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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.

A Key to the Fountain of Youth?

Research on the impact of intergenerational programs offers positive findings for both seniors and youth

By Claudia Larkin, Vice President and Chief Operating Officer

Intergenerational programs have the benefit of bringing seniors and young people together for fun and enriching activities, but they can also pay dividends with regard to the wellness of seniors, youth, and society in general.

A recent article on SeniorLiving.com got us to thinking about the benefits of implementing intergenerational activities on our own campus. In a recent study, Senior Living reports that seniors who participate regularly in intergenerational activities experience these positive outcomes:



- Learn new innovations and technologies
- Burn off 20% more calories each week
- Experience a reduced risk of falling
- Become less reliant on a cane when walking
- Score higher on standardized memory tests
- Enjoy enhanced feelings of connectedness and self worth

Resident wellness and the ability to keep our seniors independent and safe for as long as possible in their homes, are two of Brewster's top priorities. So, in 2018, our Resident Services and Wellness Teams will be focusing on developing new partnerships with preschools, elementary schools, affiliated not-for-profits, and others to create and offer these types of wellness opportunities. While 2018 is still a few months away, we're off to a great start on the intergenerational initiative.

In June Brewster Place was contacted by Washburn University Adjunct Professor Jennifer Pacoianu who teaches English Composition

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Words from Wellness | Be Mindful of Your Thoughts

By Jenny Lamb, LCSW, Director of Community Wellness

With Halloween just around the corner, many of us will find ourselves doing double takes to determine if what we see is real or just an illusion; a distortion through clever costuming or makeup perhaps. But there are other distortions many experience throughout the year that occur within our patterns of thinking. These are called **cognitive distortions**.

Cognitive distortions were initially theorized and studied by Aaron Beck and further researched by David Burns. These distortions are identified by John M. Grohol, Psy.D. as “ways that our mind convinces us of something that isn’t really true.” These automatic thoughts have a way of distorting reality and tricking us into believing something that isn’t really what it seems. Often times these thoughts then influence our feelings and in turn our behavioral reactions.

Some of the identified common cognitive distortions include filtering, catastrophizing, mind reading, fortune telling, and polarized or black and white thinking, just to name a few. Filtering involves only focusing and magnifying the negative aspects or details of a specific circumstance meanwhile filtering out the positive components present. For example, if one attended an event that included a meal, entertainment and a keynote speaker all of which are exceptional, but took place in a room that had contrasting paint colors unpleasant to the eye, filtering would involve exclusive focus on the paint color and describing the event in its entirety as bad or subpar neglecting the fact that the primary objectives of the event were 5-star in nature.

Polarized thinking occurs when one thinks only in black and white terms defining things and/or people — including ourselves — as either all good or all bad. For example if one made a singular mistake in a multi-step process, a polarized stance would declare the entire process a failure despite successful maneuvering of all the other elements. In black and white thinking people and

situations become viewed as quite simplistic in nature when in reality there are typically many shades of gray and complexities involved.

There are several other cognitive distortions identified and countless ways in which they become the automatic thought processes for many people. How can you begin to recognize if these distortions are at play in your own mind? First, examine your emotional wellness. Cognitive distortions are generally negative in nature, thus influencing our feelings to be more negative than positive, and triggering behaviors reflecting that negativity. This interaction between the negative thought patterns, emotional response and subsequent behaviors tend to form patterns thus keeping one stuck in a perpetual cycle of reinforcement. As John Grohol puts it, “Cognitive distortions have a way of playing havoc with our lives, if we let them. This kind of **stinkin’ thinkin’** can be undone, but it takes effort and lots of practice.”

To learn more about cognitive distortions, how to recognize them in your life, learn steps to take to combat the distortions and endorse alternate ways of thinking, contact Jenny Lamb, LCSW at 274-3395 or jenny.lamb@brewsterplace.org.

In the meantime, practice being mindful of your thoughts, look for the good, and be intentional in your kindness to yourself and others. ■



Assisted Living Week

Assisted Living Week was September 10 –16 and at Brewster Place we celebrated the theme of, “**Family Is Forever**” with special activities and decorations that emphasized the deep connections between staff and residents. We want to thank AARP for coming out to help with crafts, games, hand massages, and manicures. In addition, a special lunch was held along with a scavenger hunt, movie, treats and other events throughout the week.

Thank you, Assisted Living staff for all that you do to serve our residents! ■

RESIDENT



- Please attend the clinic that best fits your schedule.
- Bring your Medicare card or Medicare number with you.
- If you have questions, please call Home Health at 274-3342.

Flu Shot Clinics for residents are the last week of October. Influenza “flu” is a contagious disease that spreads around the United States every year, typically between October and May. Flu is caused by influenza viruses, and is spread mainly by coughing, sneezing, and close contact. Flu is more dangerous for some people including people 65 years of age or older. The flu vaccine can keep you from getting the flu, make flu less severe if you do get it, and keep you from spreading flu to your family and other people. If you aren’t sure if you should receive the flu shot, please seek advice from your health care provider. ■

Clinic Schedule

Monday, October 23

9:30 am—11:30 am
12:30 pm—2:30 pm
Klinge Activity Center
(Redwood lower level)

Wednesday, October 25

9:30 am—11:30 am
12:30 pm—2:30 pm
The Evergreens Parlor

Friday, October 27

9:30 am—11:30 am
12:30 pm—2:30 pm
Klinge Activity Center
(Redwood lower level)

...continued from page 1

101. Jennifer invited us to participate in her HICEPs (High Impact Community Engagement Practices) unit this fall. Of course we jumped at the chance to partner in this intergenerational endeavor.

In September, 22 freshman students enrolled in Jennifer’s class were paired with 22 Brewster Place residents. Thanks to our wonderful transportation department, the students boarded the Brewster bus at Washburn and traveled to campus on two occasions to interview residents. The students asked questions, took notes, asked follow-up questions, and solidified ideas for their assignment — an essay about the resident they interviewed.

One thing is clear about this partnership — even though the residents and students only met twice — relationships were built, expectations and stereotypes were challenged, life experiences were shared, and memorable moments were made. We will keep you updated on this project as it continues.

At Brewster our focus is always on resident wellness, but we also know our engagement with the wider community and younger generations has significant benefits for young people as well.

These include such things as:

- Improved reading scores
- Developing great social skills and problem-solving abilities
- Appreciation for seniors and the aging process — reducing stereotypes
- Experience a sense of connectedness to a larger community
- Develop a sense of purpose

And, perhaps most critical to their futures, interactions with seniors benefit young people by making them:

- **46% less likely to use drugs**
- **27% less likely to use alcohol**
- **52% less likely to skip school**

Our goal for 2018 is to engage at least 20% of our residents in intergenerational activities as a wellness initiative. Are you ready for a rewarding experience that contributes to your own wellness as well as benefits younger generations? If so, call Janis Swanson, Director of Resident Services and Community Relations, at 274-3389 to join the list of participants for future activities! ■

From the Chaplain | Be Anxious for Nothing

by Chaplain Roger Jackson, M. Div.

With everything happening in our nation, our world, and maybe even in your own life, do you feel fearful or anxious? What is the difference between fear and anxiety? According to Merriam-Webster Dictionary, fear means “frightened, to feel fear in oneself or something, to be afraid of” while anxiety is defined as “apprehensive uneasiness or nervousness usually over an impending or anticipated event.”

Christian author and pastor, Max Lucado, says this, “anxiety and fear are cousins but not twins. **Fear sees a threat. Anxiety imagines one.** Fear screams *Get out!* Anxiety ponders *What if?* Fear results in fight or flight. Anxiety creates doom and gloom. Fear is the pulse that pounds when you see a coiled rattlesnake in your front yard. Anxiety is the voice that tells you, *Never, ever, for the rest of your life, walk barefooted through the grass. There might be a snake...somewhere.*”

In Lucado’s new book *Anxious for Nothing: Finding Calm in a Chaotic World*, he examines the passage of scripture found in Philippians 4:6-7. “⁶ Be anxious for nothing, but in everything by prayer and supplication, with thanksgiving, let your requests be made known to God. ⁷ And the peace of God, which surpasses all understanding, will guard your hearts and your minds through Christ Jesus.” And he asks the question, what does it mean to

be anxious for nothing? Is that even possible? Lucado translates “be anxious for nothing” as “don’t let anything in life leave you perpetually breathless and in angst.”

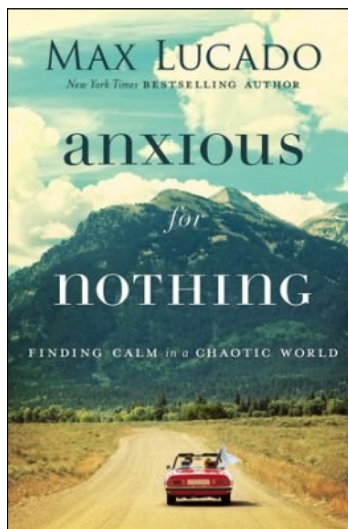
So, what does a life without anxiety look like? Max Lucado suggests, “With God as your helper, you’ll sleep better tonight and smile more tomorrow. You’ll reframe the way you face your fears. You’ll learn how to talk yourself off the ledge, view bad news through the lens of sovereignty, discern the lies of Satan, and tell yourself the truth. You’ll discover a life that’s characterized by calm and will develop tools for facing the onslaughts of anxiety.”

The scripture from Philippians offers a powerful tool for overcoming anxiety: prayer. Lucado agrees and thus declares, “Peace happens when people pray.” He draws on yet another scriptural image from 1

Peter 5:7, “Cast all your anxiety on him because he cares for you.” Lucado writes, “Casting is an intentional act to relocate an object. Let this ‘throwing’ be your first response to bad news. As you sense anxiety welling up inside of you, cast it in the direction of Christ. Do so specifically and immediately. Find a promise of God that fits your problem, and build your prayer around it. These prayers of faith touch the heart of God and activate the angels of heaven. Miracles are set into motion. Your answer may not come overnight, but it will come. And you will overcome.”

You don’t have to live a life with anxiety. In fact, you can live a life being anxious for nothing. You are invited to join us on Mondays beginning October 16 as we begin a six week video series on Max Lucado’s book, *Anxious for Nothing: Finding Calm in a Chaotic World*. ■

Bible Study with Chaplain Roger



Anxious for Nothing: Finding Calm in a Chaotic World by Max Lucado

**Mondays, October 16 — November 20
3:00 pm—4:00 pm | Main Street Chapel**

Stop letting anxiety rule the day. Join us on a six week journey to true freedom, and experience more joy, clarity, physical renewal, and contentment by the power of the Holy Spirit. Anxiety comes with life. But, it doesn't have to dominate your life.



Brewster has been a proud partner of the Osher Lifelong Learning Institute at the University of Kansas since 2007.

Residents, BrewsterConnect members and Live Well at Home members may attend courses for free.

Please call Jamie Fritz at 274-3398 to register or for more enrollment information.

No homework!
No pressure!
No tests!

Osher Institute Fall Courses at Brewster Place

Kelley Hunt Presents Joyful Singing for Everyone

Wednesdays, October 4, 11 and 18
2:00—4:00 pm | Chapel on Main Street

Medical research shows that singing can reduce stress, release endorphins, lower blood pressure and allow you to literally breathe easier. Plus, singing in a group helps build confidence and connection with others. In this class, you'll learn safe, easy ways to find and use your voice in a group setting, including relaxation/warm up techniques and active listening. Reading music is not required and you will not be asked to sing alone. As Ella Fitzgerald said, "The only thing better than singing is more singing." Expect to leave energized, uplifted and inspired!

Instructor

Kelley Hunt is a distinguished recording artist, touring performer, published songwriter and workshop facilitator, working with groups from grade school to adult education level. She has appeared as guest artist/ workshop presenter at Boston's prestigious Berklee College of Music.

Kansas Characters:

From the Scandalous to Benevolent
Wednesdays, November 1, 8 and 15
2:00—4:00 pm | Chapel on Main Street

Images of Kansas range from the moral heartland where Superman was raised to Bleeding Kansas where neighbors took up arms against neighbors. This course will examine several notable Kansans within that range of images. First will be the Notorious—John Brown, the abolitionist or terrorist, and Dr. John R. Brinkley, the infamous goat gland doctor. Then we'll review the Self-Righteous—Carrie Nation and the Temperance Movement and Vern Miller, the Kansas Attorney General who sought to prohibit airlines from serving drinks while flying over "dry" Kansas. Finally will be the Innovators—Karl Menninger and his famous psychiatric clinic and Bill James, godfather of a new generation of baseball statistics.

Instructor

Thomas Luellen recently retired after 31 years in hospital administration and 14 years as an adjunct instructor at Washburn University. He has a master's degree in geography from K.U. ■

Coming in November...

National Family Caregivers Month

The theme for 2017 is "Caregiving Around the Clock." Brewster Place recognizes that family caregivers face challenges day and night that can be difficult to manage. During November there will be events to celebrate family caregivers. More information to come!

Veterans Day

To prepare for our celebration, in October we will be removing the photos from the Veterans Wall of Honor to update and improve the wall. If you haven't shared your military photo, please bring it to the Redwood Office so Janis can scan it. Photos will be returned to you.

Brewster Place Annual Holiday Bazaar

Friday and Saturday, November 10 and 11
9:00 am—3:00 pm | Klinge Activity Center

Bazaar Bake Sale

Saturday, November 11

We will need cookies, pies, cakes, bread, rolls, candy and other holiday treats for the Sale. If you would like to make items and need ingredients, please call Joline Kovarik at 274-3317 and she will get them for you. Goodies will need to be to the Klinge Activity Center by Friday, November 10 at 9:00 am. ■

In conjunction with the
Emporia State University Music Department
Invites You to Attend

**The Edith Lessenden Chandler Recital Series
Presents Duo Kaspiana**
Saturday, October 21
2:00 pm | Redwood Lounge



We hope you will join us for another wonderful concert in the Edith Lessenden Chandler Recital Series. This recital series is underwritten by Drs. Marged Lessenden Amend and Douglas J. Amend.

The Brewster Foundation is thrilled to welcome back **Duo Kaspiana**. They performed at Brewster Place in April 2016, and it was an amazing afternoon of beautiful music.

Duo Kaspiana is named for the Caspian Sea, which is located in the region where the Eastern world meets the Western world. **Pianist Maya Tuylieva** was born and raised on the Eastern shore of the sea in Turkmenista (former USSR), and **violinist Diana Seitz** on the Western shore in Azerbaijan. When they met in Kansas, where East meets West, it was a natural fit to perform together. Their mission is to introduce the music of their side of the world.

Dr. Diana Seitz made her first public performance as a soloist with a chamber orchestra in Moscow



at the age of nine. As a teen, she became a laureate of the Azerbaijan National Violin Competition and appeared as a soloist with the National Azerbaijan Philharmonic Orchestra. Diana appeared with the National

Philharmonic Orchestra of Azerbaijan, Valley Symphony Orchestra, Kinnor Philharmonic Orchestra, and Kansas City Civic Orchestra. She has been described as “A world-class musician with a strong following...” (Kansas City Star), whose performances are described as “exciting, powerful, energetic, noble and technically brilliant.” Dr. Seitz plays a 1759 Paolo Testore violin.

Dr. Maya Tuylieva is described as a profound artist, capable of commanding the attention of the



audience with her inimitable sincerity and conviction of her performances by colleges and listeners around the world. She won her first competition at the age of six and made her national debut with a

live performance on Turkmen National Television at the age of eight. She has won numerous state and national competitions and has performed as a soloist and as a collaborator on stages such as Carnegie Hall, Kitayama Shimin Cultural Center in Japan, and also on prominent stages in Russia, Italy, and Turkmenistan. ■

Brewster On The Move!

The Latest News On Campus Construction Projects

By Claudia Larkin, Vice President and Chief Operating Officer

We Invite Residents to Join Us!

You are invited to join Matt Burns and Claudia Larkin for an update on our campus construction!



Campus Construction Briefing

Tuesday, October 24

10:00 am | KAC

(Redwood lower level)

REMINDER

Construction of the parking structure north of The Evergreens is beginning! Roads that join The Evergreens to the rest of campus will be impacted. Those Evergreen residents who need to access the rest of campus are encouraged to call Transportation at 274-5000 for a ride. Our apologies for the brief inconvenience as we make Brewster Place better! ■

Foundation Forum

Kaw River, River Keeper

Thursday, October 5 | 10:00 am

The Evergreens Community Room

Friends of the Kaw (FOK) is about improving the quality of life for people in the Kansas River Valley (the KAW) today and tomorrow. They work hard to promote their mission to protect and preserve the Kansas River for present and future generations.

Friends of the Kaw is a non-profit, grassroots environmental organization that requires extensive community involvement. If you are interested in volunteering for Friends of the Kaw, there are plenty of opportunities: clean-ups, floats, and other events. Sign up for their email newsletter to stay current on events and volunteer opportunities. Without community involvement, Friends of the Kaw will not be as effective in protecting our river.

<http://kansasriver.org> ■



News from Brewster Dining

REMINDER

Seating is Open in All Campus Restaurants

There is an old adage that reads, “Good food and good company are two of life’s greatest pleasures.” Here at Brewster Place, we have many groups of friends who enjoy getting together over a great meal.

Please remember that there are no reserved or “saved seats” in any of our campus restaurants — the Greenleaf Restaurant, The Evergreens Grill, or The Market. If a seat is empty and available, any resident is welcome to sit there. All seating is open to all residents.

Thank you for your cooperation and effort to make all feel welcome. If you have any questions about this policy, please call Claudia Larkin, Vice President and Chief Operating Office, at 224-3387. ■

At the Movies!

Thursdays at 2:00 pm
BPTV 1960

October 5

“Tommy’s Honour”
(2017 drama based on a book)

October 12

“People Like Us”
(2012 family drama)

October 19

“Alone in Berlin”
(2017 period drama)

October 26

“All the Pretty Horses”
(2000 western)



TRICK

or

treat

on

MAIN STREET

Friday, Oct 27
3:00—4:00 pm

We invite all residents, BrewsterConnect and Live Well at Home members to join us for this unique event where Brewster staff will showcase amenities offered at Brewster Place. Come and learn more about the services, programs and opportunities offered by Resident Services, Wellness, Environmental Services, the Business Office, Therapy, Volunteers, Security and Transportation, and more!

Staff have been challenged to decorate their booths in hauntingly creative themes complete with costumes. Come learn about the opportunities for you, enter drawings, vote for the “Best Booth” and come away with a few treats!

We hope you will stay for Social at 4:00 pm and dinner from The Market at 4:30 pm.

Did you know that painting rocks has become a huge thing around Topeka and other communities? People around the country are painting rocks for rock gardens, scavenger hunts and special events. In June, we began to notice some unique rocks showing up at Brewster Place. Where did they come from?

It won't surprise you to learn that our very own talented artist and Brewster Place resident, Jan Burnett, was painting rocks and placing them in our rock gardens to see if anyone noticed. We did notice and Jan has inspired us to plan an event and we hope you will join us!

Rocks & Wine
Tuesday, Oct 31
3:00 pm
Klinge Activity Center

Let your creativity shine!
No experience necessary!
We will have templates!

Rocks, paint, brushes,
wine and cheese provided!

Help us create our own
colorful rock garden!



By Jan Burnett

Engaging in Life Each Day In Every Way!



Above: Marge Murphy enjoyed the sunshine after one of her daily walks. Marge can often be seen out and about slowly walking the campus taking in the sounds, smells and beauty. A creative and engaging soul she is!

Below: Bob Parman participated in the Washburn University HICEPs program where students from English Composition 101 came to campus to interview residents. As you can see, interesting and meaningful conversations were held. Engaging with others to learn and grow!



BrewsterLiving.org



Above: Ann Uhl (with Kathy Howard and Lorice Ann Woner in the background) participated in “bus exercise” on the trip to Crystal Bridges. Each hour on the bus, Wellness Specialist Julie Schmanke taught a five minute class. Engaging in creative exercise is fun and feeds the body, mind and spirit!

Birthdays

Pat Oppitz	2
Jean Lamb	3
Doris Pellegrini	4
Jean Ragan	6
Bill Funk	7
Marjorie Smith	8
Lola Thornton	8
Randy Ellis	9
Dale Fooshee	9
Margaret Fowler	9
Pat Greenwood	10
Max DaMetz	11
Albert Henry	11
Mary Stryker	11
Adele Wallace	12
Paul Hammond	13
Charlie Paxton	13
Shirley Fuller	16
Shirley Moses	17
Jessie Cunningham	18
Wanda Meyer	18
Ken Peery	18
Maxine Swanson	19
Debby Hunt	20
Frankie Parman	20
Marty Edwards	21
Pat Finson	21
Ruth Hodges	21
Lawrence Heide	21
Herbert Smith	21
Doris Payne	22
Alberta Breece	24
Betty Bomar	25
Bette Tompkins	25
Shirley Martin	27
Roy Menninger	27
Virgil Armstrong	28
Mary Coldsnow	28
Cherrie Koehn	28
Irma Thomas	29
Woody Bulkley	31
Doris Kinnett	31
Donald Schooley	31

Anniversaries

Bob and Frankie Parman	10-3-97
Don and Ann Cousins	10-4-75

Staff Anniversaries

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

Department	Location	Years
<u>Dining Services</u>		
Connie Geartz	BHC	13
Breanna Sawyer	RW	2
Fisiwe Mpofo	RW	1
<u>Environmental Services</u>		
Joshua Saunders	Campus	3
Kenny Nitsche	Campus	10
LaRonn Moss	BHC	7
Christy Allen	RW	17
<u>Health Services</u>		
Meggan Schrock	BHC	1
Samantha Schooler	BHC	1
Emily Hull	BHC	8
Brenda Dobler	BHC	9
Joe Ewert	BHC	2
Hentjie Culton	AL	2
Cindy Tanner	HH	1
<u>Rehab</u>		
Ariel Baez	Rehab	4
Malia Bryant	Rehab	1
Gayle Grape	Rehab	6
<u>Security/Transportation</u>		
Sophia Chapman	Campus	10
Carl Farmer	Campus	5
<u>Therapy Services</u>		
Sarah Vicory	BHC	1
Teresa May-Teerink	BHC	1
Lisa Yoder	BHC	1
Ryan Creech	BHC	3
Bonnie McBride	BHC	3
Bailey Mushock	BHC	5

Resident Transfers

Janet Paduh	Birchwood 2
Doris Kinnett	AL 7
Erma Lee Nuss	BHC
Mary Mills	BHC

In Memoriam

Mr. Laverne Belke	9-3-2017
Lt. Col. Raymond Miller	9-8-2017

october | on-campus events

KU Osher Lifelong Learning Institute: Kelley Hunt Presents Joyful Singing for Everyone
Wednesdays, October 4, 11 and 18 | 2:00—4:00 pm | Main Street Chapel

Please see more details page 5 of this issue.

KU Audio-Reader Presentation | Monday, October 9 | 1:00 pm | Redwood Lounge

We are pleased to partner with the KU Audio-Reader services available on BPTV 1961. Join us as a representative from the program explains more about it and takes your questions.

Paul Kindling Piano Concert | Monday, October 9 | 3:00 pm | Redwood Lounge

Please come and enjoy the beautiful music of a dear friend of Brewster, Paul Kindling.

Bible Study | Mondays, October 16, 23 and 30 (continues in November) | 3:00 pm | Chapel

Please see article on page 4 of this issue.

Santa Fe Singers | Monday, October 16 | 6:30 pm | Redwood Lounge

Come and listen to the Santa Fe Singers make a joyful noise. This group is a Topeka favorite!

Healthwise 55 Luncheon | Tuesday, October 17 | 11:30 am | Klinge Activity Center

In October, we are excited to have Karen Farron, MHS, OTR/L, of the Cotton O'Neil Physical, Occupational and Speech Therapy Department. She will discuss how therapists are helping those with Parkinson's disease to manage symptoms and adapt to daily activities. Lunch is \$7. We request that you put this on your Brewster statement. Reservations are required by calling Jamie at 274-3398. To guarantee your space, make your reservation by Friday, October 13.

Team Trivia for Fun! | Friday, October 20 | 1:30 pm | Klinge Activity Center

Join us for a fun filled Friday. We will enjoy playing some games and testing our knowledge. Our topic will be football! Bring a friend for more fun.

Edith Lessenden Chandler Recital Series Presents Duo Kaspiana

Saturday, October 21 | 2:00 pm | Redwood Lounge

Please see article on page 6 of this issue.

Writing and Reminiscing | Monday, October 23 | 1:00 pm | Redwood Founders Room

Brewster Place has starting a writing group. Putting pen to paper can be cathartic, and research has demonstrated the benefits writing can have on our health and wellness. If writing is not possible, we can verbally talk through it. For this next session, "Describe one day at school..." Share one memory that comes to mind.

Kansas Humanities Book Talk | Tuesday, October 24 | 2:00 pm | The Evergreens Community Room

We will continue our book series on This Shared Earth. This month's selection is A Sand County Almanac by Aldo Leopold. A Sand County Almanac shows the way Americans — and the world — see and interact with the environment. In his time, Leopold was a popular writer for hunting and conservation magazines. The book is a meditation on the dynamic beauty of the natural world. The discussion leader is Steven Foulke who is a geographer at Ottawa University who specializes in the Great Plains region.

Enchilada Lunch in The Market on Main Street | Wednesday, October 25 | 11:30 am | MSP

Come enjoy fellowship over a special lunch of a beef enchilada, rice, beans and a cookie for \$5.50. We hope you will stay for the movie.

Movie: The Courageous Heart of Irena Sendler | Wednesday, October 25 | 1:00 pm | Main Street Chapel

Come see the movie everyone is talking about. We will watch the Hallmark movie, The Courageous Heart of Irena Sendler. The movie is based on the book Life in a Jar which tells the story about three girls in Uniontown, Kansas, and their history day project. They learned about Irena Sendler, a Catholic Polish social worker who saved nearly 2500 Jewish children from being deported to death camps during World War II.

Trick or Treat on Main Street | Friday, October 27 | 3:00 pm | Main Street

See article on back page of this issue.

Judy Coder and Jennifer Epps Perform | Saturday, October 28 | 10:00 am | Redwood Lounge

We are excited to welcome these amazing musicians courtesy of music fraternity Sigma Alpha Iota. Judy Coder is the talented daughter of resident Barbara Harris. This musical duo has won many awards including Western Music Association 2015 Harmony Duo of the Year. Their music is a beautiful blend of Americana, folk, and Western. The music will be touching and spirit lifting.

Celebrating Rocktober with Rocks & Wine | Tuesday, October 31 | 2:00 pm | Klinge Activity Center

See article on back page of this issue.

october | off-campus events

Topeka Festival Singers | Monday, October 2 | 6:30 pm | Lobbies

Festival Singers open their 34th season with a real treat! This concert features a wide range of music, some acapella and some featuring impressive organ or piano accompaniments. This concert showcases the power of song to combine poignant text and exquisite music to heal the divisiveness of hate, fear and violence and replace despair with love, joy, and peace. Tickets can be purchased at the door or by calling 267-3500. Please call Jamie at 274-3398 for reservations for transportation.

Lunch and Rees Fruit Farm | Thursday, October 5 | 11:15 am | Lobbies

Let's see what is happening in downtown Topeka. We will start at HHB BBQ for a yummy lunch. Then we can drive and see how downtown is progressing. Next up we will make our annual fall visit to Rees Fruit Farm to get tasty slushes. Lunch is Dutch treat. Please call Jamie at 274.3398 for reservations.

New Theatre Restaurant in KC | Wednesday, October 11 | 10:00 am | Lobbies

New Theatre presents Driving Miss Daisy. This will be a funny, joyful play based on the adaptation from the film that won four Oscars. It is the story of a wealthy widow that has wrecked another car. Her son insists that she needs a chauffeur and hires an unemployed black man named Hoke. Daisy and Hoke dislike each other initially, however, over time the two grow to be very dear friends. Tickets are \$33. Transportation is \$13. Please call Jamie at 274.3398 for reservations.

Day Trip to Lindsborg, KS | Thursday, October 12 | 8:00 am | Lobbies

It is Hyllningsfest time in Lindsborg. We will begin our day with a tour of the Birger Sandzen Memorial Gallery on the Bethany College campus. Then we will have an Swedish lunch at Swedish Crown. Lastly we will tour the Red Barn Studio. This studio is filled with art work by Lester Raymer. Lunch is Dutch treat. Please call Jamie at 274.3398 for reservations.

Dinner Out at Red Lobster | Wednesday, October 18 | 5:00 pm | Lobbies

Join Dayna Babler for a lovely dinner at Red Lobster. Dinner is Dutch treat. Please call Jamie at 274-3398 for reservations.

Lunch and Kansas City Holiday Mart | Thursday, October 19 | 10:00 am | Lobbies

We will begin this exciting day with a yummy Mexican lunch at Manny's. Then we will head to Bartle Hall for a unique shopping experience. There will be over 200 specialty vendors with a variety of gift, food and clothing items. We will do A LOT of walking. Lunch is Dutch treat. Please call Jamie at 274.3398 for reservations.

Cheap and Cheerful Shopping Trip | Thursday, October 26 | 10:00 am | Lobbies

Let's go check out the resale shops in Topeka. We will share lots of laughs while trying to find bargains. Lunch is Dutch treat. Please call Jamie at 274.3398 for reservations.

Topeka Civic Theatre | Thursday, October 26 | 5:45 pm | Lobbies

TCT presents Dial M For Murder. This is a chilling mystery made famous by Alfred Hitchcock. It is an exciting melodrama about a man who tries to kill his wife to get her money. Unfortunately...the murderer gets murdered and the victim survives. It is a holiday for whodunit fans. A food truck dinner is available for \$10 and purchased at time of show. Tickets cost \$33. Please call Jamie at 274.3398 for reservations.

On Stage Live | Sunday, October 29 | 2:00 pm | Lobbies

On Stage Live presents Richetta Manager. She is an American soprano from Topeka, Kansas. She has sung with Cologne Opera, Düsseldorf Opera, Opera of Nancy, and many more. She has an extensive repertoire for oratorio and concert. Tickets can be purchased at the door or on their website. Please call Jamie at 274.3398 for reservations for transportation.