



FINDING YOUR JOY — WRITE, SHARE, CREATE



Brewster has always had a commitment to wellness — even before it was called wellness. Most recently we have focused our wellness programs on our **Five to Thrive Dimensions of Wellness** which include **emotional, intellectual, physical, social and spiritual**.

We define **emotional wellness** as the ability to experience and regulate varied emotions and moods. This includes being able to manage stress, finding joy, being mindful in the moment, believing in your wholeheartedness and worthiness, experiencing and identifying a wide range of emotions, and responding to these emotions in healthy ways.

Emotional wellness can be improved and enhanced through journaling, creative expression, shared experience and creating a feeling of belonging. Whether you are an introvert or extrovert, finding ways to express yourself and share your story — both the joys and sorrows of your life — is vital to your overall wellness. The programs featured below are all beneficial to emotional wellness.

MEET THE AUTHOR: SKYWRITING

A Journaling Guide to Help You Soar
by Marcia Cebulski

Wednesday, February 26

2:00 pm | Evergreens Community Room

Marcia Cebulski is an award-winning, internationally produced playwright and screen writer. We are excited to welcome her to talk about her new book, **Skywriting: A Guide to Help You Soar**. She will share with us a fun and insightful way to journal — about the big and little things in life. Join us and be inspired! Books will be available for purchase.

LIFE'S LOSSES AND LESSONS GRIEF SUPPORT GROUP

Thursday, February 20

3:00 pm | Main Street Chapel

Whether through death, illness, loss of a pet or loss of independence, any type of loss can be hard to manage. Join Chaplain Roger and Debbie Holroyd, Wellness Case Manager, for this six-week group that will explore the seven stages of grief as outlined by Elizabeth Kubler-Ross. Read more about the stages of grief on page 4.

CREATIVE EXPRESSION WITH KRIS

Penthouse Art Studio Open House

Friday, February 28

3:00 pm | Redwood 6th Floor

Join Kris to see the best view in Topeka and where “all things creative” happen. Check out resident projects as well as the rearranged quilting space. See the back page for more inspiration and tapping into our creative bravery! ■

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.

LEADERSHIP TEAM



JOHN LONG
DIRECTOR OF INFORMATION
TECHNOLOGY

JOHN LONG is our Director of Information Technology (IT). John joined the Brewster Team in June 2011, after serving 12 years in Healthcare Informatics as the IT Services Manager at St. Francis Health Center. Prior to that, John served in the Army/Army National Guard for 11 years (nine years active duty) primarily as a Programmer/Analyst and Database Administrator.

Outside of official duties at Brewster, John is an avid cyclist and chess enthusiast. He founded the Brewster Chess Club in October 2016 which continues today as a recognized Affiliate of the United States Chess Federation.” John also enjoys getting out on the golf course during the warmer months. ■



**BREWSTER
PLACE
WANTS
YOU!**

INFORMATIONAL MEETING

Veterans Hall of Honor

Friday, February 7

10:00 am

Klinge Activity Center

This summer Brewster Place will proudly unveil the Veterans Hall of Honor. Architectural drawings have been designed, and they are beautiful. Now it is time to make it truly represent our Brewster veterans.

President and CEO Joe Ewert is a veteran himself, and would like to invite other service men and women and their friends and family to a meeting to learn more about this project. Joe is passionate about this space being a permanent and lasting tribute to those who served and will serve our country.

Report:

Klinge Activity Center

071000Feb20 ■

MOVIES BPTV 1960

Thursdays at 2:00 pm

FEBRUARY 6

Marriage Story (2019 drama)

FEBRUARY 20

Judy (2019 biography)

FEBRUARY 13

All Is True (2018 biography)

FEBRUARY 27

Harriet (2019 biography)

EVERYONE HAS A STORY TO TELL

MOLLY WIELAND

by Diana Reed,
Brewster Place resident



Molly Wieland remembers a long and lovely life, filled with laughter and meaning. As she speaks, her eyes flash, seeing again times and people from long ago, now alive again in her mind. She hasn't lost her sense of elegance or beauty.

"My Grandfather founded Kingman, Kansas," she said, nodding, "yes, I was born Molly Stark Childs. I grew up in the big white house on the hill. The hospital was just down the street. I had one sister and one niece. We rode our bikes everywhere. It was a lovely childhood."

Molly attended the University of Wichita (now Wichita State University) and studied a new



subject, logopedics, teaching people with speech and hearing problems. After her four year course, she was sent to Garden City, where Garden

City and The Community Chest financed a new subject, logopedics. Molly was their only employee, and she worked out of one room. Her clients were preschool children with speech or hearing problems and she prepared the children to go to kindergarten. The local Presbyterian Pastor in town invited Molly and an eligible young man to Sunday lunch. Soon the couple was engaged and a marriage took place at the Kingman Presbyterian Church. Molly's sorority sisters attended the bride!

"My husband was an agronomist," she said with a laugh. "It's a long word but it means water management with crops. It was a new field back in the 1940s, putting up machines to water the crops. We had a very good life together and I loved living in Garden City. That life included playing bridge."

"I learned how to play bridge in grade school," Molly said, clapping her hands at the memory. "when we had bridge at our house, my mother served refreshments. I had to sit in while she served so I learned the game. I was prepared for married life."

Her life in Garden City included raising three children, two daughters, Rebecca and Mary, and a son, Bill. They all had wonderful careers, gave Molly a total of five grandchildren and some "greats."

When her children were all grown, five couples came together and occasionally made wine. One man had the recipe and they took turns with red wine. Molly said "the wine we made tasted so delicious. We were so pleased to be able to do this."

After a brief moment, Molly spoke again, "I made the champagne for my daughter's wedding. It was wonderful and there wasn't any left at the end of the wedding." A beautiful smile spread across Molly's face and she appeared transported to her daughter's wedding. She appeared absolutely regal.

Molly said, "I moved to Brewster four years ago in June. I love it here. The people are friendly, the food is good, I don't have to go out in the cold, and people clean my home; what else would I want? ■



FROM the CHAPLAIN

REV. ROGER JACKSON, M.DIV

LIFE'S LOSSES YOU ARE NOT ALONE

Every person has experienced, is experiencing, or will experience grief. Grief occurs in response to an individual's own terminal illness, loss of a close relationship, death of a valued being: human or animal, loss of driving privileges, or leaving/selling one's home. Grief is real.

The original five stages of grief were first proposed by Elisabeth Kübler-Ross in her 1969 book *"On Death and Dying."* Since that time, two more stages have been added. We spend different lengths of time working through the stages of grief and expressing them with different levels of intensity. The seven stages do not necessarily occur in any specific order. The key to understanding the stages is **not** to feel like you must go through every one of them in precise order. Instead, it's more helpful to look at them as guides in the grieving process — it helps you understand and put into context where you are.

SEVEN STAGES OF GRIEF

SHOCK

The first reaction to learning of terminal illness or death is shock or disbelief. It is difficult to believe that this is happening. Many people report numbness where they don't feel anything at first. This experience can be surprising to many individuals because they may not immediately sense the devastating feelings they would expect to feel with such news. This may last for weeks.

DENIAL

Denial is a normal reaction to rationalize overwhelming emotions. It may be how one expresses their emotions surrounding grief. Example, a person who continually says, "I'm fine," after a significant loss is likely denying his or her feelings. It is a defense mechanism that buffers the immediate shock. This is a temporary response that carries us through the first wave of pain.

ANGER

As the masking effects of shock and denial begin to wear, reality and its pain re-emerge. We are not ready. The intense emotion is deflected from our vulnerable core, redirected and expressed instead as anger. The anger may be aimed at lifeless objects, complete strangers, friends or family. Anger may be directed at our dying or deceased loved one. Rationally, we know the person is not to be blamed. Emotionally, however, we may resent the person for causing us pain or for leaving us. We feel guilty for being angry, and this makes us angrier.

BARGAINING

The normal reaction to feelings of helplessness and vulnerability is often a need to regain control—

- If only we had sought medical attention sooner...
- If only we had gotten a second opinion from another doctor...
- If only we had tried to be a better person toward them...

Secretly, we may make a deal with God or our higher power in an attempt to postpone the inevitable. This is a weaker line of defense to protect us from the painful reality.

GUILT

This can occur when the bereaved has regrets about things they did or said before the loved one died. There is a wish to turn back the clock and do some things differently. It is helpful to find someone to talk to, to share your memories and regrets in a supportive environment: pastor, chaplain, social worker, or counselor. Life feels chaotic and even scary during this phase.

Continued on page 6...



FEATURED HOMES FEBRUARY

Large antique pieces, family heirlooms, numerous pieces of wall art and even a king size bed all comfortably fit in Redwood's largest apartments.

At more than one thousand square feet, a Redwood two bedroom, two bath apartment is the size of a small home. With no stairs to navigate and no worries about the laundry room location, these two bedroom homes are perfect for those wanting to bring more of their history to their new home on campus.

The featured homes this month include two different two bedroom apartments. **Redwood 305** is an east-facing apartment that serves as a model to showcase a furnished apartment with some large pieces of furniture and large walk-in closet in the master bedroom.

Redwood 423 also faces east and has a unique arch doorway leading from the living room to the den (or second bedroom). Each room has sliding glass doors to a private balcony offering residents great access to outdoor seating and wonderful morning light.

If you or a friend would like to take a tour of these spacious apartments, or any of our available homes, please call Lifestyle Consultants Chris Gallagher at 274-3351 or Kathy Clark at 274-3314.

This month's featured apartments come with a \$1,000 gift certificate to the Furniture Mall of Kansas if a contract is signed by March 17. ■

GIVE IT A TRY!

CARDS or GAMES

PLAYERS NEEDED!

Men's Pinochle

Tuesdays at 10:00 am | Main Street Pavilion

Cribbage

Tuesdays at 1:00 pm | Redwood Lounge

Mahjong

Wednesdays at 1:00 pm | Redwood Lounge

Bridge

Fridays at 1:00 pm | Redwood Lounge

Please call Jamie Fritz, Activities Coordinator, at 274-3398 if you are interested in joining a group. ■

BOXING CLASS

Did you know our very own CEO Joe Ewert used to own a boxing gym? Boxing is a great form of exercise and we want to know if any of you might be interested in this sport? Please call Ron Dean, Security Manager, at 274-3370 for details. ■

OUTDOOR ACTIVITIES

FISHING | HORSEHOES | HIKING

Spring will be here before we know it and the great outdoors awaits. We want to organize interested residents in a variety of outdoor activities. What do you like to do outdoors? Please contact Ron Dean, Security Manager, at 274-3370, and share your interests and ideas! ■

...continued from page 4

DEPRESSION

Two types of depression are associated with grief. The first one is a reaction to practical implications relating to the loss. Sadness and regret pre-dominate this type of depression. We worry that, in our grief, we have spent less time with others that depend on us. This phase may be eased by simple clarification and reassurance. We may need a bit of helpful cooperation and a few kind words. The second type of depression is more subtle and, in a sense, more private. During this time, you may isolate yourself on purpose, reflect on things you did with your loved one, and focus on memories of the past. You may sense feelings of emptiness or despair. Sometimes all we really need is a hug.

ACCEPTANCE

Reaching this stage of mourning is a gift not afforded to everyone. Death may be sudden and unexpected or we may never see beyond our anger or denial. It is not necessarily a mark of bravery to resist the inevitable and to deny ourselves the opportunity to make our peace. This phase is marked by withdrawal and calmness. This is not a period of happiness and must be distinguished from depression. Loved ones that are terminally ill or aging appear to go through a final period of withdrawal. This is by no means a suggestion that they are aware of their own impending death, only that physical decline may be sufficient to produce a similar response. Their behavior implies that it is natural to reach a stage at which social interaction is limited. The dignity and grace shown by our dying loved ones may well be their last gift to us.

Coping with loss is ultimately a deeply personal and individual experience — nobody can help you go through it more easily or understand all the emotions that you're going through. But others can be there for you and help comfort you through this process. The best thing you can do is to allow yourself to feel the grief as it comes over you. Resisting it only will prolong the natural process of healing.

If you have experienced a loss in your life, whatever that might be, you are not alone. *Please join us for a new...*

GRIEF SUPPORT GROUP
Thursdays, February 20—March 26
3:00 pm | Main Street Chapel

Facilitators:
 Chaplain Roger Jackson, M.Div. | 274-3349
 Debbie Holroyd, Wellness Case Manager | 274-3348

Open to residents and family members to help you cope with a loss in your life. ■

EPISCOPAL SERVICE

MONTHLY SERVICE
OFFERED BY GRACE
EPISCOPAL CATHEDRAL

**Fourth Tuesday
of Each Month**

11:00 AM

Main Street Chapel

February 25

March 24

April 28

May 26

June 23

July 28

August 25

September 22

October 27

November 24

December 22

All are welcome! ■

FIRE EXTINGUISHER TRAINING

**Open to residents and staff
Thursday, February 6**

10:00 am

The Evergreens

Community Room ■

WINTER SAFETY

- Shuffle your feet when you walk on possibly slick surfaces.
- Be aware of black ice on roads and sidewalks.
- Report slick surfaces to the Communications Center at 274-5000. ■

CREATIVEARTS *with Kris Saia*

VALENTINE CRAFT-O-RAMA

Monday, February 3

1:00 pm

Redwood Lounge

Drop by to help us make a stack of Valentines! We'll craft 'em, then **Meals on Wheels** will distribute them when they deliver to their clients — a little bit of sweetness tucked in for a Valentines Day treat. A good deed, indeed, that's becoming a Brewster tradition. ■

KAW VALLEY WOODCARVERS

Friday, February 7

1:00 pm

Redwood Penthouse Art Studio

Expert Mike Keil from Kaw Valley Woodcarvers is helping us learn to carve and paint a most interesting subject: the lovely outhouse! A great beginners' project -- join us for tips on carving this fun plaque. ■



facebook.com/brewsterplace.org

COVER COLLAGE

Thursday, February 20

10:00 am

The Evergreens Art Studio

We've uncovered a stack of old-school composition notebooks that will make perfect journals, but they're calling out for creative covers! We'll join found images, paint, stamps and vintage papers to make personalized covers for these handy notebooks. You're encouraged to bring a **photocopy** of an old photo that's dear to you to include in your project — call Kris Saia at 274-3317 for details and to reserve your spot as space is limited.

PENTHOUSE ART STUDIO OPEN HOUSE

Friday, February 28 | 3:00—4:00 pm

Redwood Penthouse (6th floor)

Aren't you curious about what we're doing way up there on the 6th floor? On your way to Social, take a short to the sixth floor! Check out residents art projects in progress and see the changes we've made to the Bazaar sewing area. And enjoy the best panoramic view of Topeka out the Studio windows! ■

INTERGENERATIONAL PROGRAM



MEADOWS MENTORS

Friday, February 28

1:15 pm — Lobbies

Please call Chelsy Wessel at 274-3394 if you are interested in

SAVE THE DATE...

Genghis Khan Exhibit at Union Station

Thursday, March 5 (More Info To Come)

Crystal Bridges Trip

April 23 and 24

Accepting reservations.

Please call Jamie at 274-3398 for details.

CREATIVE BRAVERY

BY KRIS SAIA, CREATIVE ARTS COORDINATOR | 274-3317



draw
doodle
craft
paint
sew
crochet
quilt
carve

what
creative
endeavors
intrigue
you?
let's create
something
new
together!

Are you a status quo kind of person? Are you content to roll along quietly in the same routine? Or, like me, are you ready to “mix it up” this year and try something new?

Let’s learn to speak Italian — or learn to crochet — or strap an easel on our backs and paint along the Appalachian Trail! But wait! What if we don’t know any Italian or we seem to have too many fingers or not enough thumbs or our knees hurt so hiking is not an option? After all, we are in our 60s, 70s, 80s and 90s.

But what if we never try? I recently saw this quote: “**Be brave enough to be bad at something new.**” What a powerful message! I’m reminded at work every day that Brewster Place is FULL of people who jump right in and just keep learning and trying — residents who haven’t sewn for years who sit down at a machine and make toys for the Bazaar or residents who pick up a brush for the first time in their lives and realize they love playing with paint. Everybody is a beginner sometimes, and everybody is bad at the beginning. So what!

So, I’m challenging myself to pick up the needles and let Pat Finson **try** and teach me to crochet — again! I might be bad at first, but I **might** get better — and I might learn to love crocheting — and if I don’t, just trying helped stretch my imagination. And that’s what being creative is all about.

If you would like to be bad at something new, I’m your gal. Let’s try something new and learn together. ■

START YOUR OWN CREATIVE JOURNEY



TRY IT

Barbara Wehking and Ruth Cook took part in Kris Saia’s **Sip & Paint** class in January. The art studio was full of new and current artists — all having a great time.



CREATE IT

Jay Gideon and Ethlyn Irwin concentrated on their work. Jay was the only fella in the class, but that didn’t stop him from stretching his creative spirit.



SAVOR IT

Gitta Gronewaller was all smiles as she took brush in hand to create a colorful masterpiece. All you have to do is try, and you might just like it — or LOVE it!



BrewsterLiving.org

FEBRUARY celebrations | new beginnings | fond farewells

BIRTHDAYS

Mary Cochran	3
Mildred Kent	3
Mike Schoenfeld	3
Jay Gideon	4
Nadine Manley	8
Joan Farmer	9
Marie Culver	11
Rose Fritz	11
Gary Wilder	11
Eddie Fowler	12
Judy McGinness	12
Marianne Bloesch	13
Chuck Sodergren	16
Lawrence Brock, III	18
Luana Niemackl	18
Melba Banion	19
Jack Barron	19
Marjorie Van Buren	19
Virgil Funk	23
Beverly Hammond	23
Stew Karrer	23
Phyllis Allen	24
Dick Fuller	25
Jan Seagraves	26
Patsy Walz	28
Merle Welch	28
Donna Low	29
Nancy Michener	29

ANNIVERSARIES

Jerry and Jean Hinton	2-1-47
Royce and Patsy Walz	2-9-62
Art and Sandra Brennan	2-14-81

NEW RESIDENTS

Naomi Wilmot	RW 202
Mary Johnson	RW 412

IN MEMORIAM

Mr. Brice Durbin	1-4-2020
Mrs. Dorothy Pooler	1-6-2020
Mrs. Rosaileen Griffin	1-15-2020
Mrs. Wilma "Lois" Fowler	1-25-2020
Mrs. Mary Fallon	1-26-2020

STAFF ANNIVERSARIES

Congratulations to these staff members!

Department	Years	Location
Administration		
Larry Riggins	21	EV
Dining Services		
Manual Martinez	17	RW
Reva McGee	2	BHC
Maria Urista	1	RW
Environmental Services		
Tom Heideman	6	Campus
Vanesa Munoz	4	BSW
Lloyd Maxville	1	BSW
Health Services		
Tonya Blatt	16	BHC
Brenda Dyer	14	BHC
Jodi Buchmeier	9	BHC
Ashley Baker	8	BHC
Lori Martin	3	AL
Kelsi Stahlheber	2	BHC
Amanda Rohlman	2	BHC
Shayla Borsdorf	2	BHC
Dakota Tucker	2	BHC
Lisha Tetuan	2	BHC
Skye Stanley	1	BHC
Cecelia Leakey	1	BHC
Tiana Phelps	1	AL
Information Technology		
Brian Massek	11	RW
Rehab		
Derick Siwila	10	Rehab
Angela Goehring	5	Rehab
Rebecca Giancana	2	Rehab
Resident Services/Wellness		
Maxine Thuston	13	RW
Roger Jackson	6	RW
Julie Schmanke	10	RW
Security/Transportation		
Allen Reynoldson	5	Campus
Monica King	4	RW
Deanna Howard	2	Campus
Therapy		
Nicole Hutton	4	BHC
Alyssa McCain	1	BHC

On Campus — A few highlights!

PIANO AND VIOLIN PERFORMANCE WITH HEIDI AND KEVIN CHENG

Monday, February 3 | 6:30 pm | Redwood Lounge

We are honored to have professional musicians Heidi and Kevin Cheng come perform for us. Their program is paid for by a grant from the Brewster Foundation.

BEVERLY ROBARDS PIANO PROGRAM

Tuesday, February 4 | 1:00 pm | Redwood Lounge

Our very own Beverly Robards is a gifted musician and we'd love to have you join us to hear her play.

THE CROWN: SEASON 3 — NETFLIX MINISERIES

Wednesdays, February 5 and 12 | 1:00 pm | Main Street Chapel

We will complete this series the first two weeks of February with episodes 7—10.

MAKE ME HOLLER BINGO WITH PRIZES

Monday, February 10 | 1:00 pm | Klinge Activity Center

Join the team from McPherson Contractors for an exciting hour of BINGO. Cards cost \$.25 and you can play as few or as many as you wish. They will bring extra prizes for the event.

BRIDGE

Tuesdays, February 11 and 25 | 6:30 pm | Redwood Lounge

Please give Doris Davidson a call at 286-1432 for more information about this group.

HIGHLAND PARK HIGH SCHOOL SINGERS

Friday, February 14 | 1:00 pm | Redwood Lounge

These outstanding singers are making their annual stop at Brewster Place.

MARTY EDWARDS SING-ALONG

Saturday, February 15 | 6:00 pm | Redwood Lounge

Marty Edwards will provide popular music from the 40's through the 80's.

CORNERSTONE SCHOOL SPEECHES AND SINGERS

Monday, February 17 | 1:00 pm | Redwood Lounge

These students are preparing for a national competition and would like to share their hard work with us. The choir is directed by Dorothy Iliff, Mary Muilenburg's daughter.

BREWSTER FIVE TO THRIVE LUNCHEON

Tuesday, February 18 | 11:30 am | Redwood Klinge Activity Center

This month we welcome back Dr. Kenny Schmanke, Julie's oldest son. He will discuss the history of the treatment of bladder cancer and the current shortage of medications in the world. Lunch is \$7 and can be charged as part of your meal plan. Please call Jamie at 274-3398 for reservations by February 14.

WELCOME NEW RESIDENTS

Wednesday, February 19 | 9:15 am | The Evergreens Community Room

If you are a new resident, please stop by to chat with a person from the Wellness Team.

TEA TIME

Monday, February 24 | 2:00 pm | The Evergreens Brewster Bean

Let's take advantage of the cold weather and gather inside for a spot of tea and a rest from our daily chores. We can meet new friends and catch up with old friends. BRING YOUR OWN CUP (BYOC).

TUNE UP TUESDAY WITH BREWSTER THERAPY TEAM

Tuesday, February 25 | 10:30—11:30 am | Redwood Lounge

Stop by to have your walker adjusted and checked by the outstanding Brewster Rehab staff.

MEET AUTHOR MARCIA CEBULSKA

Wednesday, February 26 | 2:00 pm | The Evergreens Community Room

Please see article on front page.

MEN'S LUNCH WITH MANNY

Friday, February 28 | 11:30 am | Redwood Chandler Sun Porch

Please join Manny for a yummy lunch and general fun conversation. Lunch is Dutch treat. Please call Jamie at 274-3398 for reservations.

Off Campus — Don't miss the trips!

LUNCH AT AHAN THAI

Thursday, February 6 | 11:00 am | Lobbies

Let's branch out and try something new. How about authentic, fresh and delicious Thai food for lunch, which is Dutch treat. Please reserve your spot by calling Jamie at 274-3398.

TOUR OF GRACE CATHEDRAL AND FIRST PRESBYTERIAN AND LUNCH OUT

Thursday, February 13 | 10:00 am | Lobbies

Join us for a guided tour of the Grace Episcopal Cathedral to understand and appreciate this beautiful church in Topeka. We will then head to First Presbyterian to learn about the Tiffany glass windows. Afterwards we will enjoy a yummy Dutch treat lunch at Freddie's. Please call Jamie at 274-3398 for reservations.

MUSIC FOR A SUNDAY AFTERNOON WITH JEFF KREADY

Sunday, February 16 | 2:00 pm | Lobbies

Topeka native and Broadway star Jeff Kready will perform Broadway standards you have loved and new songs that will become favorites. Jeff will also share backstage stories and adventures in parenting. This concert is at the Topeka and Shawnee County Public Library and is sure to be a full house. The concert begins at 3:30 pm. We will leave at 2:00 pm to get in line for seats. Jamie has reserved 20 tickets for the event, so space is limited. Tickets are free. Please call Jamie at 274-3398 for reservations.

TOPEKA SYMPHONY ORCHESTRA

Sunday, February 22 | 6:45 pm | Lobbies

This concert looks to the great American landscape as inspiration and will feature not only great music, but also beautiful and inspirational photography. Aaron Copland's *Outdoor Overture* will bring us out into the fresh air. Then we will move to the majestic mountains, trees, rivers, and coastlines in Dave Brubeck's *Ansel Adams: America*, featuring a spectacular slideshow of the great photographer's works. In addition, rising superstar violinist Tessa Lark comes to Topeka to perform *Sky*, a bluegrass-inspired concerto that will absolutely bring down the house. The Symphony will also feature local Topeka composer Robert Johnson's *Celebration Overture*. Do not miss this amazing chance to see—and hear—America the Beautiful! Please call Jamie at 274-3398 for transportation reservations. Tickets can be purchased at the door.

MOVIE DAY OUT AT B & B THEATRE

Tuesday, February 25 | TBD | Lobbies

This is the new movie theatre that everyone is talking about. The seats are all reclining lounge chairs and some are heated. We are hoping to see the movie EMMA. Emma is a Jane Austen comedy about finding your equal and earning your happy ending. We are going on Tuesday because tickets are \$5. Show times have not been released, but please let Jamie know if you are interested in going to the movies by calling her at 274-3398.

DAY OUT IN LAWRENCE

Thursday, February 27 | 9:15 am | Lobbies

We will begin our day learning about building organs at the Reuter Organ Company in Lawrence. Organ building holds a unique place in the world of instrument making, combining handcrafted artistry with computerized technology to produce the largest and most complex of all musical instruments. We will then have a yummy Dutch treat lunch. After lunch we will tour Repetition Coffee learning about the process of making the best cup of coffee. Transportation is \$13. Please call Jamie at 274-3398 for reservations.