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OLDER AMERICANS MONTH



Engage at Every Age!

Every May, the Administration on Aging, leads our nation's observance of **Older American's Month**. The 2018 theme, **Engage at Every Age**, emphasizes that you are never too old (or young) to take part in activities that can enrich your physical, mental, and emotional well-being. At Brewster Place this theme is especially appropriate as we seek to live out our **Five to Thrive** wellness dimensions — **physical, intellectual, emotional, social and spiritual**.

Engage at Every Age also celebrates the many ways in which older adults make a difference in our communities. Whether it's participating in activities that promote wellness, volunteering your time and talent, or offering wisdom and experience to the next generation, living engaged means living life to its fullest. And, no matter where you are in your life, there is no better time to start than now!

In past years, we have celebrated Older Americans Month with a campus-wide parade or block party. Due to the continued and very exciting construction on campus, this year we will celebrate with a few smaller events as well as the **Cheers for Volunteers Celebration** on May 23. Highlights include:

Older Americans Month Highlights

- 5/9** **Outdoor Sit & Bee Fit | 2:00 pm | Main Street Patio**
with Julie Schmanke, Wellness Specialist
- 5/14** **Make-It Monday: Royal Hats | 1:00 pm | Redwood Lounge**
with Kris Saia, Creative Arts Coordinator
- 5/16** **Celebrate Weddings Slideshow and Enjoy a Spot of Tea**
2:00 pm | Klinge Activity Center
with Jamie Fritz, Activities Coordinator
- 5/23** **Cheers for Volunteers Celebration and Award Presentation**
10:00 am | Klinge Activity Center
- 5/30** **Ice Cream Social | 2:00 pm | The Evergreens Gazebo**
Sponsored by Brewster Foundation

More information about each of these events can be found on page 3 of this issue. ■

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.

Emotional Wellness

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

As we continue with our **Five to Thrive** deep dive into our dimensions of wellness, we will look at **emotional wellness**.

Sometimes the quest for emotional wellness is equated with the endeavor of happiness, but it is really so much more. Mahatma Gandhi said, *“happiness is when what you think, what you say and what you do are in harmony,”* reinforcing that even the singular emotion of happiness requires us to look at the whole rather than one piece of the puzzle. We can't forget that happy is only one of a myriad of emotions people are designed to experience and our thought and behavior responses in anticipation to and after the onset of these emotions very much contribute to our overall sense of being emotionally well.

Emotional wellness, like all wellness, is a journey not a destination. It is about finding the balance between emotions, leaning into and allowing ourselves to feel those emotions that are harder to sit with, and navigating through both the comfortable and uncomfortable emotions we are dealt. Unfortunately, we are at risk of labeling emotions as either good or bad, when in fact they just are what they are, neither good nor bad.

Even those that are not particularly pleasant to endure can provide us with valuable experience and opportunities for learning. For example, frustration can give us the chance to endorse perseverance, annoyance may lead to empathy and compassion, and regret could afford us the fortitude to employ mindfulness and intentional living. The good news is we are well-made people and are equipped to learn how to navigate within and between the varied feelings we encounter.

First, we must look at how to identify emotions and be on the lookout for how they can manifest themselves. An often overlooked component of emotional wellness is that signs of struggle can present themselves in many different ways. These

ways can include but are not limited to headaches, joint pain, stomach pain and upset, fatigue, difficulty concentrating and social isolation. If any of these things start to get in the way of fully living and your doctor can not find a physical reason for them, they could be a sign of sadness, grief, depression or worry.

It is also possible for us to not be aware of what it means to experience the more comfortable emotions if we have sat in painful ones for too long. Emotional wellness also means the ability to experience joy, contentment, love and sense of worthiness. If you have not felt joyful for so long you forgot what it feels like, take a moment to picture what you imagine it to be like. What happens to your face? Do you smile? Are your muscles tight or relaxed and can you focus on what is in front of you and let the stressors of life be dulled even if for a little while? Are you thinking positive thoughts and engaging in positive action? These are good questions to ask yourself in attempting to identify how you are feeling in the moment and the answers can lead to more balance and less avoidance of particular feelings we tend to run away from.

...continued on page 7

EMOTIONAL WELLNESS



focus on emotions and mood the ability to experience and regulate varied emotions and mood



Helping Hands Humane Society Pet Visit

Did you know that holding and petting dogs and cats can improve your emotional wellness? Studies show that people who spend time with animals, have decreases in depression, anxiety and loneliness.

Come enjoy the animals!

Helping Hands Pet Visit

Thursday, May 3

1:30 pm | Redwood Veranda

(if the weather doesn't cooperate, we will meet in the Assisted Living breezeway) ■



Engage at Every Age!

Join us at these special events!

5/9

Outdoor Sit & Bee Fit

Wednesday, May 9

2:00 pm | Main Street Patio

with Julie Schmanke, Wellness Specialist

What better way to try an exercise class with Wellness Specialist Julie Schmanke than to try her Sit & Bee Fit class outdoors! Whether you normally attend her class or not, we invite you to ask a neighbor to join you at this “everybody can do it” seated class. Of course, if the weather is not a perfect Kansas spring day, we will move inside.

5/14

Make-It Monday: Royal Hats

Monday, May 14

1:00 pm | Redwood Lounge

with Kris Saia, Creative Arts Coordinator

Are you ready for the Royal Wedding? If you haven't heard by now, on Saturday, May 19 the wedding of Britain's Prince Harry to Meghan Markle will occur. And as you know, no self-respecting guest would dare arrive to perhaps be seen by Her Majesty herself, without his or her extra-fancy hat. Even from “across the pond” we intend on celebrating this worldwide event in style.

You are cordially invited to join Kris Saia, Creative Arts Coordinator, and Jamie Fritz, Activities Coordinator, to create your very own, over-the-top, topper for Harry and Meghan's big day! We will be crafting easy hats and crowns to wear to **Brewster's Royal Wedding Slideshow** on Wednesday, May 16.

5/30

Ice Cream Social

Wednesday, May 30 | 2:00 pm | The Evergreens Gazebo

Sponsored by Brewster Foundation

We will cap off our Older Americans Month celebrations with an all-American Ice Cream Social sponsored by the Brewster Foundation. Join us at the outdoor gazebo in the courtyard of The Evergreens for this event. ■

5/16

Celebrate Weddings with a Slideshow and a Spot of Tea!

Wednesday, May 16

2:00 pm | Klinge Activity Center

Please join us as we celebrate weddings by featuring the long-lost wedding photos of Brewster Place residents. We will enjoy a montage of archived wedding photos and we just might get to see some Royal wedding photos as well. And yes, we will serve tea and cookies!

To Submit Your Wedding Photo

If you previously submitted your wedding photo to Janis, she still has it on file. If you aren't sure or would like to submit a photo for this slideshow, please bring to Janis Swanson in the Redwood Info Center by Friday, May 14. She will scan the photo. All photos will be returned.

5/23

Cheers for Volunteers Celebration and Award Presentation

Wednesday, May 23

10:00 am | Klinge Activity Center

Brewster Place could not fulfill its mission without the dedicated service of our volunteers. Each year we celebrate their work and commitment while also encouraging others to become a volunteer. This year we will also be awarding the Virginia Tevis Volunteer Service Award to a Brewster Place resident who exemplifies the volunteer spirit while serving our community. Everyone is invited to attend!



From the Chaplain | What Is Faith?

by Chaplain Roger Jackson, M. Div.

How would you answer the question, “*What is Faith?*” I Googled *faith* on the Internet, and the following site came up, **christain-faith.com**, where they also posed the question, “*What is faith?*”

In answering this question, Christian-faith.com highlighted the scripture from Hebrews 11:1 that says, “*Now faith is the assurance of things hoped for, the conviction of things not seen.*” This verse really answers the question and defines faith as being sure and certain of what we do not see or have. Faith means having convictions, being assured that something is true even if you cannot see it. I want to share with you some of what this website said about faith.

Christian faith has existed since the time that Jesus Christ was on earth. Followers of Jesus have had different understandings about many things, but all Christians agree that Jesus Christ is a revelation of God in the flesh. We all believe that God came to earth to bring us back into a relationship with Godself.

The sorry state of our world today reveals just how far we have strayed from God's original harmonious intentions. We have all strayed from God's commandments designed for our own good and disobeyed God in an inexcusable manner, just as Adam did. Just because you and I can find fault in others, even in Christians, will by no means excuse us before God for our own wrongdoing and disobedience to God.

Not sure if you have disobeyed God? Listen to this. The first recorded revelations of the true God we have are in the Books of Moses [the first five books of the Old Testament]. These books reveal God as Creator, Lawgiver and Judge. Ten Commandments says to put God first, not to lie, steal, murder, lust, speak against God or desire what does not belong to us. Have you ever lied? Ever taken something not belonging to you? Ever looked at someone and had lust for her (or him)? Ever put the pursuit of wealth above the pursuit of God? Ever hated someone? Well if you have, you are guilty until God declares you righteous. The Christian faith is really about faith in the resurrected Jesus, who did all this and more for us. Jesus of Nazareth, who lived historically on the earth 2000 years ago, made a definite impact on the people of Israel through his teaching and healing ministry. But it is the resurrection and continued intervention in the lives of Jesus' followers that has meant that today Jesus has hundreds of millions who believe and trust in him.

Our faith is very important to our spiritual journey. Are you satisfied with the faith level you have or would you like to grow deeper in faith? My hope is that we will have the desire to grow stronger in our faith each and every day. ■



Engage for the Wellness of It!

- exercise
- yoga
- painting
- bazaar workshops
- knitting
- tai chi
- pool
- card games
- lunch out
- osher lifelong learning series
- kansas humanities book talk
- writing group
- volunteering
- wellness programs
- walking
- gray matters
- vespers
- movie and discussion
- topeka civic theatre
- museums
- topeka symphony
- festival singers
- on stage live!
- bible study
- tours
- trips
- resident council
- social
- coffee corner
- music programs
- red carpet
- bingo
- foundation forum
- caregiver's group
- men's group
- make-it monday
- healthwise 55 luncheons
- intergenerational events
- alzheimer's walk

Have ideas? Let us know!

Janis Swanson | 274-3389

Director of Resident Services or

Jenny Lamb | 274-3395

Director of Wellness ■

Intergenerational Summer Camp

A Partnership Between Quincy Elementary

Learning shouldn't have to end just because the school year does. As summer rapidly approaches, Brewster Place is partnering with **Quincy Elementary School** to create a week-long day camp that fosters creativity between children and older adults.

This June, summer school students from Quincy Elementary will venture over to Brewster Place to engage in activities that correlate with the



STEAM curriculum: Science, Technology, Engineering, Arts, and Math.

Throughout the week, Creative & Marketing Director Carol Bradbury will be there to facilitate Bloomerang, a collaborative community art project. The art that is created between elders and students will be made into windows for the new Multicultural Arts Center (just like in the Main Street Pavilion!).

The camp runs June 18 through June 22 from 9:00 am —11:00 am and we need your help to make this happen! Volunteering to be a “buddy” is a wonderful way to satisfy your spiritual wellness needs. Even if you think you don't have any expertise to offer, your presence is enough to make an impact on these students' experience. Some of these children may not ever get the chance to attend summer camp, so we would like to make this special for them. If you can help out every day that week, or if you can only participate for one morning, your time and talents will be greatly appreciated.

To be involved in the summer camp, please call Katy Wright, Intergenerational Activities Coordinator, at 274-3309 by Friday, May 14. ■



Summer 2018 KU Osher Lifelong

You'll Wanna Know This

About Your Aging Brain

Wednesdays, June 6, 13 and 20

2:00—4:00 pm | Chapel

Research in the past decade has brought about a remarkable paradigm shift from aging as a problem to aging as a time of promise and potential. You already know the downfalls a normal aging brain may experience: slower speed of recall, "senior moments" and the "why-did-I-come-into-this-room?" perplexity. You know the downfalls; now learn about the marvelous gifts your aging brain wants to deliver. Understanding the positive power of a normal aging brain positions you to take full advantage of rewards and capacities which were unavailable to the younger you.

Instructor: Sandra Lyke is a Licensed Clinical Social Worker with master's degrees in social work and counseling. Retired after 35 years as a psychiatric social worker, she has additional experience as a hospice worker, hospital chaplain and adjunct instructor at Park University.

Irish, German and Italian Immigrants in 19th and 20th Century America

Wednesdays, July 11, 18 and 25

What caused massive numbers of Irish, Germans and Italians to come to our shores in the 19th and early 20th centuries? What was the reaction of the native-born to these strangers? To what extent did the newcomers try to stick together, blend in, advance or return to their old country? What contributions did these immigrants and their offspring make to this country? To answer these and other questions, we will read excerpts from historians and the immigrants themselves, view portions of relevant documentaries, listen to music by or about these ethnic Americans, and share our own immigration family stories.

Instructor: Carl Graves ■

For many of the faithful partners and friends of Brewster, generosity and charitable giving are just a part of who they are. Still, many are wondering how the changes in the tax code will affect their taxes and their favorite organizations. While the overall answer is somewhat complicated, here are a few things to keep in mind:

The new tax law preserves the deduction for charitable contributions—this is not changing. However, because of a substantial increase in the standard deduction and new limits on some other itemized deductions, it has been estimated that fewer than 10% of taxpayers will continue to itemize under the new law. Some have surmised that charitable giving will then be negatively impacted. It has been proven time and time again that tax benefits are not the primary motivation for supporting ministries and other non-profit organizations. Although it is not the primary reason, it is always nice to receive a tax benefit.

One charitable giving technique that may prove even more beneficial under the new rules is the IRA Charitable Rollover. For donors who are 70 1/2 or older, 2018 might be the right time to consider making your charitable gifts from an IRA. Those who meet the age requirement can transfer up to \$100,000 per year directly to an eligible charity without paying income tax on the transaction. If you file a joint tax return, your

spouse can also make a charitable contribution of up to \$100,000, meaning that couples can exclude up to \$200,000 of their retirement savings from income tax if they donate it to charity. These “charitable rollovers” count as part of your required minimum distribution, but you cannot additionally claim a charitable contribution tax deduction. Qualified charitable contributions must be made by December 31st each year in order to exclude that amount from taxable income; however, donors do not need to wait until the end of the year to make such gifts. The distribution must come directly from your IRA and is normally a simple process to complete through the financial institution that holds your IRA.

Charitable contributions can only be made from IRAs, not 401(k)s or similar types of retirement accounts. You may be able

to roll funds over from a 401(k) to an IRA if you want to make tax-free charitable contributions a part of your retirement plan. Please make sure to discuss this with your tax advisor to make sure the rollover is the best option for you.

Even if you are still able to itemize, an IRA Charitable Rollover may be more tax efficient than taking the IRA distribution into income and then donating it because it will keep your Adjusted Gross Income (AGI) lower. This is beneficial when calculating other items, including taxability of Social Security.

Please contact Jeremy R. Hall, Director of the Brewster Foundation, to learn more about how utilizing an IRA Charitable Rollover in 2018 might be something to consider as part of your overall charitable giving. ■

Foundation Forum

Junior ROTC Program

Thursday, May 3 | 10:00 am

The Evergreens Community Room

Members of the ROTC from local high schools will be joining us to share information about their program and how it impacts them as students, as well as the impact it has on their future career plans. Plan to attend to support our community students and learn more about this program. ■



the Market

on Main Street

Over time, as our Market has grown, we have had residents ask us to consider carrying a small gift line where those who can't always shop quickly or easily can pick up a birthday gift, a hostess gift, and other trinkets for those instances where a gift is necessary. To help meet those requests, in February, we created and opened a small gift boutique in the Market, carrying fun and lovely gifts for residents and staff who need a gift on the fly! In fact, bring this article into the Market and select a gift of your choice at 20% off!

Writing & Reminiscing

Monday, May 21

1:00 pm | Redwood Founders Room

The Brewster Place Writing Group continues to meet once a month. Each month a different prompt is offered as an assignment for the next month. Participants can also write whatever they like and then share their writings with each other. Writing is a wonderful way to express yourself and share your thoughts and feelings. All are welcome!

May Prompt: Using the theme "Stories of Summer" participants can write a story or stories or just come and share their stories of summers past. There is no particular writing style — write an essay, poem, short story or whatever you wish. ■

...continued from page 2

Here at Brewster Place we have many opportunities on campus to enhance emotional wellness. There are support groups available to find a sounding board and relate to others who might be experiencing similar circumstances. Entertainment and performances provided can elicit joy, a feeling of connectedness with those around you, and even make you laugh a little. The wellness department can provide complimentary screening for depression and anxiety if this is a concern you are dealing with and provide referral for on or off-campus counseling allowing the opportunity to talk one on one and process what you are experiencing. Sitting at the fountain outside the Main Street Pavilion can be calming and inspire a sense of contentment and the Chapel provides a quiet space for meditation and contemplative thought.

Take a few minutes now to check in with your emotional wellness. Focus on your emotions, mood, thoughts, and how you are spending your time. Think about your ability to manage the stress of life, to find joy, be mindful in the present moment, to acknowledge and balance all the emotions you experience and to feel wholehearted and worthy of love. If your emotional wellness is feeling mixed up or you aren't sure where to start in your wellness journey, call the Wellness Team at 785-274-3395.

How will you nurture your emotions today? ■

At the Movies!

Thursdays at 2:00 pm | BPTV 1960

May 3

"Battle of the Sexes" (2017 sports comedy)

May 10

"Victoria & Abdul"

(2017 drama based on a book)

May 17

"Megan Leavey" (2017 drama)

May 24

"Fried Green Tomatoes" (1991 drama)

May 31

"Mama Mia" (2009 romance)



Kansas City Fountains Tour and Kauffman Memorial Gardens

You are invited to join Jamie Fritz, Activities Coordinator, on this amazing tour of the fountains of Kansas City. Did you know the first fountains in Kansas City were for horses, birds and dogs and served a practical purpose? There are 200 officially registered fountains in the metropolitan Greater Kansas City area. And that number excludes the many fountains at corporation and sub-division entrances, office atriums, private gardens and homes. In a design vision dating back to the 1800s, Kansas City was imagined with “more boulevards than Paris, more fountains than Rome.” Much of Kansas City’s history is reflected in a century of fountain development. (www.kansascityic.com/city-of-fountains)

A volunteer from **The City of Fountains Foundation** will board our bus to guide us through this wonderful tour. We will then go to lunch at The Cheesecake Factory which overlooks one of the most iconic fountains in the city. After lunch we will do a brief shopping trip at the Country Club Plaza and then head off to explore the Kauffman Memorial Gardens. The Kauffmans’ world travels inspired the creation of a space comparable to parks throughout Europe. The garden features bronze sculptures by Tom Corbin among lush and colorful annual and perennial plantings, pruned foliage framed by stone walls, brick walkways and playful fountains. Tour is \$7. Lunch is a Dutch treat. Please call Jamie at 274-3398 for reservations. ■



Kansas City Fountains Tour
Thursday, May 31
Bus departs at 8:30 am
 Please call Jamie at 274-3398
 for reservations.

Engage at Every Age!
 We are engaged at home and in our community!



Top left: Mary Lou Mitchell, Julie Reeves and Ann Uhl were part of the group that traveled to St. Louis in April. What fun!

Top right: BrewsterConnect member Don Kready and resident Sally Henson worked out with Julie in Balance & Breathing. They have nifty new flex bars to use.

Left: Team Brewster participated in the Topeka Corporate Games. We had 30 on our roster and, although we didn’t win, we had a great time! Thanks to all of our staff who participated. Brewster Place was a corporate sponsor of this event.

Birthdays

| | |
|-------------------|----|
| Donna Crawford | 3 |
| Benny Meyer | 3 |
| Lonna Reinecke | 3 |
| Marjorie Adams | 6 |
| Mary Pfeifer | 6 |
| William Pfeifer | 6 |
| Jean Rader | 7 |
| Mary Lear | 8 |
| Twink Lynch | 8 |
| Terrie Salley | 11 |
| Mary Kasiska | 14 |
| Dick Crawford | 15 |
| John Reinecke | 15 |
| Ruth Wieland | 18 |
| Ruth Lawson | 20 |
| Laurita Dinkel | 21 |
| Mary Muilenburg | 22 |
| Gary Stroud | 22 |
| Bob Payne | 23 |
| Jo Bonjour | 26 |
| Dee Crawford | 26 |
| Pat Gehr | 26 |
| Mary Lou Mitchell | 27 |

Anniversaries

| | |
|-------------------------|-----------|
| Don and Pat Finson | 5/04/1957 |
| David and Rose Fritz | 5/26/1955 |
| Gary and Phyllis Stroud | 5/26/1956 |

New Residents

| | |
|--------------------------|----------------|
| Beth Neuer | Redwood 405 |
| Don Dawson | Evergreens 133 |
| John and Helen Petterson | Evergreens 208 |
| Roy and Gerry Browning | Evergreens 226 |

Transfers

| | |
|-----------------------|-----------------|
| Benny and Wanda Meyer | Evergreen 125 |
| Joan Gatewood | Off Campus |
| Merle Welch | Assisted Living |

In Memoriam

| | |
|-----------------|-----------|
| Nettie Brees | 3/22/2018 |
| Sylvia Boyd | 3/29/2018 |
| Elaine Zlotky | 4/08/2018 |
| Rosemary Henson | 4/13/2018 |

Staff Anniversaries

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

| Department | Location | Years |
|---------------------------------------|----------|-------|
| <u>Environmental Services</u> | | |
| Bob Coats | Campus | 33 |
| <u>Health Services</u> | | |
| Whitney Duncan | BHC | 4 |
| Edith Karani | BHC | 7 |
| Tina White | BHC | 19 |
| Tashanna Banks | BHC | 3 |
| Kristen Shook | BHC | 2 |
| Paulette McNeal | AL | 2 |
| Amy Metzger | AL | 14 |
| James Moore | AL | 4 |
| Angie Gillaspie | AL | 18 |
| Danielle Johnson | AL | 3 |
| Connie Havens | HH | 6 |
| Martha Burge | HH | 1 |
| <u>Rehab</u> | | |
| Kendra Claiborne | Rehab | 3 |
| Sandra Kelley | Rehab | 2 |
| <u>Security/Transportation</u> | | |
| Mark Deckenbach | Campus | 2 |
| Darrell Vaughn | Campus | 3 |
| <u>Therapy</u> | | |
| Valerie Huss | BHC | 3 |
| Jennifer Fowler | BHC | 1 |



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

may | on-campus events

The Topeka Woodwind Quartet | Tuesday, May 1 | 6:30 pm | Redwood Lounge

Come and enjoy the beautiful sounds of this lovely quintet featuring James Mosher from the Topeka and Shawnee County Public Library. They will play music by Strauss, Joplin, Rogers & Hammerstein, Bizet, Mozart and more. It is sure to delight.

Washburn Student Piano Concert | Friday, May 4 | 3:00 pm | Redwood Lounge

Come and listen to the lovely piano music of Mary Dressur. She is a student of Dr. Charlene Ding, professor at Washburn University.

Beginning Chess | Mondays, May 7 and 21 | 3:00 pm | Main Street Pavilion

Have you always wanted to learn to play chess? Come and challenge your mind and learn all the details of playing chess. The instructors will be our own Ian Safford from HR and John Long from IT. Please call Ian at 274-3377 for a reservation.

Bridge | Tuesdays, May 8 and 22 | 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.

Resident Council | Thursday, May 10 | 10:00 am | Klinge Activity Center

All residents are invited to attend this meeting to hear the latest news from staff and committee chairs.

Make It Monday: Royal Hats | Monday, May 14 | 1:00 pm | Redwood Lounge

See article on page 3 of this issue.

Healthwise 55 Luncheon | Tuesday, May 15 | 11:30 am | Klinge Activity Center

Stormont Vail Health will be providing an engaging speaker. We will celebrate Older Americans Month. The lunch costs \$7. Reservations are required by May 11. Please call Jamie at 274-3398 for reservations.

Wedding Photo Slideshow and Tea Time | Wednesday, May 16 | 2:00 pm | Klinge Activity Center

Let's remember the day we got to be a princess — our wedding day. Enjoy tea and a slide show as we view our wedding photographs. We will reminisce about the excitement and anticipation of our wedding day. Please submit one wedding photo to Janis Swanson at Redwood by May 14. Make sure it is labeled with your name. If you submitted one in the past you do not need to resubmit. Be sure to wear your royal wedding hat you created at Make-It Monday!

Go Royals! Wear Your Royals (Kansas City) Gear | Friday, May 18 | All day!

As a final kick-off to the royal wedding and to support our very own Royals — let's wear our Royals fan gear on May 18. We are hoping they sweep the Yankees.

Cheers for Volunteers Celebration | Wednesday, May 23 | 10:00 am | Klinge Activity Center

See article on page 3 of this issue.

Elaine Wellborn Piano Concert | Wednesday, May 23 | 3:00 pm | Redwood Lounge

Come listen to the beautiful piano music of Elaine Wellborn, Marie Culver's daughter. She is an accomplished pianist and plays at many area venues including Topeka Civic Theatre.

Archeology Program with Greg McMahon | Friday, May 25 | 3:00 pm | Chapel

Greg McMahon, son of Phyllis and Tom McMahon, will tell us his archeological studies in Istanbul, Turkey. Professor McMahon is well respected in his field and currently teaches at The University of New Hampshire. For 25 years he has spent his summers in Turkey directing archeological digs.

Kansas Humanities Book Talk | Tuesday, May 29 | 2:00 pm | Evergreens Community Room

We will be discussing the book *Quite a Year for Plums* by Bailey White. This is the story of people wanting to help Roger, a divorced plant pathologist and peanut virologist, find true love and happiness again. One possibility is Della, a visiting artist who communicates through notes she leaves on discarded dumpster objects. Meanwhile, Roger's ex-mother-in-law is trying to make contact with aliens. The discussion leader will be Rosemary Kolich.

Ice Cream Social | Wednesday, May 30 | 2:00 pm | Evergreens Gazebo

Please see article on page 3 of this issue.

may | off-campus events

Lunch at Dover Café and Scenic Drive | Thursday, May 3 | 11:00 am | Lobbies

Let's have lunch at the Dover Café and enjoy a yummy piece of pie. After lunch we will check out how spring is blooming in the area. Lunch is a Dutch treat. Please call Jamie at 274-3398 for reservations.

First Friday Art Walk | Friday, May 4 | 5:00 pm | Lobbies

Join us as we visit Topeka's local art galleries and meet the artists. We will start in the NOTO art district and explore what is happening. Wear your walking shoes as lots of walking will be required. Please call Jamie at 274-3398 for reservations.

Topeka Symphony Orchestra | Saturday, May 5 | 6:45 pm | Lobbies

TSO presents a **Broadway Revolution**. Come hear the songs that revolutionized the modern musical with a night of contemporary Broadway favorites, including *Jesus Christ Superstar*, *The Who's Tommy*, *Les Misérables*, *Phantom of the Opera*, and even the new smash hit *Hamilton*. Don't miss your shot to hear the final night of this revolutionary season! Tickets can be purchased by calling 232-2032. Please call Jamie at 274-3398 for transportation reservations.

Designer's Showhouse and Lunch | Thursday, May 10 | 12:00 pm | Lobbies

The 38th Annual Designers' Showhouse is a beautiful home in the historic Westboro neighborhood. The proceeds from the tour will benefit Child Care Aware of Eastern Kansas, which offers programs and services that help to improve the quality of childcare for working families in the area. Tickets are \$12 at the door. Please call Jamie at 274-3398 for reservations.

Healthwise Senior Suppers | Monday, May 14 | 4:15 pm | Lobbies

In celebration of Older Americans Month, Senior Suppers will feature a special one-hour performance by The Senior Class comedy improv troupe from Topeka Civic Theatre. The cost of dinner is \$5. Please call Jamie at 274-3398 for reservations.

Topeka Festival Singers | Monday, May 14 | 6:30 pm | Lobbies

The Singers take to the stage with a variety of show tunes, screen hits, and popular standards that showcase their individual and ensemble talents. Backed by a merry band of players that never disappoint, come sing and tap along as they close their season with an evening of musical memories, old and new, just for you! Tickets can be purchased at the door for \$18. Please call Jamie at 274-3398 for transportation reservations.

Dinner Out at Red Lobster | Thursday, May 17 | 5:00 pm | Lobbies

Enjoy a yummy meal at Red Lobster. Your host will be Dayna Babler from Human Resources. Dinner is a Dutch treat. Please call Jamie at 274-3398 for reservations.

Shawnee Choral Society Concert | Monday, May 21 | 6:30 pm | Lobbies

Let's go hear the beautiful voices of fellow Shawnee county residents. This group is all volunteer and has practiced to offer an outstanding music performance. Donations will be accepted. Please call Jamie at 274-3398 for transportation reservations.

Tour of Topeka Mural Project | Thursday, May 24 | 2:30 pm | Lobbies

The Topeka Mural Project is a program of ARTSConnect in partnership with the Topeka Police Department, Safe Streets Coalition, Downtown Topeka, Inc., Shawnee County Parks and Recreation and the City of Topeka. The goal is to make Topeka a safer, more vibrant, prosperous place to live through the installation of large works of public art. Kathleen Heit, Martha Williams' daughter, will give us a tour of this exciting project. Kathleen says to come prepared to paint and leave your mark on Topeka's history. If time permits we will stop at G's Frozen Custard. Yum! Custard will be a Dutch treat. Please call Jamie for reservations at 274-3398.

Tour of Kansas City Fountains and Fun | Thursday, May 31 | 8:30 am | Lobbies

Please see article on the back page of this issue.