Jackson	MB	3
<u>Security/Transportation</u>		
Monica King	Campus	1
Daniel Fields	Campus	2
Allen Reynoldson	Campus	2
<u>Therapy</u>		
Nicole Hutton	BHC	1
Tamra Price	BHC	1

In Memoriam

Mrs. Ruth Johnson	1-1-17
Mr. Alfred "Al" Morris (former resident)	1-16-17

february | on-campus events

Wellness Wednesday—Wednesday, February 1—11:00 am ML

Please join us to learn about the Stormont-Vail Sleep Clinic.

Valentine's Day Craft — Wednesday, February 1 — 1:00 pm BE; Thursday, February 2 — 1:00 pm MB FR

Join Jamie to make a Valentine's Day craft. Don't worry — it will be easy and fun!

Tea at Three—Thursday, February 2 — 3:00 pm ML; Thursday, February 9 — 3:00 pm BE Parlor

You are cordially invited to enjoy a cup of hot tea and a biscuit (cookie) in the Main Lounge. We will chat and get to know each other better.

Travel Chat — Friday, February 3 — 2:00 pm BE CR

It has been said that, "we travel not to escape life, but for life not to escape us." Are you interested in taking a trip in Kansas or beyond? Join Jamie to chat about a possible overnight (or several nights) trip in 2017. Possible travel destinations include Wichita by bus, St. Louis by train or New Orleans by plane. Sound like fun? Come share your ideas and other destinations you might enjoy.

Osher Lifelong Learning Institute: Fun with Collage — Wednesdays, February 8, 15 and 22 — 2:00 pm KAC

Please see the article on page 3 of this issue for more information.

Great Decisions — Fridays, February 10 and 24 — 2:30 pm MB FR

You are welcome to join us for the Foreign Policy Association's Great Decisions Discussion Group. The briefing book features impartial, thought-provoking analyses on eight issues of concern to US policymakers.

Cornerstone Family Schools Speeches and Singing — Monday, February 13 — 2:00 pm ML

Join us as we welcome the students of Cornerstone Family Schools for a variety of presentations including dramatic speeches and sweet singing. This group of young people are very talented.

iPhone and iPad Chat — Thursday, February 16 — 10:00 am ML

Becky Hinton will join us once again to answer questions about your iPhone or iPad. Please bring your Apple ID if you would like help downloading a new app.

Let's Color — Thursday, February 16 — 1:00 pm MB FR

Coloring has been found to be very beneficial for stress relief, self-expression, and fine motor skills. It's also a great way to spend an afternoon with friends and learn about each other.

Kansas Humanities Book Talk Series — Thursday, February 16 — 3:00 pm BE CR

Please see article on page 2 of this issue.

Sigma Alpha Iota — Saturday, February 17 — 10:00 am ML

Sigma Alpha Iota invites you to enjoy the sounds of a wonderful saxophone quartet from Washburn University. These exceptionally talented students are sure to delight.

Movie: "Band of Brothers" — Monday, February 20 and 27; Wednesday, March 1, 8 and 15 — 1:00 pm Chapel

Please see article on page 3 of this issue.

Healthwise 55—Tuesday, February 21—11:30 am KAC

Megan Stovall, RN, BSN and Shanae Brown, RN, from the Stormont Vail Total Joint Center, will share information about keeping joints healthy as we age, and what joint surgery preparation and recovery entails. Learn more about the work of the Total Joint Center to speed healing and improve outcomes for patients. Lunch is \$5. Reservations are required. To guarantee your space, please make your reservation by Friday, February 17. Please call Jamie at 274-3398 for reservations.

Afternoon Rummikub — Tuesday, February 21 — 2:00 pm ML

Calling all residents! Come join us in a lively game of Rummikub. Jamie will be on hand to help you learn how to play. This is a fun tile game and will engage your brain and brighten your day!

Cornet Band — Sunday, February 26 — 2:00 pm ML

We welcome this wonderful band directed by Rick Baker, son of Mary Mills. This will be toe-tapping fun!

february | off-campus events

An Evening with Dr. Harriet Lerner — Thursday, February 2 — 6:00 pm Lobbies

The award winning Topeka and Shawnee County Public Library has invited Dr. Harriet Lerner to share her insights from her new book, “Why Won’t You Apologize? Healing Big Betrayals and Everyday Hurts.” Dr. Lerner is one of our nation’s most respected relationship experts. This event is FREE and open to the public. Please call Jamie at 274-3398 for transportation reservations.

Dinner at the Top of the Tower — Wednesday, February 8 — 5:00 pm Lobbies

Are you needing to get out and have dinner with friends? We will head to Top of the Tower for a gourmet dinner while enjoying the best view of Topeka. Dinner is Dutch treat. Please call Jamie at 274-3398 for reservations.

Tour of Brown v. Board of Education National Historic Site — Thursday, February 9 — 10:00 am Lobbies

We will take a guided tour of Monroe Elementary School and learn more about the history of segregation in America. In addition, we will discover how lives were changed in the aftermath of the ruling of Brown v. Board of Education. After our tour we will grab a Dutch treat lunch. Please call Jamie at 274-3398 for reservations.

Topeka Civic Theatre — Thursday, February 9 — 6:00 pm Lobbies

This month we will see *Flaming Idiots* at Topeka Civic Theatre. *Flaming Idiots* is a contemporary farce with slap stick comedy, animated and colorful characters, dozens of door slams and a cop who raps Morse code into the phone with a kitchen knife. Tickets are \$33. Please call Jamie at 274-3398 for reservations.

A Community Conversation on Race and Social Justice with Tim Wise — Friday, February 10 — 2:45 pm Lobbies

This event is sponsored by the Washburn Office of University Diversity & Inclusion. “Tim Wise is one of the most brilliant, articulate, and courageous critics of white privilege in the nation...one of the great public moralists in America today.”-Michael Eric Dyson. The event is free and open to the public. Please call Jamie at 274-3398 for transportation reservations.

Topeka Community Concert — Saturday, February 11 — 6:30 pm Lobbies

This concert will feature artist George Bugatti. He started studying music at the age five and attended the prestigious High School of the Performing Arts in New York, followed by the highly competitive Julliard School, where he honed his skills as a classical pianist. In addition, George sings Jazz and Broadway standards and also performs classics from the 50s, 60s and 70s and writes his own material. Tickets must be purchased from the Topeka Community Concert. If you need help purchasing tickets or a transportation reservation, please call Jamie at 274-3398.

Lunch Out at Paisano’s — Monday, February 13 — 10:45 am Lobbies

We will take advantage of the half-price lunch specials during this Dutch treat Italian lunch. Please call Jamie at 274-3398 for reservations.

Topeka Symphony Orchestra — Saturday, February 21 — 6:45 pm Lobbies

Get up close and personal with the Topeka Symphony! This delightful evening will take us to the extreme reaches of the universe with favorite space film soundtracks — including *Star Wars*, *Battlestar Galactica*, and *Star Trek* — and highlights from Gustav Holst’s orchestral suite *The Planets*. Also featured is the 2016-2017 Young Artist Competition Winner. Please call Jamie at 274-3398 for reservations for transportation.

Union Station in Kansas City — Thursday, February 23 — 9:00 am Lobbies

Please see article on page 8 of this issue.

Volunteer at Ronald McDonald House — Monday, February 27 — 10:00 am Lobbies

Join us in making dinner for families staying at the Ronald McDonald House. We enjoy the fellowship of making a meal together. Jamie will do the heavy lifting and afterward we will celebrate with a tasty dessert. Please call Jamie at 274-3398 for reservations.

Lunch and Tour of Spencer Museum of Art in Lawrence — Tuesday, February 28 — 9:30 am Lobbies

Let’s enjoy a gourmet lunch at the beautiful Lawrence Country Club. Then we will head to the newly renovated Spencer Museum of Art for a guided tour. Lunch is Dutch treat. Transportation is \$13. Please call Jamie at 274-3398 for reservations.