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Our Wellness Journey Continues in 2017

by Eileen McGivern, BSN, RN
Vice President of Wellness and Community Initiatives

Happy New Year and welcome to 2017! January is such a great month to reflect about past wellness goals and make plans for what you want to achieve in the New Year! Many people get discouraged about their perceived lack of success when it comes to wellness. Wellness, of course, encompasses many aspects; physical, emotional, spiritual, social, intellectual, environmental and occupational/vocational. When any of these aspects are unbalanced, we cannot achieve wellness and feelings of contentment. Each effort to increase your wellness in any aspect, is a success. Moving yourself forward should be celebrated!



By making a decision to go to Julie’s exercise class, or to meet with Chaplain Roger regarding an issue for which you seek clarity; by signing up for the Osher Lifelong Learning Series or meeting a friend or new resident for coffee in the Market; by volunteering for Trash & Treasure Sales, or by participating in Brewster Place’s recycling program — you are on a new path to increase your wellbeing!

As an organization, Brewster Place continues its own wellness journey in 2017. We continue to make changes to our dining venues by adding fresh and healthy options. Yoga has been added to our fitness/activities programming. Tai Chi is well attended, and Julie Schmanke, Fitness Specialist, continues to adapt exercise classes to make it a great experience, whatever the level of fitness or ability. In addition, Brewster has made the commitment to wellness by hiring Jenny Lamb, LCSW, as the Director of Community Wellness. As Jenny engages Independent Living residents across campus with Vitalize 360, Vitality Plans are developed. These Vitality Plans are individualized “roadmaps” on the wellness journey and will be a great motivator to get you started.

You may be interested how Brewster staff members are supported in wellness. Brewster Place provides our employees with an

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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.

Get to Know Our Residents

by Phyllis McMahon, Resident Volunteer

Patsy Brewster moved to Brewster Place in October 2016. She was born and grew up in Lawrence, where she graduated from Lawrence Liberty Memorial High School. She met her husband, Don, in high school. They married soon after graduation. Don joined the Air Force and Patsy worked for the Douglas County Superintendent of Schools.



Patsy Brewster

1205 SW 29th St., Apt. 223
Ph. 266-5947

After Don's basic training, they moved to Biloxi, Mississippi for nine months. They then moved to El Paso, Texas for three years. After returning to Lawrence, Don worked for seven years for KPL. He then joined his father in his house maintenance business. Soon Don started his own business building houses in Topeka and Lawrence. Don developed ALS (Lou Gehrig Disease) and was in the Veterans Hospital for six months. He passed away in 2001.

Patsy sold her house and lived in Topeka for two years. Her son, Kyle, built a house near Hoyt and asked her to live with him — which she did for 13 years. Patsy watches KU basketball and the Chiefs games on TV. She has a bookcase made by her daughter for her collection of Kansas University memorabilia. Her electric clock is a replica of the KU basketball scoreboard!

Patsy's husband had noted the Brewster Place name and had hoped to live here someday. William Brewster, for whom Brewster Place was named, came with his wife and two sons, Love and Wrestling, on the Mayflower in 1611. As ruling elder, William Brewster was responsible for the government of the Plymouth Colony's Pilgrim Church.

Don was a descendent of William Brewster's son, Love. Patsy has cups with the names of the Mayflower pilgrims on them. She also has a tin lamp enclosing a candle — the same as the pilgrims carried way back when!

Patsy's daughter, Gayle, has degrees in social work from Kansas University and lives in Topeka. Daughter Cynthia has degrees in social work from Avila University in Kansas City, Missouri. She teaches swimming and water exercise at the YMCA in Weston, Missouri. Son Kyle is an auditor for Stormont-Vail Health. Patsy's eldest son, Don Brewster, Jr., is retired after 30 years with Santa Fe in Topeka. He lives near Paola. Patsy has 10 grandchildren and 15 (soon to be 16) great grandchildren. She is happy to be at Brewster Place! ■

The Crown | A Drama Series About the Life of Queen Elizabeth II



Actress Claire Foy depicts Queen Elizabeth II in "The Crown."
Photo borrowed from the Internet

If you enjoy "all things royal," then you will want to join us as we watch this elaborate miniseries. Based on an award-winning play ("The Audience") by Peter Morgan, this lavish, Netflix-original drama chronicles the life of Queen Elizabeth II (Claire Foy) from the 1940s to modern times. The series begins with an inside look at the early reign of the queen, who ascended the throne at age 25 after the death of her father, King George VI. As the decades pass, personal intrigues, romances, and political rivalries are revealed that played a big role in events that shaped the later years of the 20th century.

We will watch this 10-part series in five weeks — two episodes per week. Please join Jamie Fritz in the Main Street Chapel for this beautiful show.

Wednesday

January 4, 11 and 18
1:00 pm | Chapel

Tuesday

January 24 and 31
1:00 pm | Chapel

*Refreshments
will be served!*

Get to Know Our Residents

by Phyllis McMahon, Resident Volunteer

Corine Christman moved to Brewster Place in November 2016. Corine was born in Turner, Kansas, near Great Bend. She then lived in St. John, Kansas and attended school there through her junior year of high school. Her father who was in the military for two years during World War II, was later a sheriff and a KBI



Corine Christman

900 SW 31st St., Apt. G 3
Ph. 266-9336

agent. In 1957 he became director of the Kansas Bureau of Investigation at which time the family moved to Topeka. Attending Topeka High School her senior year was “quite a change” for Corine.

Corine met her husband, Duane, at dance during her first year out of high school. He owned a pool hall in north Topeka. On weekends he opened for family gatherings and dancing. After their first date, her mother said she guessed it was alright — if he went to church. The very next weekend Duane asked her to go to church with him. Corine says he was a “religious person” and did not allow any swearing in the pool hall. Duane and Corine married in 1959. Corine was a beautician at Crosby Brothers Department Store and later at the Topeka Convalescent Center.

After Duane became ill and needed constant oxygen support, Corine knew she needed to find a full-time job. The director of nursing at Topeka Convalescent Center helped her find work at Cotton-O’Neil Clinic in medical records. Duane passed away in 2010.

Corine loves Christmas and decorating for the holidays. She also enjoys dancing and crafts. She has a wonderful collection of Santa Claus figures and a Christmas tree decorated with memory angels, Hummel plates and figurines. She has angel birthday plaques for each family member as well as many family photos.

Corine’s daughter, Pennie, has just changed jobs. Her son, Douglas, is with FedEx. They each have a daughter. Corine has a great granddaughter and great grandson. Her family all live in Topeka. Corine and her daughter looked at several retirement communities and found they liked Brewster’s central location close to family members. Corine is getting settled and is pleased to be here. ■

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excellent health care plan. Staff are encouraged to take ownership of their health and by doing so; they are offered cost reductions in their premiums for each health goal they meet. These goals include: not smoking and reducing BMI, cholesterol, blood sugar and blood pressure. By meeting these goals, our employees have the opportunity to pay no premiums for health care insurance! If goals are not achieved in one year, progress toward meeting the goals can also provide a premium reduction in the following year.

Employees are also encouraged to move toward wellness with opportunities for discounted memberships at local fitness centers. This supports physical wellness and is important as the work caring for our elders can be physically hard. Staying fit

provides strength and endurance to complete work safely. Brewster recognizes that working with elders can also be emotionally tough. We support our employees as they suffer losses of beloved residents with whom they have developed long term relationships. Brewster also provides a free benefit with our Employee Assistance Program. This program allows employees to call a third-party anonymously to receive emotional support and coaching for life’s trials.

It takes a community to achieve wellness. We all contribute to the wellness of each other in one way or another — be it a smile at a neighbor or employee, participation in a class or program, or by simply taking a walk — we hope you will make this your year to move your wellness forward! ■

New Wellness Opportunities for You!

Wellness Wednesday

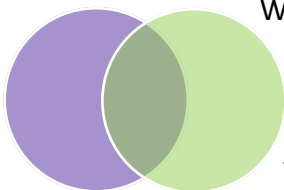
Vitalize 360 with Jenny Lamb, LCSW

Director of Community Wellness

Wednesday, January 4

11:00 am | Main Lounge

Jenny Lamb, LCSW, Directory of Community



Wellness, will present an overview of our new Vitalize 360 program. Vitalize 360 is an evidence-based assessment tool that allows seniors to develop a plan for wellness and

vitality. Brewster Place residents work with our Wellness Team to develop an individual plan. Jenny will explain how the program works, and answer any questions you might have. Vitalize 360 has taken the place of our former BeWell program. ■

Meditation Mondays

Brewster residents, employees and community friends are invited to gather for Meditation



Mondays every Monday from 7:30—8:00 am in the Chapel.

We will embark on a Quarterly Wellness Initiative focusing on the practice of meditation.

Beginning Monday, January 9

You do not have to have practiced meditation in the past; we will give you tips to get you going! To learn more, please join as at Wellness Wednesday on January 4 or just come to the first session on Monday, January 9. ■

Healthy You Active Yoga

Beginning Tuesday, January 3

1:00 pm | WWC

This new class taught by Kelly Sundbye is suitable for seniors who are able to do standing poses and floor work. ■

creative ARTS opportunities

Joline Kovarik, Arts and Crafts Coordinator, invites you to give painting a try in one (or both) of her new classes! No experience is necessary for these classes. Everyone has creative talent — it's just hasn't been tapped into yet!

Beginning Craft Painting

Mondays | 1:30 pm—3:30 pm | BE

Students in this class learn how to paint on wood and other objects. Many items from this class are sold at the annual Brewster Bazaar.

Beginning Oil Painting

Tuesdays | 9:30 am—11:30 am | BE

Students in this class will learn the basic techniques of oil painting.



Penthouse Art Studio Open House

Friday, January 27 | 10:00 am—12:00 pm | PH

Come see the best art studio in town and learn about the classes offered. Refreshments will be served. ■



January 5

"Shopgirl" (2005 romantic comedy)

January 12

"The Hundred-Foot Journey" (2014 drama)

January 19

"Sully" (2016 biography)

January 26

"Forsaken" (2016 western drama)

From the Chaplain | It's a New Season

by Chaplain Roger Jackson, M. Div.

This is a New Year, a New Season! The gospel song entitled, "It's A New Season" says, "It's a new season – It's a new day." And I believe 2017 will be a **New Season** for many of us in many different ways.

Christians are familiar with the language of newness. In Ezekiel 36:26 it says, "A new heart I will give you, and a new spirit I will put within you." Then in Jeremiah 31:31, 33, we find these words about newness, "I will make a new covenant...I will put my law within them, and I will write it on their hearts." Here, the faithful hearers and accurate speakers of the word of God proclaim newness in the midst of the destruction of Jerusalem. Through them God says, I will give you...a new heart...a new spirit...a new covenant. I want to briefly reflect on what these three gifts of newness mean.



"A new
heart

I will give
you,
and a new
spirit
I will put
within
you."

-Ezekiel 36:26

A new heart – God says, "A new heart I will give you." In the Old Testament, the heart is not the place of love and sorrow, romance and tenderness, joy and compassion. The heart is the seat of wisdom, the place of memory. A person thinks with the heart, makes plans with the heart, and comes to a decision with the heart. Those who are righteous love the Lord with all their heart; they are upright in heart, pure in heart. But the heart is also the place of our downfall. Jeremiah makes a comment: *"The heart is deceitful above all things, and desperately corrupt. Who can understand it?"* Why do we do the things we do? In our heart is sin. In our heart we are deceitful and corrupt. Something is wrong. Something needs to change. God says, *"I will give you a new heart."*

A new spirit – God says, *"I will give you a new spirit."* The spirit gives us power. The spirit gives us energy. The spirit is the wind beneath our wings. The spirit is the breath of God within us. In the Old Testament the word for spirit can also mean breath or wind. Ever tried to do something when you could not breathe? Ever tried to fly a kite when there was no wind? God gives us a new spirit. And when we have a new heart and a new spirit, we are ready for God's third gift.

A new covenant – God says, "I will make a new covenant with you." A covenant is a relationship. God says, "I want a new relationship with you." God says, "I want to live within you." God says, "I do not want to impose my will on you from the outside." God says, "I will write my law upon your heart." This is what God wants from us - a personal love relationship.

So as we begin this New Year, do you want to receive a new heart, a new spirit, and a new covenant? Are there things you need to change in your life so you can receive that new heart? Do you want the breath of God in you? Do you desire a personal love relationship with God? It is possible to have these things in this New Season. "It's a new season – It's a new day." ■

Chaplaincy Services and New Hours

We are pleased to announce that beginning January 1, 2017, Chaplain Roger Jackson will be full-time. Spiritual wellness is an important aspect of health and wellbeing and this increase in hours and services reflects Brewster's commitment to overall wellness.

Services and Programs

- Hospital visits
- Resident visits
- Grief support
- Bible studies
- Memorial services
- Spiritual support
- Movie & Discussion

Sunday Vespers

2:30 pm | Brewster Health Center
4:00 pm | Main Street Chapel

Office Hours

Monday | Wednesday | Friday

8:00 am – 5:00 pm

Sunday

1:00 pm – 5:00 pm

Other days and times as needed.

Happy New Year! Welcome to 2017 and all of the excitement a new year brings.

One exciting and interesting event to take place in 2017 is the sale of Westar Energy to Great Plains Energy. We understand that corporate mergers are not always looked upon as the most exciting of events, however, this merger has us a little electrified!

The terms of the agreement between these two companies mean that if you hold any Westar stock, you will receive \$51 cash and \$9 worth of Great Plains Energy stock. That can be a good deal, or it could create some tax issues. This transaction will be treated as a taxable event in regard to the Westar stock and capital gains. You will receive cash, you will receive some new stock, and you will also receive a tax bill for whatever gains you made on your Westar Energy stock. *(Numbers used for calculation of the Westar Energy and Great Plains Energy purchase deal are taken from the News Release Dated May 31, 2016 from the Westar Energy web page.)*

Great Plains Energy and Westar Energy will come together to form a better organization to provide power to an estimated 1.5 million customers. That is a lot of power!

Now, you may wonder why the purchase of one power company by another power company concerns the Brewster Foundation. It is simple — the donation of publicly held stock

can be a great gift and help both the Brewster Foundation and you in this otherwise taxable situation. A donation of appreciated stock is a win-win for the philanthropically inclined.

For an easy explanation, we will use some round numbers as an example. If you purchased stock for \$10,000 and held it for a year, and today it is worth \$20,000, you might consider donating that complete amount to charity. If instead, you sold that same stock, you would pay a capital gains tax on the \$10,000 gain in value. The tax rate for long term capital gains is 15%. However, if you make the choice to donate this amount, it would save you \$1500 in capital gains taxes.

In addition to saving the capital gains tax, you are also able to claim a deduction of the market value of the donated shares. In other words, you would be able to claim a \$20,000 charitable gift. The amount of savings that would generate for you would depend on your tax bracket. If you are in the 25 percent federal tax bracket, this could account for an additional \$5,000 in tax savings. This adds up to a total of \$6,500 in tax savings for you and a wonderful \$20,000 gift to the charity you have chosen — possibly the Brewster Foundation! This is definitely a win-win scenario!

As the target date for the Westar Energy/Great Plains Energy sale comes closer, we

hope to provide more information to those that are interested. This is a great way of giving to Brewster and possibly receiving a nice tax benefit.

Please remember, the numbers used in this article were example only. These may vary based on your specific tax situation. Always speak with your tax professional and seek outside advice before making a large donation of stock or other property.

The purpose of the Brewster Foundation is to raise funds to support Brewster. The programs supported benefit residents, staff, and our surrounding community. We are very thankful to all of our many supporters and contributors. We are always happy to speak with you about your willingness to provide support. Without you, our donors, we are not able to do the many things we do! ■

Foundation Forum

Thursday, January 5

10:00 am | BE CR

Please join us to learn more about PANT—Pet Assistance Network of Topeka. PANT works with local agencies to make sure when somebody becomes homeless, they are able to keep their four-legged friends. Since 2007, PANT has worked to provide emergency shelter to pets in the time of need. What a wonderful program!

Services Available on Campus for Your Convenience

One of the great perks of living at Brewster Place are the many services available to you — without leaving campus! Especially in the winter months, we encourage you to utilize these services for your safety and security.

Main Office Services

Full Postal Services:

Includes purchasing stamps, tracking numbers, international mailing, weighing packages up to 50 pounds, change of address form. Some packing materials and small boxes are free when available.



Notary public: No charge

Send faxes: \$.50 per page

Make copies: \$.10 per copy

Cash personal checks: \$25.00 limit

Personal typing

Pay monthly bill

Reservations for guest rooms and public areas

Advance voting and registration forms

If you have any questions about these services, feel free to call Maxine Thuston, Main Office Administrative Assistant and Volunteer Coordinator, at 274-3374. If she doesn't know the answer to your question, she will find someone who does!

Security and Transportation Services

Valet Service

Security personnel will retrieve and park your car for you, warm it up, and de-ice when necessary.

Pet Care Services

For \$20 per hour, security personnel will walk your pet inside or outside, and pick up after them.
(Minimum—1 hour)



Personal Grocery Shopping Services:

Security personnel will pick up your list and return all groceries to your door.

Transportation Services

Tuesdays and Thursdays are \$5.00 transportation days. The van leaves Brewster Place campus on the hour. Call Security and Transportation at 274-5000 when you are ready to return to campus.

Transportation is available all other days of the week for \$35.00 round trip in town. If you need additional transportation services outside of Topeka, please call Security and Transportation at 274-5000 for our fee schedule.

Please note: If you need transportation, it is helpful to call Security and Transportation at least 24 hours prior to your needed pick-up time. ■

Furniture SALE

Come help us make room for more Trash & Treasure items. Great prices!

Friday, January 6
9:00 am—3:00 pm
Klinge Activity Center



facebook.com/brewsterplace.org

Great Decisions | A National, Grassroots Discussion Group

A key aspect of wellness is intellectual wellness — the active participation in scholastic, cultural and community activities. Engaging our minds in creative and stimulating mental activity is vital no matter our age. Brewster Place has proudly hosted the Foreign Policy Association's Great Decisions group for many years. Great Decisions is America's largest discussion program on world affairs. The program model involves reading the Great Decisions Briefing Book, watching the DVD and meeting in a Discussion Group to discuss the most critical global issues facing America today.



Each year, eight topics are chosen by a panel of experts. This year we tackle critical issues from U.N reform to climate change and the rise of ISIS. ■

2017 Great Decisions Topics

- The Future of Europe
- Trade and Politics
- Conflict in the South China Sea
- Saudi Arabia in Transition
- U.S. Foreign Policy and Petroleum
- Latin America's Political Pendulum
- Prospects for Afghanistan and Pakistan
- Nuclear Security

Informational Meeting

If you are interested in learning more about Great Decisions, please come to this information meeting. If we have enough interest, we will plan our eight-week schedule. If you have questions, please call Jamie Fritz at 274-3398.

Great Decisions Informational Meeting

Friday, January 20
2:00 pm | MB FR

Festive Holiday Celebrations with Family and Friends



Georgia and Dean McKeever celebrated the holidays at the Resident Holiday Celebration on December 20. Residents enjoyed a scrumptious dessert with coffee and egg nog. The festivities included a wonderful music program provided to us by CoreFirst Bank & Trust. We thank everyone who made this evening a great success!



Marjorie Smith and her daughter, Joy Dodd, enjoyed the Annual Holiday Dinner at Brewster Health Center on December 16. The culinary team at BHC served a delicious meal to almost 400 people. It was great to see everyone gathered together during this special time of year.



Gloria and Jack Barron looked spiffy at the Resident Holiday Celebration. Brewster's culinary team served about 140 people with the help of over 20 staff volunteers. The holidays give us a chance to share meaningful time together.

Thrive. Bloom. Flourish.

Birthdays

Ann Conley	1
William Thornton	1
Ruby Trahoon	1
Betty Geiser	3
Clifford Hurst	3
Alice Hurst	7
Esther May	11
Dave Fritz	12
Georgiana Morrill	12
Mary Lou Kiene	14
Muriel Smith	15
Maggie Killinger	16
Constance Buergin	17
Leota White-Cowell	17
Carlee Wilson	17
Mildred Stone	19
Theresa Cain	20
Calvin Holmes	20
Charlotte Marriott	20
George Marschall	20
Carlene Allen	21
Anderson Chandler	21
Pauline Harris	22
David Smith	22
Elsie Becker	23
Shirley Day	24
James Stanton	25
Virginia Anderson	27
Sydney Fluke	27
Lora Horton	28
Delpha Tucker	29
Margean Cress	29
William Douthett	30
Stephen Minter	30
Margery Purcell	30

Anniversaries

Robert and Doris Payne	1/6/1954
Sydney and Edna Fluke	1/22/1949
Max and Lille Dametz	1/24/1943
John and Barbara Thiele	1/24/1949
Bill and Ruth Larson	1/25/1957
Warren and Freida Schriener	1/29/1955

Staff Anniversaries

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

Department	Location	Years
<u>Health Services Administration</u>		
Suzanne Vorhies	BHC	6
Roziland Stormer	BHC	1
<u>Community Relations</u>		
Nancy Park	SH	2
<u>Dining Services</u>		
Margaret Buergin	BHC	9
Linda Clark	Market	2
<u>Environmental Services</u>		
Jennifer Harris	MB	1
<u>Health Services</u>		
Lisa Lohmeyer	AL	17
Monique Wingo	AL	10
Diane Woelfel	BHC	1
Shay Mason	BHC	9
Amber Serl	BHC	3
Deb Wells	BHC	3
Michelle Johnson	BHC	2
Y'Quesha Alexander	BHC	1
Lea Morgan	BHC	19
Treykia Pollard	BHC	1
Diane Schmitz	BHC	1
Candy Bauman	BHC	3
Michelle Torres	HH	1
<u>Rehab</u>		
Whitney Carrier	Rehab	5
<u>Security/Transportation</u>		
Rita Hulsing	Campus	13
Neale Sutton	Campus	2

New Residents

Shirley Kossoy	MB 302
Kent and Elizabeth Stubbings	MB 226
Harold & Anne Hula	BE 120

Transfers

Rose Alberg	AL 4
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In Memoriam

Dr. Irv Rosen	12/7/16
Mr. Richard Ellison	12/12/16
Mrs. Phyllis Graham	12/26/16

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

Janis Swanson, Editor

Janis.Swanson@BrewsterLiving.org

january | on-campus events

Wellness Wednesday—Wednesday, January 4—11:00 am ML

Jenny Lamb, LCSW, Directory of Community Wellness, will present an overview of our new Vitalize 360 program.

Tea at Three—Tuesday, January 3—3:00 pm ML

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.

Movie: The Crown—Wednesday, January 4, 11, & 18 and Tuesday, January 24 & 31—1:00 pm Chapel

See article on page 2 of this issue.

Foundation Forum—Thursday, January 5—10:00 am BE CR

Join us for a presentation by PANT, Pet Assistance Network of Topeka. Pant works with local agencies to help the homeless keep their pets.

Tea at Three—Monday, January 9—3:00 pm BE Parlor

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

Resident Council Meeting—Thursday, January 12—10:00 am KAC

All residents are encouraged to attend the Resident Council Meeting. Hear from the administrative staff as well as resident committee chairs about what's happening on campus.

Piano by Ed Farris—Monday, January 16—3:00 pm ML

Please come and join us as we listen to Ed Farris' musical renditions.

Healthwise 55—Tuesday, January 17—11:30 am KAC

Jamie Fowles, APRN, MSN, FNP-BC, of the Cotton O'Neil Vein Clinic, will share more about varicose veins and their causes. Underlying the appearance of varicose veins can be Chronic Venous Insufficiency, an often hereditary disease that affects the valves that keep blood flowing out of your legs and back to the heart. Learn more about this condition and the minimally invasive treatment options available. Lunch is \$5.00 Reservations are required. To guarantee your space, please make your **reservation by Friday, January 13** by calling Jamie at 274-3398.

Afternoon Rummikub—Thursday, January 19—1:00 pm ML

Calling all new residents! Come and join us in a lively game of Rummikub. Jamie will be there to help you learn to play and explain the rules.

Great Decisions Informational Meeting — Friday, January 20 — 2:00 pm MB FR

Please see article on page 8 of this issue.

Let's Color—Monday, January 23—1:00 pm MB FR

Coloring has been found to be very beneficial for stress relief, self-expression, and fine motor skills. Additionally, we get to chat and build relationships.

Presentation on Kachina Dolls—Monday, January 23—3:00 pm ML

We are excited to welcome David Woods to Brewster Place. He is going to share with us some of his vast collection of Kachina Dolls. David has gathered these exquisite dolls from across the world and is a very knowledgeable collector. The dolls are part of Native American culture and David will enlighten us on this culture.

Piano with Kristi Baker—Thursday, January 26—3:00 pm ML

Please come and enjoy the beautiful music of Kristi Baker. She is a world famous pianist.

january | off-campus events

Browsing and Lunch at TSCPL—Thursday, January 5—12:15 pm Lobbies

We will go to the award winning Topeka and Shawnee County Public Library for a fun afternoon. First we will eat lunch in the Millennium Café. We will then meet with the knowledgeable computer staff and they will answer any questions on technology that we have. Please bring your laptop, tablet, or phone if you have questions for the staff. We ask that you write your questions down. If you don't have any technology questions, you are welcome to come and browse the boutique, read magazines, or view the new art exhibit. Lunch is Dutch treat. Please call Jamie at 274-3398 for transportation and tour reservations.

Lunch Out at Red Lobster—Monday, January 9—11:00 am Lobbies

Do you need to get out and have lunch with friends? Join Jamie and head to the Red Lobster for a fun-filled lunch. Lunch is Dutch treat. Please call Jamie at 274-3398 for reservations.

Prairie Band Casino and Lunch—Monday, January 16—10:30 am Lobbies

Let's try our luck at Prairie Band Casino. We will also enjoy a Dutch treat lunch. Please call Jamie at 274-3398 for reservations.

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

Get up close and personal with the Topeka Symphony Orchestra! This evening will be a delightful tribute to the intimate treasures of the Baroque and Classical Eras. The Orchestra will feature concertmaster, Zsolt Eder, playing Summer and Winter from Vivaldi's Four Seasons—one of the most beloved works in the entire orchestral repertoire. You'll hear other Baroque master pieces and they will finish with Mozart's sparkling and delightful Symphony 29. Please call Jamie at 274-3398 for reservations for transportation.

New Theatre Restaurant—Wednesday, January 25—9:45 am Lobbies

Join us as we trek to Kansas City to see the **The Fabulous Lipitones**. This is an uproarious comedy with pitch perfect harmonies. The play will detail what happens when a barbershop quartet loses a key member to a heart-stopping high B-Flat. The three surviving members are scrambling to find a tenor before a national competition. When they hear golden tones being sung over the phone at an auto body shop, the three Lipitones are sure they have their fourth, but when they meet him in person, he's not quite what they expected. Come and laugh with us! Tickets are \$33 each and transportation is \$13. Please call Jamie at 274-3398 for reservations.

Shopping at Dillard's and Lunch Out—Thursday, January 26—10:00 am Lobbies

Let's go check out the Dillard's sale and then grab lunch. Please call Jamie at 274-3398 for reservations.

Ronald McDonald House Volunteer—Monday, January 30—1:00 pm 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.