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Intellectual Wellness | Be Passionately Curious

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



INTELLECTUAL WELLNESS

focus on the mind

the ability to use and expand knowledge

Continuing with our **Five to Thrive** series, this month we will concentrate on **Intellectual Wellness**, which directs us to focus on the mind and involves the ability to expand and use knowledge. Albert Einstein said, "I have no special talents, I am only passionately curious." It is this passionate curiosity leading us on the intellectual wellness journey, including our motivation and capacity for new learning, maximizing memory, ability to be awake and alert employing concentration, and to internalize the overwhelming stimuli we encounter daily and in response apply critical thinking as we navigate throughout the world around us.

The root of intellectual wellness lies in the brain which serves as our command center and, through the field of neuroscience, we learn increasingly more about the brain every day. Specifically we have learned we must be active participants in the health of our brains and minds. Consider these words from Roger Landry, MD, "The idea that the adult brain is a relatively stagnant and fragile organ is no longer accepted. The brain changes throughout life, and we are, in fact, the architects. And so, once again, we have a lot to do with not only

how our body ages but also how our brain ages."

While there are neurological phenomena outside our control, multiple studies have demonstrated the impact individual choices can have on brain health. Some of these choices are specifically targeted to the brain while many others flow through each of our Five to Thrive Dimensions of Wellness. In the article *Twelve Ways to Keep Your Brain Young*, published by Harvard Medical School, mental stimulation is the first recommendation listed advising, "scientists have found that brainy activities stimulate new connections between nerve cells and may even help the brain generate new cells, developing neurological plasticity and building up a functional reserve that provides a hedge against future cell loss."

Other recommendations include engaging in physical exercise, eating a Mediterranean style diet with many fruits, vegetables, fish, nuts, unsaturated oils and plant sources of protein, maintaining optimal blood pressure, blood sugar and avoiding tobacco use and alcohol abuse, being mindful of your emotional health, engaging in the prevention of head injuries including concussions which is a key element

Our Mission

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

Five to Thrive



dimensions of wellness



The Brewster Health Center is accredited by The Joint Commission.

Continued on page 3...

Wellness Update Guidance for Engagement

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

It seems impossible that 2018 is nearly half gone! We take this time to look at all we have accomplished in Wellness at Brewster Place and look forward to the many offerings to come in the next few months! Take a look at just a few of the things offered that allow you to **THRIVE** when engaging in the Five Dimensions of Wellness. We have an amazing team to support you as you engage!

Getting Started with Vitalize 360

Wellness Snapshot

Are you looking to engage in the **Five to Thrive Dimensions of Wellness**, but are not sure where to begin? Jenny Lamb, Director of Community Wellness, and Amanda Davis, Social Work Intern, would love to sit down with you to take a “**snapshot**” of where you are with your wellness goals utilizing the Vitalize 360 program. This evidence-based tool will assist you in assessing your strengths and challenges. From this information, a “**Vitality Plan**” can be developed to guide and support you as you take your first steps toward **your** wellness journey. Jenny and Amanda can connect you to all of the activities, classes, and offerings of the Resident Services Team. Here are a few of the opportunities provided by the Wellness Team:

Support and Education

Caregiver Support Group

Tim McManus, Wellness Spiritual Support Specialist, facilitates the Caregiver’s Support Group every third Monday of the month at 10:30 am in the Main Street Chapel. This group focuses on support as well as education by learning about resources available for those who provide care for their loved ones. This group believes “we are all in this together.”

Men’s Group

Tim McManus also facilitates a group just for men — to share stories, lend support and have a laugh or two. This group meets the first Monday of each month at 10:30 am in the Main Street Chapel.

Gray Matters

Debbie Holroyd, Wellness Case Manager, guides this group with information, practical tips and resources for those experiencing mild cognition concerns. This 10-week class is offered each quarter with a new session starting the beginning of July.

Intergenerational Opportunities

Katy Wright, Intergenerational Activities Coordinator, is developing many opportunities for you to engage with younger people and share your wisdom and experience while learning from them as well. Recently Katy offered a cursive writing “pen pal” activity with elementary students from Jefferson West and in June she is coordinating a half-day, week-long **Science, Technology, Engineering, Art, and Math (STEAM) Summer Camp** at Brewster Place in partnership with Quincy Elementary School. The camp is June 18—22. Read more about this and other intergenerational opportunities on page 3. Make a difference in someone’s life, including yours!

Brewster Place has made a significant investment in wellness. We recognize the value of investing in the wellness of our residents, Brewster Connect and Live Well at Home members, and staff. Additionally, wellness provides returns monetarily, as those who engage in wellness initiatives are hospitalized less often, take fewer prescription medications, and report decreased anxiety and depression. We believe that all persons have the potential to **THRIVE** and increase their wellness in their own individual way. The Brewster Wellness Team is here to serve. ■

Intergenerational Events In June



connecting
generations
creates
bonds
that build
community.
call
kathy wright
at 274-3309
to get
involved!

National Donut Day Celebration

Friday, June 1 | 9:30 am | Main Street Pavilion

Who doesn't like a donut? Please join us to enjoy a donut with the Kansas Crush 10u (10 and under) girls' softball team. This team is coached by Cody Reynolds, husband of Melissa Reynolds, Director of Finance and Human Resources. ■

Youth and Senior Fishing Derby

Saturday, June 16 | 9:30 am | Lobbies

Shawnee County Parks & Recreation and Topeka LULAC Senior Center are excited to announce a Youth/Senior Fishing Derby! Participants enjoy fishing, lunch and prizes. The cost is \$20 for a team of two. Please call Katy at 274-3309 for reservations and transportation. Don't have a partner? Please let Katy know! ■

Quincy Summer Camp Highlights

June 18—22 | 9:00 am—12:00 pm | KAC

- Monday, June 18 — Fun with iPads
- Tuesday, June 19 — Yoga with Kelly Sundbye
- Wednesday, June 20 — Egg Drop Challenge

- Thursday, June 21 — Yoga with Kelly Sundbye
- Friday, June 22 — Improv with Marvin Stottlemire (TCTA's Laugh Lines and Senior Class)

In addition, each day students will work "making their mark" to create colored panels for the Bloomer-ang art project. These panels will be used to make beautiful windows at Quincy Elementary School. ■

...continued from page 1

in fall prevention, and being involved in a supportive social network.

It is important to note there are many things that can look like symptoms of cognitive decline or cause short term memory loss that are not associated with a diagnosis of dementia or cognitive impairment. In other words dehydration, depression, anxiety, malnutrition, isolation, hearing or vision impairment, loss of purpose, and medications or medication errors just to name a few, can impact intellectual wellness such as short term memory loss, word finding difficulty and trouble making oneself understood, but won't be improved by mental stimulation alone.

At Brewster Place there are multiple opportunities to engage in mentally stimulating pursuits. Debbie Holroyd, Wellness Case Manager, facilitates a 10 week class taught quarterly called Gray Matters, described as a memory loss education and support series. There are also complimentary cognition screens available which take approximately 20 minutes to complete and can offer a snapshot measure of memory and cognition. Our speech therapist, Valerie Huss, SLP offers services which can help with cognition in various ways.

Brewster Place also hosts the KU Osher Lifelong Learning Series, with our next class beginning June 6 offering a course pertaining to the aging brain. There are many opportunities to engage in games, musical events, and creation of art, all of which stimulate the mind. There are also many things you can do in your own home. Individual activity can include puzzles, word or number games, reading, letter writing, solving math problems, journaling, reminiscing, listening to music, baking and gardening. What do you do to keep your brain healthy?

Taking the steps to protect intellectual health should start as early as possible, but it's never too late. Take time now to evaluate your intellectual health. Do you have concerns about your memory, thought process, ability to learn new things, or to concentrate? If so, or if you want to talk to someone about enhancing your intellectual wellness, call the Brewster Place Wellness Department at 785-274-3395 to get started. We can complete a wellness snapshot, learn what is most important to you, and help identify goals and options for fulfilling them right here on campus.

Take some time to think good thoughts today and actively nourish your mind. ■



From the Chaplain | Happy Are They Who Forgive

by Chaplain Roger Jackson, M. Div.

In the award winning film, *The Mission*, Robert DeNiro plays a mercenary who has taken shelter in a local church after killing his brother in a fit of jealous rage. He eventually leaves the church and heads to a mission post located above the waterfalls in a South American jungle. Because of what he has done and how bad he feels, he ties himself to a several hundred pound net of items that represents his sinful life. He feels compelled to drag this sack of sin around with him as a way to do penance. The rope chokes the very life out of him, leaving him feeling terrible and unsure what to do with his sin and the shame that comes with it.

Have you ever felt like that? I suspect that some of us are bound to some transgression today. Others of us are gasping under the guilt and shame of things we did years ago. What do you do when you realize that you've messed up? Where do you go when you've failed? Where do you turn when you've hurt those closest to you? Do you grab some rope and hitch it up to your sin pile and start dragging it where ever you go? Or, is there something better?

According to **Psalm 32:1** there is something better, **"Happy are those whose transgression is forgiven, whose sin is covered."** The very first word we see is "happy," or in some translations it is "blessed." This has a very rich meaning that cannot be defined with one word. We could say, "How happy!" or "Congratulations to...," or "Good for the one who...," or "Oh, the bliss of...!" In addition, this word is in the plural so we could say, "Oh, the multiples of happiness, the bundles of blessings to the one whose transgressions are forgiven, whose sins are covered."

If you and I mess up, we know that God will forgive us and bless us. We can be happy in our hearts again. But what about the person who did us wrong, who said something that offended us, who hurt us in some way that we cannot find it in our heart to forgive them. Wow! This happens so many times. I have seen siblings not talk to each other for 50 years because of something that was said, and they go to the grave with an unforgiven heart. I have seen co-workers who are conniving

and vindictive to others who have hurt them, even to the point where both parties lose their jobs. I have seen families who have been torn apart and destroyed because of being unable to forgive.

No blessing or happiness is found in refusing to forgive. If God can forgive us for the many sins in our lives by sending Christ Jesus on this earth to die for us, then surely we can forgive others who say or do things that hurt our feelings. For what do you need to ask forgiveness? From what baggage of sin do you need to be set free so you can be blessed? Who do you need to forgive? To whom do you need to give a blessing? ■

MOVIE AND DISCUSSION



I Can Only Imagine

Monday, June 18

2:00 pm

Main Street Chapel

This true story follows the life of Bart Millard, lead singer of the Christian band, MercyMe, who loses his father to cancer and inspires him to write the mega-hit song, "I Can Only Imagine."

A gripping reminder of the power of forgiveness, *I Can Only Imagine* beautifully illustrates that no one is ever too far from God's love—or from an eternal home in Heaven.

Intermission—Refreshments

Discussion Following

Facilitated by Chaplain Roger Jackson

Join us for this powerful and inspiring movie!



facebook.com/brewsterplace.org

2018 Sunflower Music Festival Chamber and Orchestra Program



Program No. 1
Chamber Orchestra
Friday, June 22 | 6:30 pm | Lobbies



Program No. 2
Chamber Ensembles
Saturday, June 23 | 6:30 pm | Lobbies



Program No. 3
Liz Stratton Jazz Night
Monday, June 25 | 6:30 pm | Lobbies



Program No. 4
Chamber Ensembles
Tuesday, June 26 | 6:30 pm | Lobbies



Program No. 5
Chamber Orchestra
Wednesday, June 27 | 6:30 pm | Lobbies



Program No. 6
Blanche Bryden Collegiate Institute
String Quartets
Thursday, June 28 | 6:30 pm | Lobbies



Program No. 7
Chamber Ensembles
Friday, June 29 | 6:30 pm | Lobbies



Program No. 9
Chamber Orchestra
Saturday, June 30 | 6:30 pm | Lobbies

Coming In July!

Engage at Every Age 2018 Wellness Fair Friday, July 20 | Campus Wide

The Wellness Committee is hard at work planning the **Engage at Every Age Wellness Fair**. This BIG event will be for residents, Brewster-Connect and Live Well members and staff. This will truly be a campus-wide event as internal and external vendors will have booths throughout campus. The focus will be the Five to Thrive Dimensions of Wellness. The tentative schedule includes two morning educational events and then a vendor fair from 1:00—3:30 pm. After the Fair, we hope everyone will join us at Social at 4:00 pm in the Main Street Pavilion. You won't want to miss this event to learn, enjoy treats, sign up for prizes and receive free giveaways. Shuttle transportation provided!



Summer 2018 KU Osher Lifelong Learning Series

You'll Wanna Know This About Your Aging Brain
Wednesdays, June 6, 13 and 20
2:00—4:00 pm | Main Street Chapel

Irish, German and Italian Immigrants in 19th and 20th Century America
Wednesdays, July 11, 18 and 25
2:00—4:00 pm | Main Street Chapel



At the Movies!

Thursdays at 2:00 pm | BPTV 1960

June 7
"Lady Bird" (2017 comedy)
June 14
"The Post" (2017 political drama)
June 21
"The Greatest Showman" (2017 musical)
June 28
"All the Money in the World" (2017 crime drama)



Your source for:
audio announcements
daily schedule
church services
movies and music
photos and more!

Individuals who choose to join the Brewster Foundation’s Heritage Society and/or, for example, leave a legacy to their college or faith community, do so through what is referred to as a “planned gift.” Charitable gift planning is the process of designing and facilitating gifts to charitable organizations.

Charitable Gift Planning:

- Uses a variety of financial tools and techniques for giving.
- Often requires the assistance of one or more qualified specialists, such as an attorney or CPA.
- May utilize tax incentives that encourage charitable giving.
- May be revocable or irrevocable.

Planned gifts are a variety of charitable giving methods that allow you to express your personal values by integrating your charitable, family, and financial goals. A planned gift can be made with cash, but many planned gifts are made by donating assets, such as stocks, real estate, or personal property.

Techniques of charitable gift planning include both revocable and irrevocable arrangements. At Brewster Place, a common example of a revocable gift would be a pledge to include Brewster Place in your will or trust. A gift could also include an amount of any refundable balance from Brewster. Nationally, the largest percentage of

planned gifts is made through gifts from wills and trusts. These gifts, until actually realized at the time of death, are revocable.

Since the founding of the Brewster Foundation, many residents have fulfilled their philanthropic goal of paying forward for future generations of residents—benefiting from a yearly income guaranteed for life while receiving substantial tax savings—by taking advantage of the Brewster Foundation’s gift annuity program. A gift annuity is an example of an irrevocable planned gift and can be made with a gift of \$5,000 or more.

We all have different situations, and regardless of that situation, we can help to structure

a gift that meets your giving needs. Often, the estate gift is a gift many people are comfortable with, as it is a future gift and will not impact their current living situation. We are happy to sit down with you to get creative and come up with a gift that is right for you.

If you are interested in increasing your current income, reducing your income tax and/or avoiding capital gains taxes, making a larger charitable gift than you thought possible, and most importantly, leaving a legacy for your Brewster Place family, contact Jeremy R. Hall, Brewster Foundation Director, at 274-3327. ■

Please join the Brewster Foundation and 150 other local non-profits at the annual **Topeka Gives on June 5!** This is a day of giving where



you can donate \$25—\$1000 to the Brewster Foundation, and the Topeka Community Foundation will match up to \$1000 proportionately. This year, the amount of funds available from the Topeka Community Foundation for matching is just over \$80,000!

Jamie is offering bus transportation to the event, including lunch (Dutch treat). The bus will leave at 10:00 am from the lobbies. ■

Foundation Forum | Topeka Rescue Mission

Thursday, June 7 | 10:00 am
Evergreens Community Room

Kee your schedule open for the always informative Barry Feaker, Executive Director of the Topeka Rescue Mission Ministries. TRM is more than just a single location; it is an organization that is always looking for ways to impact the Topeka community. Join us as Mr. Feaker discusses the current major initiatives and projects that TRM Ministries is working on. ■

Make-It Monday

Bubble Wands

Monday, June 11

1:00 pm | Redwood Lounge

Oh, the simple joy of blowing bubbles! We never outgrow it, do we? Let's share the fun with the kids at the Topeka Rescue Mission. Join Kris Saia, Creative Arts Coordinator, for Make-It-Monday to make BUNCHES of whimsical bubble wands. We will bend soft wire and pipe-cleaners into big bubble-blowers and add all kinds of beads and buttons to make them MAGICAL. Then we will send them off to families at **The Children's Palace at the Rescue Mission**. Who knows, we may even take them outdoors and blow a few bubbles ourselves first! No bubble wand experience necessary!

Parking Garage Grand Opening

Friday, June 15

1:00 pm | New Parking Garage

The long-awaited Parking Garage is set to open and we want to celebrate! Join us for a ribbon cutting, tour and treats as we celebrate the completion of this much-needed structure on campus. ■

Writing & Reminiscing

Monday, June 25

1:00 pm | Redwood Founders Room

June Prompt: Review the lyrics of your favorite song and then write a story inspired by that song. This story can express how the song makes you feel, what memories the song brings, a responsive poem or a fictional story influenced by the song. Of course participants are encouraged to bring whatever stories they are lead to bring regardless of the theme and all are welcome. ■

Dining Services News

Meal Credit Balance

Would you like to know your balance on your meal credits? If so, please ask any member of the culinary team and they can provide the information for you. ■

Market Volunteers

If you would like to volunteer in The Market on Main Street, please call Maxine Thuston, Volunteer Coordinator, at 274-3374. ■

Are You Wearing Your SARA Pendant?

Once again, in a combined effort with Brewster Security, the Brewster Foundation, and a generous supporter, a donation will be given to the Brewster Foundation based on the number of pendants being worn by residents.

Your SARA (Situational Awareness and Response Assistant) emergency pendant is for your safety as well as those around you. Security would rather have a false alarm than have you not wearing your pendant when you need it. **You should press your pendant when you need help. You should press your pendant when you see another resident in need of help.** The pendants work all over campus and are for your safety.

During June, we will have five events where we will count the number of people that have their pendants with them. If 50% of those in attendance have them, the Foundation will receive \$2.00 for each. If 75% of those in attendance have them, we will receive \$3.00 for each person, and if 100% of those at the event have their pendant, the Brewster Foundation will receive \$5.00 for each person.

We thank our generous donor for once again sponsoring this awareness program. If you have any questions about your SARA pendant, please call Security at 274-5000. ■

iBalance Clinics

Every Thursday in June

2:00—4:00 pm | Winchell Wellness Center

Got balance? We invite you to have your balance tested using the HUR iBalance Machine. Elise Leonard, Therapy Manager, and Julie Schmanke, Wellness Specialist, will be available to walk you through this 10-minute test that will result in a score and recommendations for you to use to increase this score. Sign-up sheets are available in the Winchell Wellness Center. ■



AUDIO-READER
The University of Kansas

Now on Brewster TV
Tune to channel 1961



Board the Brewster Bus to Branson | September 12—14

Planning for another two-night get-away is in the works and this time we are headed to Branson. Jamie Fritz, Activities Coordinator, and Julie Schmanke, Wellness Specialist, have hosted trips to Arkansas and St. Louis and now it's time to enjoy the local charm of Branson. Details are:

Two night stay

\$100 per night per person

Tickets

\$225 (see list to the right)

Transportation

- \$150 Brewster residents and BrewsterConnect or Live Well members
- \$175 non-Brewster residents

Tickets Include:

Wednesday, September 12

5:30 pm — Landry's Restaurant Plated Dinner

7:30 pm — *Samson* at Sight & Sound Theatre

Thursday, September 13

9:30 am — Butterfly Palace & Rainforest Adventure Guided Tour

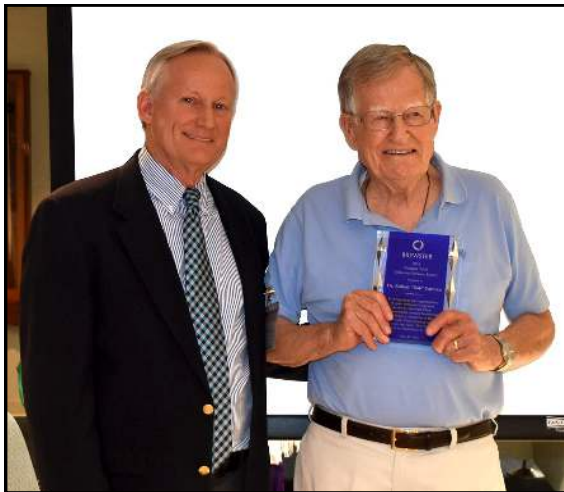
11:30 am — Uptown Café Lunch

4:00 pm — Showboat Branson Belle Dinner, Show & Cruise

Friday, September 14

10:00 am — *Oh Happy Day* at Hughes Brothers Theatre

The trip requires a minimum of 12 people. Maximum is 18. Please call Jamie at 274-3398 for reservations.



Above: Vice President and Chief Financial Officer Larry Riggins presented the 2018 Virginia Tevis Volunteer Service Award to Dr. Bob Parman at the Cheers for Volunteers Event in May. Bob has been a resident of Brewster Place since 1992 and has served our community as a volunteer in countless ways. Congratulations Bob!

Right: Barbara Wildrix and Peter Packard participate in a new painting class held at Brewster Health Center each week. The class is co-taught by Angala Anderson, Activities Coordinator, and Kris Saia, Creative Arts Coordinator. Students are enjoying this new class that allows them to express themselves creatively. Plus, it's fun!

celebrate.
congratulate.
create.
participate!
*for the
wellness of it!*
thrive. bloom.
flourish!



Above: Eddie Fowler joined Julie Schmanke, Wellness Specialist, and other residents and staff for Outdoor Sit & Bee Fit on the Redwood Veranda. Exercise was rewarded afterward with pop-sicles. You can't beat that!



Birthdays

Janet Bair-Rost	3
Mary Hoffman	4
M.L. Davis	7
Ted Bernard	8
Dorothy Beverly	8
Marcene Grimes	9
Dan Cain	10
Jack Renander	10
Myrtle Ahlstrom	11
Leona Brinkmeyer	11
Hazel Cramer	12
Jerry Hinton	12
Winnie Kingman	13
Dottie Harder	14
Jerry Reed	14
Freida Schriener	14
Rolland Trahoon	14
Celia Eddy	16
Clyde Burton	17
Dorothy Prager	19
Shirley Kossoy	20
Janet Strukel	21
Ray Beers	23
Dottie Richard	23
Bob Sparling	23
Molly Wieland	24
Myrna Wegner	25
Betty Penney	27
Phyllis Stroud	27
Lois Fensler	28

Anniversaries

Benny & Wanda Meyer	6/02/1957
Paul & Beverly Hammond	6/05/1960
John & Lonna Reinecke	6/06/1965
Ken & Doris Peery	6/07/1953
Tom & Phyllis McMahon	6/10/1950
Eugene & Waunita Shoemaker	6/14/2014
Rolland & Ruby Trahoon	6/16/1949
John & Alicia Salisbury	6/23/1962
John & Dorothy Funk	6/24/1950
Harold & Anna Hula	6/24/1951
Adrian & Mary Allen	6/27/1953

In Memoriam

Mrs. Joan Walrafen	4/19/2018
Mr. Lynn "Bud" Burris	4/30/2018
Mrs. Elsie Wessel	5/02/2018
Mr. George Paris	5/05/2018
Mrs. Marcia Ransom	5/22/2018
Mrs. Maxine Horton	5/24/2018
Mr. Charles Paxton	5/27/2018

Staff Anniversaries

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

Department	Location	Years
<u>Administration</u>		
John Long	Campus	7
<u>Assisted Living</u>		
Alfred Johnson	AL	1
Melany Milligan	AL	1
James Ezell	AL	1
<u>Dining Services</u>		
Michael Larkin	RW	1
Barbara Renner	RW	2
<u>Environmental Services</u>		
Tobie Centlivre	SW	1
Richard Wilson	BHC	9
Dorothy Arnold	SW	38
Bertha Cavens	SW	5
Jerry Hutley	Campus	15
Ronald Burgen	BHC	3
<u>Food Services</u>		
Joane Williams	BHC	7
<u>Health Services</u>		
Jessica Lozano	BHC	5
Cassie Dewey	BHC	1
Jessica Mohr	BHC	1
Valerie Rishel	BHC	2
Ashlea Cross	BHC	3
Rachel Kobek	BHC	1
Tonisha Hunter	BHC	2
Brandi Rishel	BHC	2
Diana Guyton	HH	5
<u>Human Resources</u>		
Dayna Babler	EV	2
<u>Rehab</u>		
Deborah Rennie	BHC	12
Maria Prater	BHC	6
<u>Security/Transportation</u>		
Misty Scheele	Campus	2
Arthur Wiseman	Campus	7
Sharon Palmeroni	RW	3
Heidi Katt	Campus	1
Thomas Ford	Campus	1
<u>Therapy</u>		
Jebel Odgers	BHC	3
Autumn Brading	BHC	3
Rochelle Pyle	BHC	3
Healthier Holthaus	BHC	4
Pamela Robinett-Ebert	BHC	2

New Residents

Beth Neuer	Redwood 405
Don Dawson	Evergreens 133
John and Helen Petterson	Evergreens 208
Roy and Gerry Browning	Evergreens 226
Don and Jackie Buchanan	Cedar 204

june | on-campus events

National Donut Day | Friday, June 1 | 9:30 am | Main Street Pavilion

Please see more information on page 3 of this issue.

Jay & Tammy Variety Show | Monday, June 4 | 6:00 pm | Redwood Lounge

Come enjoy the lively sounds of Jay and Tammy. They are talented professional musicians on guitar, bass, and vocals, and have broad generational appeal. They select the best in various styles of music and perform an impressive repertoire of vocal and instrumental selections, remarkably spanning nearly a century of American music. Their performance is sponsored by the Brewster Service Fund.

Osher Lifelong Learning Institute: You'll Wanna Know This About Your Aging Brain

June 6, 13, and 20 | 2:00 pm | Chapel

See article on page 5 of this issue.

Helping Hands Humane Society | Thursday, June 7 | 1:30 pm | Redwood Veranda

Join us for a visit from Helping Hands Humane Society and their furry friends.

Topeka Model Railroaders Display

Saturday & Sunday, June 9 & 10 | Sat. 10:00 am & Sun. 11:00 am | Klinge Activity Center

Topeka Model Railroaders is a group of model railroad hobbyists that come together to support a local HO scale modular club layout. They will set up a large display of trains, buildings, and other interesting items along the route. The engineers will be available to chat about the wonders of driving these exceptional small models. Come check it out.

Make It Monday: Bubble Wands | Monday, June 11 | 1:00 pm | Redwood Lounge

See article on page 7 of this issue.

Bridge | Tuesday, June 12 & 26 | 7:00 pm | Redwood Lounge

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

Parking Garage Grand Opening | Friday, June 15 | 1:00 pm | Parking Garage

Come and celebrate the new garage on campus. We will chat and have some ice cream sandwiches!

Kristi Baker Performs | Friday, June 15 | 3:00 pm | Redwood Lounge

Enjoy the beautiful piano music of Kristi Baker.

Marty Edwards Sing-along | Saturday, June 16 | 6:00 pm | Redwood Lounge

Marty Edwards will provide popular music from the 40s through the 80s. Feel free to join in the singing or just relax to the music.

Intergenerational Summer Camp | Monday, June 18—Friday, June 22

8:45 am—11:00 am | Klinge Activity Center

Please see article on page 3 of this issue.

Movie & Discussion: I Can Only Imagine | Monday, June 18 | 2:00 pm | Chapel

See article on page 4 of this issue.

Healthwise 55 | Tuesday, June 19 | 11:30 am | Klinge Activity Center

The speaker will be Nacomi Rafferty, pulmonary disease educator from Stormont Vail Health. She will explain about the signs and symptoms of Chronic Obstructive Pulmonary Disease (COPD) and the strategies to keep the lungs healthy. The lunch cost will be \$7.00. Reservations are required by June 15. Call Jamie at 274-3398 for reservations.

Kansas Humanities Book Talk | Tuesday, June 26 | 2:00 pm | Evergreens Community Room

We will finish the series with the book *Walking Across Egypt* by Clyde Edgerton. In the book, Mattie Riggsbee tells everyone she is slowing down and can't be responsible for the stray dog or the orphan that shows up in her life. She's busy with her church, planning her funeral, and wishing her two children would marry and give her grandchildren. The disapproval of family and neighbors provides tension, but also laughter. Come join the discussion. Call Jamie at 274-3398 to get a book.

Movie: Our Souls at Night | Wednesday, June 27 | 1:00 pm | Chapel

Join us for the Netflix original movie starring Robert Redford and James Fonda called *Our Souls at Night*. After widowed neighbors, Addie and Louis, find themselves in bed together, platonically, to alleviate their loneliness, a real romance begins to blossom. Redford and Fonda are sure to delight in a film showing that there is still plenty of living to do in the twilight of one's life.

june | off-campus events

Topeka Farmer's Market | Saturday, June 2 | 8:00 am | Lobbies

Let's go visit the Downtown Farmer's Market. We will be able to purchase yummy baked goods, tasty produce and unique gifts. We will not have time to stop for breakfast. Please call Jamie at 274-3398 for reservations.

Mulvane Art Fair | Saturday, June 2 | 10:00 am | Lobbies

The Mulvane Art Fair is a juried art fair that features 80+ artists using a variety of media from across the state, region and country. Last year's art fair featured artists from 14 different states – Colorado, Missouri, New Mexico, Nebraska, Alabama, Texas, Oklahoma, California, Kansas, Minnesota, Arizona, Pennsylvania, Iowa, and North Carolina. The event also features live music, beer garden, and exciting food options. Proceeds from the Mulvane Art Fair support the programs and mission of the Mulvane Art Museum. Tickets will be provided by Brewster Place as we are a proud sponsor of this event. This will include a lot of walking so be prepared. Please call Jamie at 274-3398 for reservations.

Out to the Movies: Book Club | Monday, June 4 | 12:00 pm | Lobbies

If available we will head to the movie Book Club at the Regal Hollywood Theaters. The tickets cost \$9.38 for a senior. Popcorn is Dutch treat. Please call Jamie at 274-3398 for reservations.

Lunch at Dover | Thursday, June 7 | 10:45 am | Lobbies

Let's go enjoy an old fashion café lunch with a wonderful piece of PIE. Lunch is Dutch treat. Please call Jamie at 274-3398 for reservations.

New Theatre Restaurant | Wednesday, June 13 | 10:00 am | Lobbies

The Theatre presents the Tony Award winning show Sister Act. When disco diva Deloris witnesses a murder, she is put in protective custody in a convent! Using her unique singing talent, Deloris breathes new life into the community but blows her cover in the process. Soon, the gang gives chase. Tickets are \$33 and includes lunch. Transportation is \$13. Please call Jamie at 274-3398 for reservations. Space is limited.

Sea Lions at the Topeka Zoo and Lunch at Freddie's | Thursday, June 14 | 9:30 am | Lobbies

Sea Lions and their trainers are coming to the Topeka Zoo for the first time. We will get to go see a show about the Sea Lions. We will also explore the Zoo. Afterwards we will relax and grab a hamburger and ice cream at Freddie's Frozen Custard. It is sure to be a fun outing. Zoo admission is \$4.75. Lunch is Dutch treat. Please call Jamie at 274-3398 for reservations.

Topeka Civic Theatre | Thursday, June 14 | 6:00 pm | Lobbies

For the first time TCT presents Mary Chase's Pulitzer Prize-winning play Harvey. Harvey is the story of Elwood P. Dowd, a polite and friendly man with a very strange best friend – a six-foot, three-and-one-half-inch invisible rabbit named Harvey. Elwood's sister, Veta, is concerned the rabbit will interfere with her life as a socialite, so she tries to have Elwood committed at the local sanatorium. Veta is so hysterical when she explains her brother's condition, that she is committed instead. Tickets are \$33. Please call Jamie at 274-3398 for reservations.

Youth and Senior Fishing Derby | Saturday, June 16 | 9:30 am | Lobbies

Shawnee County Parks & Recreation and Topeka LULAC Senior Center are excited to announce a Youth/Senior Fishing Derby! Participants enjoy fishing, lunch and prizes. The cost is \$20 for a team of two. Please call Katy at 274-3309 for reservations and transportation. Don't have a partner? Please let Katy know!

Abilene Railroad Ride and Dinner at Brookville Hotel | Thursday, June 21 | 12:00 pm | Lobbies

All aboard the Abilene and Smoky Valley Railroad. We will have an enjoyable 1.5 hour guided tour on the train detailing the local area and railroad history. We will then visit Abilene's hidden gem of history at the Heritage Center of Dickinson County. We might even get to ride the carousel. Train ticket is \$15. Heritage Center admission is \$6. Dinner is a Dutch treat. Transportation is \$13. Please call Jamie at 274-3398 for reservations.

Sunflower Music Festival | Friday, June 22-30 | 6:30 pm | Lobbies

See schedule on page 5 of this issue.

Library Farmer's Market | Monday, June 25 | 10:00 am | Lobbies

Come and shop high-quality, locally grown produce, and fresh cut flowers. We will browse the library and its art gallery and then stay for lunch at the Millennium Café. Lunch and shopping are Dutch treat. Please call Jamie at 274-3398 for reservations.

Swimming and Dinner at Topeka Country Club | Thursday, June 28 | 3:00 pm | Lobbies

Come and work out with Julie in the Topeka Country Club pool. We will stay for dinner just in the pool area. Sure to be a nice evening. Dinner is Dutch treat, and there is a \$10 fee to swim. Please call Jamie at 274-3398 for reservations.