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## Gaining Better Balance Using Technology

### Balance Assessment Clinics Using HUR iBalance Technology

**M**aintaining independence is vital to everyone. Brewster’s commitment to the Five to Thrive wellness dimensions — intellectual, emotional, physical, social and spiritual — provides a wonderful roadmap to provide opportunities for residents to engage in activities, classes and programs



got balance?

that benefit overall wellness. And it’s not a stretch to believe overall wellness increases the odds of staying independent longer.

One of the greatest risks to people over the age of 65 is falling. It is also one of the top ten fears of elders. There are many risk factors that contribute to falls — lower body weakness, medications, Vitamin D deficiency, foot pain, home hazards — but usually it is a

combination of risk facts that contribute to falls. (cdc.gov) Have you ever wondered if you have good balance? Have you noticed a decline in balance which has increased your fear of falling?

If you have ventured to the Winchell Wellness Center lately you might have noticed a new piece of equipment called the **HUR iBalance** which is a multi-purpose balance testing, training and reporting system. HUR iBalance is an excellent assessment tool to test balance and identify potential fall risk problems quickly. Once a person’s risk is assessed, HUR iBalance gives feedback on recommended exercises and balance training based on the test results. It features multiple pre-programmed balance testing protocols, fun and interactive balance games such as Chase, Maze and Tennis as well as a protocol wizard which allows trainers to easily set up custom testing to meet individual needs.

### 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.

*Continued on page 5...*

## Five to Thrive



### Wellness Survey Update

Recently all Brewster Place residents, staff and BrewsterConnect members had the opportunity to complete a wellness survey. We had a great response and we appreciate the time and effort it took to complete the survey. The results are being reviewed, and we want you to know that you are being heard.

**For example:**

**Question from one survey:**

*"Is there someone to oversee and help me use the wellness equipment properly?"*

**Answer:**

*Yes! Please call Julie Schmanke, Wellness Specialist, at 274-3313 to set up an appointment to learn how to use the equipment.*

If you haven't returned your survey, you can still do so. Your feedback is important to us. As part of Brewster's wellness initiative, a reorganized Wellness Committee is being formed. We would like to have representation from staff and residents. If you are interested in being part of this group, please call Jenny Lamb, Director of Community Wellness, at 274-3395. ■



## Join Us In St. Louis!

Last fall we headed south to Arkansas and now we are heading east to St. Louis! We invite you to join Jamie Fritz, Life Enrichment Coordinator, and Julie Schmanke, Wellness Specialist, on another out-of-town extravaganza! Make your reservation by February 15 to reserve your spot. Call Jamie at 274-3398. Space is limited.

### ITENERARY

#### Tuesday, April 3

- Leave Brewster at 6:00 am for Kansas City
- Board train in Kansas City and head to St. Louis
- Arrive in St. Louis at 3:00 pm
- Tour Cathedral Basilica of St. Louis
- Check in at Residence Inn Hotel in downtown St. Louis and dinner out

#### Wednesday, April 4

- Morning — Tour St. Louis Art Museum
- Afternoon — Tour Missouri Botanical Garden
- Extra surprises!
- Dinner

#### Thursday, April 5

- Gateway Arch Film and Tour
- Lunch and Tour of Anheuser-Busch Brewery
- Ride Brewster bus home

### Cost

- Hotel — \$160 per night per room
- Transportation — \$110 for Residents & BrewsterConnect members; \$135 non members
- Tours — \$75
- Meals — Dutch treat ■



Please call Jamie at 274-3398 to register.

### Women and the Civil War: The Hidden History

Wednesdays, March 21 and 28 and April 4 | 2:00—4:00 pm | Chapel

Just as American women were starting to question their roles in society, civil war erupted and changed everything. This course introduces you to fascinating stories you've never heard--the women who fought as men, the ladies pressed into jobs in government and factories, and the slave women who ran to freedom and found work with the Union Army. Leaders of the new women's rights movement thought America was changing before their eyes. But their dreams would die after the war, in a raucous 1867 election in Kansas.

### Instructors

Aaron Barnhart and Diane Eickhoff co-authored *The Big Divide: A Travel Guide to Historic and Civil War Sites in the Missouri-Kansas Border Region*. They published this and other history titles through Quindaro Press, and frequently give presentations on behalf of the Kansas and Missouri humanities councils. ■



## Creative Arts at Brewster Place

**B**rewster has a long tradition of supporting the arts in our community, but we also have a long tradition of providing opportunities to engage in the arts through a variety of classes and workshops on campus. Our longtime steward of this program was Joline Kovarik who retired at the end of 2017. Joline built a wonderful program during her tenure. As we move forward, we are so happy that Kris Saia recognized her creative skills as a great fit for Brewster’s program and on January 1, she began her role as Creative Arts Coordinator. As we take stock in the past, we are excited to look forward with new and engaging classes, programs and workshops to inspire the creative spirit in you! Kris welcomes any suggestions you have or creative pursuits you’d like to try. Her office is in the Penthouse Art Studio (6th floor of Redwood) and you can reach her at 274-3317.

### **ENGAGE** Your Creative Spirit

#### **BAZAAR WORKSHOP**

**Mon—Wed—Fri | 10:00 am—12:00 pm**

**Penthouse Art Studio (Redwood)**

It takes a village to make all those wonderful items for November’s Brewster Place Holiday Charity Bazaar, so we’re inviting OUR village to help us make ‘em! If you like to sew, quilt, embroider, knit or crochet, please join us for Workshop. And even if you’re not handy with a needle and thread, we always need hands to help us prepare tags, price items and cut fabric to get projects ready. We’ve got the coffee pot on and a pile of projects just waiting for you!

#### **BAZAAR CRAFT WORKSHOP**

**Tuesday and Thursday | 10:00 am—12:00 pm**

**The Evergreens Art Studio**

The Brewster Place elves meet every Tuesday and Thursday morning to make oodles of items for November’s Bazaar – won’t you join the fun? Christmas tree ornaments and painted garden rocks — rubber stamped cards and yarn craft — we make all kinds of great crafts and we could sure use your help every step of the way. No experience necessary — we’ll help you get started.

#### **PAINT! OPEN STUDIO**

**Tuesday and Wednesday | 1:30—3:30 pm**

**Penthouse Art Studio (Redwood)**

Tap into your creative side! Whether your medium is oil, acrylic or watercolor, Brewster’s Penthouse Art Studio is a perfect place to spend the afternoon. Drop in and paint for your own pleasure. We’re always glad to help you set up your palette and provide guidance along the way. Beginners are always welcome, and some supplies are provided. Interested in learning more? Call Kris or come by the Studio!

#### **WOOD CARVING**

**Thursday | 1:30—3:30 pm**

**Penthouse Art Studio (Redwood)**

Join Brewster Place’s group of carvers and whittlers! They gather weekly to practice this wonderful art form and learn from each other. We’ll provide wood and some tools to get you started -- come find out how relaxing woodcarving can be. All skill levels welcome.

#### **MAKE-IT MONDAYS**

**12:30 pm | Redwood Lounge**

**First Monday of each month**

We’re tickled to kick off a new workshop at Brewster: **MAKE-IT MONDAY**. Let’s celebrate creativity — just for the FUN of it!

Each month, we’ll get together to MAKE something. It might be a craft to take home — a card to send to a friend — or something cool to sell at the Holiday Bazaar. It’s good to sit for a spell, chat with your neighbors and get your artsy-crafty on.

You may claim you’re not artistic, but we know better! Watch the Brewster News for time and place every month.

#### **Make It Monday in February MAKE at Valentine!**

**Monday, February 5**

**12:30 pm | Redwood Lounge**

Join Kris and make a Valentine. We will have everything you need! After we are done, we will gather them up for the nice folks at Meals on Wheels. They will distribute a handmade card with every meal they deliver to a home-bound client on Valentine’s Day. Let’s help spread the love! ■





# From the Chaplain How Do You Prepare for Easter?

by Chaplain Roger Jackson, M. Div.

I don't know about you, but for me, winter is depressing. When it's as cold as it has been this year, with little to no sunshine, it's easy to feel blue. But, there is hope for a brighter tomorrow. Spring is on its way, and I can't wait until it gets here. With spring comes the celebration of the Easter season. As Christians, Easter is our reason for true hope — hope for a new life.

How do you prepare for Easter? Now, in our society it seems like we prepare for everything, at least the department stores do. Think about it; we do a pretty good job preparing for Christmas. There are signs everywhere that something special is going to happen. We hang wreaths, light candles, trim the tree, wrap gifts, bake goodies, attend parties, and on and on. But to prepare for Easter, what do you do? If you're a real fanatic, you dye a few eggs and buy a new outfit. Then you're done. All set.

But for Christians, Easter is the most important day of the year, or it should be. It's the day we celebrate the central event of history, the day Jesus rose from the dead in order to make eternal life possible for you and me. For centuries, Christians have prepared for Easter by observing Lent, a period that begins on Ash Wednesday and concludes the Thursday of Holy Week (this year February 14 through March 29). Traditionally, many people prepare for Easter by making this a period of repentance, denying themselves a particular pleasure, like giving up chocolate or soda.

Some take on a new task of service during this time, like volunteering at Doorstep or the Rescue Mission, to indicate their repentant spirit and prepare themselves in heart and mind for the celebration of Resurrection Sunday! But, we don't do that much anymore.

Another way we can prepare ourselves for Easter is to read our Bible more, spend more time in prayer. During this Lenten season, I want to offer a few things that may help you to prepare for Resurrection Sunday.

### Ash Wednesday Service

Wednesday, February 14

1:00 pm | Main Street Chapel

2:00 pm | Brewster Health Center Fink Living Rm

### Movie: The Passion of the Christ

Monday, February 19 at 2:00 pm

Main Street Chapel

### Bible Study

#### Before Amen: The Power of Simple Prayer

(based on Max Lucado's book)

Mondays, March 5, 12, 19 and 26 at 3:00 pm

Main Street Chapel

You will find more details about each of these events in this issue of the Brewster News. I hope you will come to one or more of these events that will help prepare you for Easter. ■



## Ash Wednesday Services

Wednesday, February 14

1:00 pm – Main Street Chapel

2:00 pm – BHC Fink Living Room

The service will include scripture readings as well as the imposition of ashes.

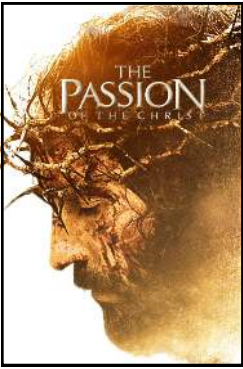
**All are welcome to attend!**



**AUDIO-READER**  
The University of Kansas

**Now on Brewster TV**  
Tune to channel 1961

## MOVIE AND DISCUSSION



**The Passion of the Christ**  
**Monday, February 19**  
**2:00 pm | Chapel**  
**Facilitated by Chaplain Roger**

intermission  
refreshments  
discussion afterwards

*The Passion of the Christ* depicts the final 12 hours of the life of Jesus Christ in Jerusalem. The term passion originates from Latin, meaning ‘suffering and pain.’ The passion journey begins with Judas betrayal, continues through condemnation by the Pharisees, features his appearance before Pontius Pilate, and concludes with the crucifixion.

Please note: This film is rated R because of the extreme violence and graphic images.

**Come and join us for this powerful and inspiring movie! ■**

## Coming in March... Bible Study



**Before Amen:**  
**The Power of Simple Prayer**  
by Max Lucado  
**Mondays, March 5, 12, 19, 26**  
**3:00 pm—Main Street Chapel**

This is a four-week DVD Study for anyone desiring an improved prayer life. Lucado reveals his struggles with prayer and his discovery that having a conversation with God is for everyone, not just for the pious few. Through the use of a simple, easy-to-remember, pocket-sized prayer that he distilled from the prayers in the Bible, he shows us how everyone can build a prayer life that is stronger, better and deeper. Connecting with God each day can mean all the difference in your life, and how you experience God and this Easter season. ■

The HUR iBalance is a vital new tool for Brewster’s therapists and wellness specialists to use to gain baseline measures of an individual’s balance, recommend classes or games to maintain or improve balance, and re-test to note if balance is maintained, improved or shows a decline. The best way to prevent a fall is to know your fall risk and implement a plan to improve balance and decrease your chance of falling.

Our challenge to you is to attend one of the following Balance Assessment Clinics where members of the Brewster Therapy Team will assess your current balance — providing a baseline measure for you — and recommend activities that can help you improve your balance and decrease your risk of falling.

### Balance Assessment Clinics HUR iBalance Technology

**Wednesday, February 7**

11:00 am—1:00 pm

Winchell Wellness Center

**Wednesday, February 14**

11:00 am—1:00 pm

Winchell Wellness Center

Elise Leonard, Director of Community Health Services, will be on hand to enter your information and complete an initial balance screening. ■

FILE OF LIFE	
Name:	_____
Address:	_____
Doctor:	Phone#: _____
EMERGENCY CONTACTS	
Name:	Phone#: _____
Address:	_____
Name:	Phone#: _____
Address:	_____

**File of Life Clinics**  
**Every Tuesday in February**  
**2:00—4:00 pm**  
The Evergreens  
Community Room

Home Health staff will be available to help you update your important medical information to include in your File of Life so this information is easily accessible to emergency personnel. Help us, help you!

Last year, the Brewster Foundation started a great task. The ***New Opportunities for a Thriving Community Now!*** campaign is a large undertaking in which we plan to raise a total of \$4,000,000 dollars to enhance and improve the Brewster campus for years to come.

When discussing this project, I am often met with very wide eyes. It is a very challenging amount and one that we do not take lightly. That is what brings me to the **“How to Eat an Elephant—One Bite at a Time”** adage.

During a conversation with a supporter of Brewster, the person said to me, “I don’t have a big check I can write for you. I just don’t have a big reserve that I feel comfortable with.”

As we continued our conversation, it came out that it was not the amount as much as the timing. So, **“One Bite at a Time!”** In this case, this worked out to a monthly gift that would be added to the resident’s monthly bill, which allowed the donor to reach their projected pledge over time.

Monthly giving is the most popular way that employees give to Brewster, and possibly the highest used method of giving for many organizations. It is common for churches and social clubs to raise funds in this manner. Currently, Brewster staff members have pledged over \$97,000 to this campaign and the majority of those gifts will be received over a three

year period. The Brewster staff has committed to taking it **“One Bite at a Time!”**

The Brewster Foundation staff wants to talk to you about the options for reaching your philanthropic goal. We can help you make it match your time period and your financial needs. As an example, a \$278.00 monthly gift over a three year period will result in \$10,008.00. For some of us, the thought of a \$10,000 commitment is that ‘elephant.’ Yet, we can understand and handle a gift of \$278.00 more easily....just **“One Bite at a Time!”**

I have learned that most people want to make an impact in the community around them, but they often don’t know how to do it. Taking that first step can be difficult. Please come and speak with me. I am eager to discuss with you the options that are available to tailor a gift to meet your specific needs and de-

sires.

We have so many stories and folk sayings about starting journeys or how to get moving on something. It seems the hardest part of many tasks is deciding to start—that first step—**that first bite!** I can only imagine that as you look at the things you have accomplished in your life and the impact those things have had, you have feelings of pride and satisfaction. Each one of those things began with that first step—**that first bite.**

Call the Brewster Foundation at 274-3327, and let me help you look at opportunities to make an impact in the Brewster Community—both now and in the future!

*Disclaimer: No elephants were harmed in the course of writing this article! ■*



## At the Movies!

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

**February 1**

“Dunkirk” (2017 war/military)

**February 8**

“The Glass Castle” (2017 drama based on a book)

**February 15**

“All Saints” (2017 inspirational)

**February 22**

“Miracle on Ice” (2004 Olympic sports drama)

## Foundation Forum

### African-American Builders of Topeka

Thursday, February 1 | 10:00 am

The Evergreens Community Room

**W**e will be visited by a representative from the Topeka and Shawnee County Public Library to tell us about new happenings at the library and



also share information about the powerful new exhibit in the Sabatini Gallery. The follow-

ing description of the exhibit is taken from the library webpage.

“Our community has created a living exhibit that highlights the stories of African-Americans in Topeka and Shawnee County. The stories of our community builders do not end here. Our history is made every day! As you walk through this exhibit, you will discover people, their stories and the objects that are important to them. Their experiences help tell the story of our community. Explore our stories, contemplate the timelines, and hear our StoryCorps interviews. Add your builder story to our community wall and help grow the exhibit.”

Following the Forum, please join us on the Brewster bus, as we take a trip to the library to tour this wonderful exhibit. We will eat lunch at the Millennial Café, which will be Dutch treat. Call Jamie at 274-3398 for bus reservations. ■

## Writing & Reminiscing Group

Monday, February 26

1:00 pm | Redwood Founders Room

**Y**ou are invited to join facilitators Jennifer Pacioianu, Jenny Lamb and Jamie Fritz for this monthly group that explores writing in various forms. New members are always welcome!

**February’s Prompt:** This month we are writing something that is “place based.” After reading an excerpt from a memoir that was handed out in January, the class is challenged to write something about a “place” — such as a trip, home, school, etc. If you weren’t at the session in January, copies of the memoir excerpt can be found in the Redwood Information Center. ■

## Brewster Book Club

**A** new Brewster Book Club will start Thursday, March 1 at 2:30 pm in the Evergreen Community Room. We will read The Handmaid’s Tale by Margaret Atwood, published in 1985.

It is set in a future dystopia, a “not-good-place” that is the opposite of a utopia but deals with themes that are very current. It was made into a movie in 1985 and a TV series on Hulu on 2017. The discussion will be led by Tanya Walsh from the Topeka Shawnee County Public Library.

Unfortunately, copies will not be available from the library. Contact Diana Siegal, The Evergreens Apt. 339 — 274-5575, to register and for information or help in obtaining a copy. ■



[facebook.com/brewsterplace.org](https://facebook.com/brewsterplace.org)

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)

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In the January issue of the Brewster News, we introduced our second intergenerational partnership with Washburn University — a **Cyber Seniors Project** inspired by the award-winning 2014 documentary called Cyber-Seniors. This documentary directed by Saffron Cassaday, is a heart-warming, humorous film that follows the extraordinary journey of several senior citizens as they discover the magic of the world-wide-web, through the guidance of teenage mentors. [cyberseniors.org](http://cyberseniors.org)



**through technology**

Washburn University & Brewster  
An intergenerational partnership.

**Cyber-Seniors Project**

*Beginning March 8!*

**Learn more by attending:**

**Cyber-Seniors Documentary**

Tuesday, February 6

1:00 pm

Main Street Chapel

Did you know that over 49 million North American adults do NOT use technology in their day-to-day lives, whereas young people under the age of 25 grew up in a digital world and use technology in all aspects of their lives? Eliminating the *digital divide* allows intergenerational relationships to thrive and addresses the growing problem of social isolation among seniors. Social isolation poses significant health risks and research suggests that older adults who remain socially active and cognitively engaged have better cognitive function than those who are isolated and disengaged. [cyberseniors.org](http://cyberseniors.org) In addition, connecting generations together has been shown to provide significant benefits to everyone — no matter the age!

Are you interested in connecting more with your family and friends? Do you feel left behind with regard to technology? Would you like to improve your skills with your computer, cell phone, tablet or laptop? Whether you would like to learn more about social media (Facebook), email, texting, YouTube, Pinterest or connecting with the library, we invite you to join us **Tuesday, February 6 at 1:00 pm** in the Main Street Chapel to view the documentary Cyber Seniors and learn more about our project. Get connected with us! ■



**Keep Active, Stay Well!**



**Above:** BrewsterConnect member Ethlyn Irwin and resident Naomi Brooks took part in Julie Schmanke’s Low-Impact Aerobics class at West Ridge Mall as part of Stormont-Vail Health’s Healthy Steps program. It’s a tough workout!



**Left:** Lew Mills spent time signing copies of his children’s book, *Baking Bread with Grandpa*. Lew donated books to staff to give to their children. Illustrations for the book were created by Brewster Board member, Glenda Bower.

**Right:** Eddie Fowler and his son enjoyed the Friday Social recently which also happened to be National Hat Day! We always find reasons to celebrate with family and friends. You should join us!





## Birthdays

Dorothy Bennett	3
Thomas Rimmel	6
Nadine Manley	8
Joan Farmer	9
Jane Stephens	10
Marie Culver	11
Rose Fritz	11
Nancy Hazlett	11
Gary Wilder	11
Eddie Fowler	12
Judy McGinnis	12
George Paris	12
Evelyn Beaty	13
Marianne Bloesch	13
Marjorie Hazlett	15
Beverly Martin	15
Chuck Sodergren	16
Larry Brock	18
Dorothy Mergenmeier	18
Luana Niemackl	18
Melba Banion	19
Jack Barron	19
Alice Eisele	21
Dean McKeever	21
Beverly Hammond	23
Phyllis Allen	24
Dick Fuller	25
Jan Seagraves	26
Dorothy Pooler	28
Patsy Waltz	28
Merle Welch	28
Donna Low	29

## Anniversaries

Jerry and Jean Hinton	2/01/1947
Royce and Patsy Walz	2/09/1962

## New Residents

Mary Pfeifer	RW 225
Magdalene Kovach	EV 324
Marge and Beverly Robards	RW 110
Glenn and Barbara Wehking	SM 103

## In Memoriam

Mrs. Esther May	1/04/2018
Mr. Elmer Davis	1/10/2018
Mr. Richard Baker	1/13/2018
Mrs. Sarah Murrell	1/16/2018
Mrs. Marie Welch	1/19/2018
Mrs. Ann Gregg	1/21/2018
Mr. Carlos Mora	1/21/2018

## Staff Anniversaries

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

<u>Department</u>	<u>Location</u>	<u>Years</u>
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### Administration

Katy Wright	SH	2
Brian Massek	RW	9
Larry Riggins	SH	19
Claudia Larkin	SH	2

### Dining Services

Manuel Martinez	BHC	15
Milton Carr, Jr.	Market	2

### Environmental Services

Tom Heideman	Campus	4
Vanessa Munoz	BSW	2

### Foundation

Jeremy Hall	RW	5
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### Health Services Administration

Brenda Dyer	BHC	12
Jodi Buchmeier	BHC	7
Patricia Slover	BHC	3
Ashley Baker	BHC	6
Lori Martin	AL	1
Fallyn Handley	AL	2
Derick Siwila	AL	8
Debbie Young	AL	4

### Health Services

Emmylou Rathbun	BHC	1
Kaila Griess	BHC	1
Angela Goehring	BHC	3
Robin Williams	BHC	18
Tonya Blatt	BHC	14

### Rehab

Macaila Saia	Rehab	1
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### Resident Services

Maxine Thuston	RW	11
Julie Schmanke	RW	8
Roger Jackson	RW	4

### Security/Transportation

Monica King	RW	2
Melissa Smith	Campus	1
Kathleen Miller	Campus	1
Allen Reynoldson	Campus	3

### Therapy

Nicole Hutton	BHC	2
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## Resident Transfers

Carlee Wilson	RW 420
Margaret Fowler	RW 422
Pat Gehr	RWS 23
Merle Welch	BHC
John and Barbara Thiele	RWS 31

# february | on-campus events

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## **Watch KSU vs West Virginia Basketball Game | Saturday, February 3 | 3:00 pm | RWL**

Join Eugene and Waunita Shoemaker in watching KSU vs. the power house of West Virginia at 3pm. We will provide drinks and popcorn. Come show your K-State pride.

## **Make It Monday! | Monday, February 5 | 12:30 pm | RWL**

Please see article on page 3 of this issue!

## **Cyber Seniors Introductory Documentary | Tuesday, February 6 | 1:00 pm | Chapel**

Please see article on back page of this issue.

## **Heartland Harmony | Tuesday, February 6 | 6:45 pm | RWL**

Come enjoy the sweet sounds of the women of Heartland Harmony. They are sure to delight.

## **John Adams HBO Miniseries | Wednesdays, February 7, 14 and 21 | 2:00 pm | Chapel**

Come enjoy this thought-provoking mini-series about the second President John Adams. This seven part miniseries is based on David McCullough's bestselling biography. The series won four Golden Globes. The series exposes a revolutionary who is bound by duty and honor to seek justice and to follow his principles, even at the sacrifice of his personal life at times.

## **Cornerstone Home School Students | Monday, February 12 | 2:00 pm | RWL**

These children are preparing for a national competition and would like to share their hard work with us.

Then they will entertain us with song. It will be a delightful way to kick off your week. The choir is directed by Dorothy Iliff, Mary Muilenburg's daughter.

## **Let's Celebrate! | Tuesday, February 13 | 2:00 pm | KAC**

Please join us in the celebration of January Birthdays and Anniversaries. Everyone is welcome. We will gather to enjoy cake, ice cream and conversation.

## **Bridge | Tuesdays, February 13 and 27 | 7:00 pm | RWL**

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

## **Team Trivia for Fun | Friday, February 16 | 1:30 pm | KAC**

Join us for a fun filled Friday. We will enjoy playing some games and testing our knowledge. Our topic will be the Olympic Games! Bring a friend and get a gold medal.

## **Movie: The Passion of the Christ | Monday, February 19 | 2:00 pm | Chapel**

Please see article on page 5 of this issue.

## **Healthwise 55 Luncheon | Tuesday, February 20 | 11:30 am | KAC**

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 patients heal quickly and completely. The lunch will costs will be \$7. Reservations are required by Friday, February 16. Please call Jamie at 274-3398 for reservations.

## **Kristi Baker, Pianist | Friday, February 23 | 3:00 pm | RWL**

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.

# february | off-campus events

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## **Topeka and Shawnee County Public Library Lunch and Tour | Thursday, February 1 | 11:15 am | Lobbies**

Come and enjoy a yummy lunch at the Topeka and Shawnee County Public Library and a guided tour of the African-American Builders of Topeka exhibit in the Sabatini Gallery. Or feel free to wander the library in search of a great read or movie. Lunch is a Dutch treat. Please call Jamie at 274-3398 for reservations.

## **On Stage Live! | Saturday, February 3 | 6:30 pm | Lobbies**

Formally known as the Topeka Community Concert Series, On Stage Live presents the Orfeo Trio. The Trio was formed in Wichita, Kansas in 2012 and became the official Piano Trio of the Wichita State University College of Fine Arts, School of Music. All three members are active performers with considerable chamber music experience. Tickets can be purchased by calling 785-273-2767. Please call Jamie at 274-3398 for transportation reservations.

## **Explore Wamego with Jamie | Thursday, February 8 | 9:30 am | Lobbies**

We will begin the day with a trip down the yellow brick road to the OZ Museum. The Museum is dedicated to all things OZ, including exclusive exhibits featuring the unimaginable, from the earliest Baum books and the OZ Parker Brothers board games to today's collectibles. It is an enchanting experience for all ages. Then we will have a yummy lunch at one of Northeast Kansas' favorite eating establishments, The Friendship House. We will continue our day by checking out the OZ winery. We will be able to learn about and sample local wines. Museum is \$9. Transportation is \$13. Lunch is a Dutch treat. Please call Jamie at 274-3398 for reservations.

## **Topeka Civic Theatre | Thursday, February 8 | 6:00 pm | Lobbies**

TCT presents the comedy *Too Many Cooks*. The play is set in 1932 in Niagara Falls, Canada, where the rum-running business is at its peak. In the aftermath of the Crash, Irving Bubbalowe and his daughter Honey have risked everything they have to open a new gourmet restaurant. When their star – the renowned singing chef François LaPlouffe – fails to appear, tonight's grand opening is suddenly placed in jeopardy. Tickets are \$33. Please call Jamie at 274-3398 for reservations.

## **Topeka Symphony Orchestra | Saturday, February 10 | 6:45 pm | Lobbies**

In honor of Black History Month, the Topeka Symphony is excited to present the *Afro-American Symphony* by William Grant Still. Still was the first African-American to have a symphony performed by a major symphony orchestra and the first to conduct a major orchestra. In the *Afro-American Symphony*, Still combines blues, jazz, and spirituals into a traditional classical form, and it is instantly appealing and fresh. They will also play Gershwin's jazzy *Porgy and Bess*, and welcome Todd Payne back to the stage to sing spirituals and present his very moving interpretation of Martin Luther King, Jr.'s, I Have a Dream speech. Tickets should be purchased in advance by calling TSO at 232-2032. Please call Jamie for transportation reservations at 274-3398.

## **Nelson-Atkins Museum of Art | Thursday, February 15 | 9:00 am | Lobbies**

We will receive a guided tour of the featured exhibit called *Through the Eyes of Picasso*. This major exhibition will explore Pablo Picasso's life-long fascination with African and Oceanic art, as well as works from the Americas, uniting his paintings and sculpture with art that fueled his own creative exploration. In addition to paintings, sculpture, and drawings by Picasso, the exhibition will feature significant works of African and Oceanic art that transformed his artistic vision when he encountered them at the Musée d' Ethnographie du Trocadéro (now Musée du Quai Branly – Jacques Chirac in Paris) during the early part of the 20th century. For Picasso, the allure of these masks and sculptures was in the artists' exploration of line, abstraction of the human body, and representation of metamorphosis. Tickets will be \$16. Transportation is \$13. Lunch is a Dutch treat. Please call Jamie for reservations at 274-3398.

## **Volunteer at Ronald McDonald House | Monday, February 19 | 10:00 am | 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.

## **Dinner with Dayna at Olive Garden | Wednesday, February 21 | 5:00 pm | Lobbies**

Join Dayna Babler for a wonderful Italian dinner at Olive Garden. Please call Jamie at 274-3398 for reservations.

## **Shopping and Lunch with Jamie | Thursday, February 22, 10:00 am | Lobbies**

Join Jamie for shopping at Dillard's and Talbot's. They are sure to be having great sales. Then we will lunch at some place YUMMY. Lunch is a Dutch treat. Please call Jamie for reservations at 274-3398.