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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.

## Social Wellness and Healthy Engagement

by Jenny Lamb, LCSW, Director of Community Wellness

In January of this year I wrote the following about social wellness: ***Social wellness involves the ability to engage with others in healthy ways.*** This includes experiencing connectedness, friendships, allowing for vulnerability and the accompanying support from others, and engagement with those around you. In this article I want to take a deeper look at social wellness.

As with most things in life, this concept first requires us to take a look inward and discover what we can about ourselves. While we are made to connect with each other, we are not made to take the same avenues to find connection. A starting point might be to identify whether one is more introverted, extroverted, or maybe a little of both. Extroversion typically involves an outgoing personality, in which one's energy is largely replenished by people and social situations. Introversion typically involves a more reserved personality in which one's energy is replenished by spending time in solitude. Neither is better than the other and both are equally able to achieve interconnectedness, relationship, and joy in being with others. The difference lies in determining the balance between being with others and being alone. Knowing what your tendencies are may serve as a guide to finding optimal resources for thriving socially.



Once we determine where and how to socially engage, we also need to take a look at how willing we are to be vulnerable with another person. Social engagement is not just about sharing a space or time in an activity. Social engagement and wellness is about encountering and embracing a **shared experience**. This requires vulnerability, which is what we experience when we offer our authentic selves to one another; when we feel free being who we are, right where we are. Allowing for vulnerability can be a feat at times, no matter our age or station in life, but it is necessary to truly belong in the world and in relationship. In her book, *Braving the Wilderness*, Brene Brown speaks to the idea of true belonging and offers this, "True belonging is the spiritual practice of believing in and be-

*Continued on page 5...*

## Intergenerational Opportunities

### Meadows Lunch Buddies

Monday, October 22

11:00 am | Lobbies

Please join us for the second Lunch Buddies visit to Meadows Elementary. We will arrive at the school and do a quick educational activity. We will then head to lunch. Lunch is \$3.65 and will be added to your Brewster bill. ■



For more information about either of these programs, please contact Katy Wright, Intergenerational Activities Coordinator, at 274-3309 or email her at [katyw@brewsterplace.org](mailto:katyw@brewsterplace.org)



Do you have a “smart” phone but don’t feel smart when you’re using it? Would you like to learn a few tricks on how to better use your tablet? **Techie Teens** are here to help! The National Honor Society candidates from Washburn Rural High School have graciously offered to assist Brewster residents in using their electronic devices! Lessons will be one-on-one and small group sessions. ■

## Creative Arts *with Kris Saia*

### Make It Monday!

#### Blessing Board

Monday, October 29

1:00 pm | Redwood Lounge

Help us make a Blessing Board! Bring a prayer, a scripture, a blessing, even a favorite quote to share with others via The Blessing Board... we'll decorate tags, add your words, and hang the tags for others to be blessed by. All supplies will be provided, so join us to get crafty and count YOUR blessings. ■

### Coming in November



#### Annual Brewster Place Holiday Charity Bazaar

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

Proceeds benefit the Brewster Service Fund and are divided among charitable organizations in the Topeka community. ■



## Gray Matters

### Brain Health and Memory Loss Education Series

Gray Matters is for individuals noticing memory changes. This 10-week educational series is to help participants learn about the changes they are facing and steps they can take to help themselves thrive.

#### Schedule and Topics

**Wednesday, October 3**  
Understanding Memory Loss

**Wednesday, October 10**  
Exercise Your Mind

**Wednesday, October 17**  
Get Moving

**Wednesday, October 24**  
Stress and Memory Loss

**Wednesday, October 31**  
Brain Health Diet

**Wednesday, November 7**  
Coping with Changes and Focusing on the Positives

**Wednesday, November 14**  
Keep Relationships Strong

**Wednesday, November 28**  
Tools and Tips to Improve Memory

**Wednesday, December 5**  
Routines and Schedules

**Wednesday, December 12**  
Review and Living Well

For more information, please contact Deb Holroyd, Wellness Case Manager, at 274-3348. ■

## Staff Shout Out

We are proud of our staff members who continue the learning process to further their knowledge in their chosen field in support of our mission. **Congratulations are in order for the following Brewster staff members:**

**Dayna Babler, Human Resources Associate**

Scholarship from LeadingAge Kansas Foundation to continue her education in Human Resources.

**Ashley Baker, RN, BSN, Director of Nursing**

LeadingAge Kansas Foundation Scholarship – to pay for her KACE Administrator in Training Course

**Karen Jackson, PHR, SHRM-CP, Controller**

Selected for the LeadingAge Kansas Leadership Academy.

**Hannah McDowell, LBSW, BHC Social Worker**

Awarded the Representative Bob Bethel Scholarship for the KACE (Kansas Adult Care Executives) AIT (Administrator in Training) program.

**Layla Sullivan, RN, Director of Nursing**

Selected for the LeadingAge Kansas Leadership Academy. ■



### Flu Shot Clinics

**Saturday, October 13**

11:00 am—3:00 pm  
Klinge Activity Center

**Wednesday, October 17**

1:00 pm—5:00 pm  
Klinge Activity Center

Remember to bring your Medicare card or number.

**File of Life** information will be available at the clinics. ■

## Writing & Reminiscing

**We will not meet in October. Next meeting is: Monday, November 26**

1:00 pm | Redwood Founders Room

**November Prompt:** write an original piece or speak about gratitude, specifically, when was it that you remember really understanding what it means to be grateful and how have you cultivated that gratitude throughout your life. ■



## KU Osher Lifelong Learning Institute

### Apocalypse — Wow!

Wednesdays, October 10, 17 and 24

2:00—4:00 pm | Main Street Chapel

There has been a lot of talk lately among politicians, pundits and news commentators—not to mention the general public—about apocalyptic passages in the Bible and what they might mean for our time. These are the texts describing the end of the world as we know it and the dawn of a new order. There has also been a recent flood of books and films depicting the final conflagration and the fate of unfortunates “left behind.” In this course, we will examine selected writings from the Bible within their historical, social and cultural contexts to understand what they were saying, how they were understood in their own time, and how best to read them today.

### Instructor

**Dr. Barry Crawford**, is a retired professor of religious studies from Washburn University.

### Jazz at Lincoln Center Orchestra with Wynton Marsalis

Thursday, October 11

6:00 pm | Lobbies

In celebration of the Lied Center's 25th Anniversary, the Jazz at Lincoln Center Orchestra with Wynton Marsalis will premiere a new work commissioned by the Lied Center. Each of the 15 members of the world's greatest jazz orchestra will compose one movement to capture the spirit of a beloved KU basketball tradition resulting in an unforgettable performance. Join us for dinner before the performance as Anthea Scouffas, Lied Center Community Engagement Coordinator, introduces this unique orchestral event. Tickets are \$40 and Transportation is \$13. Please call Jamie at 274-3398 for reservations. ■



# From the Chaplain | Celebrate My Life Seminar

by Chaplain Roger Jackson, M. Div.

**B**rewster Place desires for all our residents to find the home that's right for them where each individual can live life to its fullest with an emphasis on whole-person wellness. Our programs are focused on the five dimensions of wellness – **Five to Thrive** – emotional, intellectual, physical, social, and spiritual. We recognize that an important part of wellness is peace of mind – not only for you, but for your family as well – as you think about end of life wishes and decisions.

In March of this year, Brewster's Community Wellness and Resident Services Teams offered a new planning tool called, **Celebrate My Life**. This tool was created to empower and assist you in planning for your funeral or memorial service. It is designed so that you can make final decisions about how your life is celebrated by family and friends. By utilizing the **Celebrate My Life** tool, you can have peace of mind knowing that your loved ones will not be overwhelmed with making the final decisions about memorializing your life. With these matters settled, you can simply live your life in all its fullness.

You may have thought about and made arrangements for the funeral home or crematory that you want your family to use. But have you thought about where you want your funeral or me-

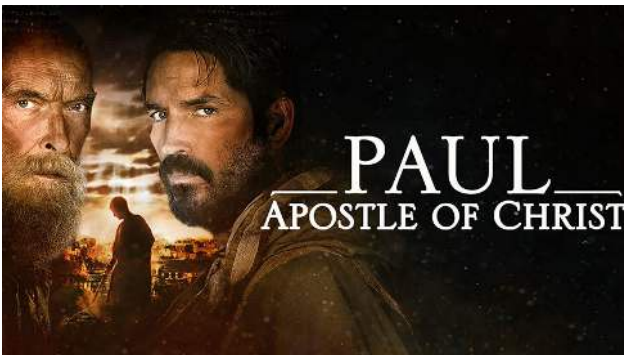
morial service will be, who you want to officiate, musicians, vocalists, readers, etc? Do you have a favorite hymn, scripture, or poem you would like in the service? Have you thought about writing your own obituary? These are things to really think about and to ponder. Isn't it better for you to make these decisions now and talk to your family about them, instead of leaving it all up to them when the time comes? The family is usually distressed during this time which makes it more difficult for them to make decisions.

We invite all residents, family members, and staff to a seminar to learn more about the **Celebrate My Life** tool.

**Celebrate My Life Seminar**  
**Thursday, October 25**  
**2:00 pm**  
**The Evergreens Community Room**

If you are interested in picking up one of these tools before this session, you can do so by coming by the Redwood Information Center. If you have any questions or need help filling out the form, call Chaplain Roger Jackson at 274-3349. We look forward to assisting you as you celebrate your life! ■

## MOVIE AND DISCUSSION



***Paul — Apostle of Christ***  
**Monday, October 15**  
**2:00 pm | Main Street Chapel**

**C**haplain Roger continues his popular Movie and Discussion Series with *Paul, Apostle of Christ*. Paul suffers alone in a Roman prison, awaiting his execution under Emperor Nero. Mauritius, the ambitious prison prefect, can hardly see what threat this broken man possesses. Once he was Saul of Tarsus, the high-ranking and brutal killer of Christians. Now his faith rattles Rome.  
Starring: Jim Caviezel and Oliver Martinez

**Join us for this powerful and inspiring movie!**

**Intermission—Refreshments**  
**Discussion Afterwards**  
**Facilitated by Chaplain Roger Jackson**

## Halloween Hoedown Wednesday, October 31

**W**e are celebrating Halloween a little different this year. We hope you'll join us for a Halloween Hoedown where a "western theme" takes center stage. Wear your best western outfit and join us for these fun events!



### Washburn High School Jazz Band

11:00—11:30 am | Main Street Pavilion

### Free Hot Dog Lunch

11:30 am—1:00 pm | Main Street Pavilion

### Quarter BINGO with Extra Special Prizes

1:00 pm | Klinge Activity Center ■

## Veterans Wall of Honor

**I**f you have ventured down the long hallway on the lower level of Redwood, you've probably noticed the Veterans Wall of Honor. For many years, we have highlighted photos of our veterans — both residents and staff — and last year decided to make this a permanent display.

If you or your spouse was/is a veteran, and you would like to be included in our display, please contact Janis Swanson, Director of Resident Services and Community Relations, at 274-3389. She will give you the details about how to provide a photo. Veterans Day is Sunday, November 11 and it is our wish to have all of our veterans represented. ■

*Continued from page 1...*

longing to yourself so deeply that you can share your most authentic self with the world and find sacredness in both being a part of something and standing alone in the wilderness. True belonging doesn't require you to change who you are; it requires you to be who you are."

At Brewster Place we want you to come just as you are. We have many opportunities for enhancing social wellness with people of all ages, in

## News from Security Be Aware of Scams

**T**here have been an increasing number of scam phone calls hitting the Brewster Place campus recently. There are some key indicators that you should be aware of and know that someone is attempting to victimize you. The following are scam attempts that we have received:

- Calls coming from other states informing you that a family member has been arrested or is under investigation and bail money is required. **Always call that specific family member or their direct family to confirm their location.**
- Calls from supposed State and Federal agencies stating you are under investigation and need to pay ASAP. **Government agencies will not make investigative contacts over the phone and ask for money.**
- Calls stating that you have a refund due to you and they need to get your bank account number or credit card number. **Never give account information over the phone.**

If you receive a potential scam call, please write down the phone number and name of the scammer/organization. Do not provide any of your contact information, account numbers, Social Security number or date of birth. The scammers are purchasing large blocks of phone numbers and systematically calling them. Rarely do they actually know your information unless you have already provided some information to scammers in the past. If you suspect potential scams or feel uncomfortable about a call, please call Ron Dean, Security Manager, at 274-3370 and he will investigate the origin of the call for you. ■

big groups, small groups and one on one. Whether you're looking for a fun trip, deep discussion, or a chance to just joke around with someone we've got something for you. If you aren't certain about what might be fulfilling for your social wellness needs or to learn more about whether you tend to be an introvert or an extrovert, reach out to the Wellness Department at 785-274-3395. We can help you find the right fit for **you!** ■

## Charitable Gift Annuity Rates on the Rise

### *Don't Miss This Opportunity to Make a Difference*

by Jeremy Hall  
Director of Brewster Foundation

**W**e have some exciting news we would like to share with you that can boost your retirement income and support our organization. **This year, on July 1, charitable gift annuity rates were increased.** These rates have not changed since 2012, and don't change often, so this is an excellent time to take advantage of these great new rates.

#### How a Charitable Gift Annuity Works

You make a donation using cash, marketable securities or other assets, and you receive a fixed payment for life. With this type of gift, you can feel secure knowing you can count on receiving stable payments for as long as you live.

And now, **with new increased rates**, the rates are higher than they have been in over six years.

The following table shows the past and new comparative rates:

	One Life	
Age	Old Rate	New Rate
70	5.1%	5.6%
75	5.8%	6.2%
80	6.8%	7.3%
85	7.8%	8.3%
90+	9.0%	9.5%

	Two Lives	
Age	Old Rate	New Rate
65/70	4.4%	4.7%
70/75	4.8%	5.2%
75/80	5.3%	5.7%
80/85	6.1%	6.6%
85/90	7.3%	8.0%
90/95	8.8%	9.3%

#### Here's an Example of How You May Benefit

Under the old rate schedule, Susan who is 72, transfers \$25,000 in exchange for a charitable gift annuity. She would have received annual payments of \$1,350, a rate of 5.4 percent. Now, when Susan makes her gift, the same gift amount will provide \$1,450 in annual payments, reflecting a 5.8 percent rate. That's a payout rate increase of approximately 7.4 percent.

A two life Charitable Gift Annuity works a little differently. It is based on a combination of the ages of you and your spouse. It will provide the same secure fixed income for the life of the longest living person.

A Charitable Gift Annuity (CGA) is a great tool to provide for the future of Brewster, and give you a fixed income for life. In addition to the opportunity to increase your retirement income as you help the Brewster Foundation, gift annuities offer you numerous tax benefits, including:

- A partial income tax charitable deduction now for your gift when you itemize.
- Part of each payment is income tax-free throughout your estimated life expectancy.
- Capital gains tax savings on the appreciated property you donate.

#### Your gift will have lasting impact on our future.

Every situation is a little different, so please contact the Brewster Foundation to discuss how a charitable gift annuity allows you to make a gift and provides you, and another person if you choose, with secure, tax-favored payments for life. I look forward to sending you a no-obligation illustration showing you the benefits you can receive from a charitable gift annuity. Your personalized illustration will include your potential income tax charitable deduction and our annual payments to you for life. ■

## Foundation Forum

Thursday, October 4

10:00 am

The Evergreens Community Room

Learn about the next phase of restoring Constitution Hall, located in downtown Topeka in the 400 block of S. Kansas Avenue. A project will start soon to install a new façade to replicate the original building façade and make Constitution Hall look like it did in 1855, when the nation watched as the Free State Constitutional Convention met there. Defying pro slavery forces, Free State officials voted to ban slavery in the future state of Kansas. By 1857, Constitution Hall had become headquarters for the Lane Trail to freedom in the north and Canada. Constitution Hall became the first Kansas Statehouse in 1863. ■

## November Foundation Forum

Thursday, November 1

10:00 am

The Evergreens Community Room

Madison Sorsen, Topeka JUMP's Associate Organizer, will share information about the Topeka JUMP organization. Topeka JUMP is a coalition of 18 congregations in Shawnee County. Through Topeka JUMP, people of faith from all walks of life come together to seek justice for the widow, the orphan, and the poor. JUMP's mission is to provide a powerful vehicle for marginalized groups in Shawnee County to fight for justice. Significant impact has been made in the areas of education, mental health, affordable housing, and public transportation. Come and learn more about the organization and the many things they are doing in our community. ■

## From Dining Services

### Brewster Meal Club Sign-up Extended!

Join our Brewster Meal Club! Sign up by October 31, and enjoy a minimum of 52 FREE MEALS over the next three months on Brewster! Why be a slave to your dirty dishes when you can enjoy a good meal with friends and leave the dishes to us? Hurry! Offer expires on October 31. Contact Kelly Chavez, Culinary Arts Manager, for details at 274-3365.

### New Hours for The Evergreens Grill

The Evergreens Grill will be open until 7:00 pm nightly to accommodate your dining needs. ■

## At the Movies on BPTV 1960

Thursdays at 2:00 pm

BPTV 1960

October 4

"Same Kind of Different as Me" (2017 drama)

October 11

"The Jungle Book" (2016 adventure)

October 18

"The Last Word" (2017 comedy)

October 25

"Nostalgia" (2018 drama)



## Candidate Forums



**Election Day is Tuesday, November 6!**

There are many important races that affect us, and as is our custom, we plan to schedule Candidate Forums in October. Please stay tuned for more information about specific dates and times.

## Brewster Foundation Donor Appreciation Event

The Brewster Foundation will be hosting a Donor Appreciation event on Monday, November 12. This is the annual invitation only appreciation event for those Donors that have contributed to the Brewster Foundation at the **Leader Level** or above for the year. To be included at the **Leader Level**, your non-campaign contribution to the Brewster Foundation will need to have exceeded \$500. Feel free to call and make sure you are included in this event. It is not too late to support the Brewster Foundation in 2018. *Please save the date, and look for your invitation in the coming weeks.* ■

The Brewster bus will be on the road again for another fun day-trip — this time headed about an hour northwest to Manhattan, Kansas — home of Kansas State University. The fall drive will be beautiful as we pass through the Flint Hills.

The day will include a guided tour of the Marianna Kistler Beach Museum of Art that includes a chance to see a special exhibit entitled, *Chipping the Block, Painting the Silk: The Prints of Norma Bassett Hall*. Between 1922 and 1957, the American artist Norma Bassett Hall created nearly one hundred print designs. An Oregon native, she found inspiration in the diverse landscapes she and her husband, artist Arthur William Hall, encountered during travels in Europe and in the places they lived—Oregon, Kansas, Virginia, and New Mexico. This exhibition presents a selection of work from the first major retrospective of Bassett Hall’s print-making since her death. (borrowed from beach.k-state.edu)

After our museum tour, we will enjoy a delicious lunch at a local Manhattan eatery and then learn more about the happenings on the K-State campus with a guided bus tour. The buildings and grounds of K-State are beautiful — especially this time of year. We can’t come home until we partake of a delicious ice cream treat from Call Hall Dairy Bar.

## Discover Kansas State University and the Marianna Kistler Beach Museum of Art



Tuesday, October 23  
Depart at 8:45 am

**Lunch and ice cream are Dutch treat and transportation is \$13.  
Please call Jamie Fritz, Activities Coordinator, at 274-3398 for reservations.**

## Engage at Every Age! Learning, Laughing and Living in Community



**Above:** Lonna Reinecke and students from Meadows Elementary School are participating in a new intergenerational partnership that includes technology, reading and building relationships.

**Right:** Cliff Hurst and his two daughters, along with 80 others, took part in our BINGO Extravaganza to raise funds for the Alzheimer’s Walk.



**Left:** Glenn and Barbara Wehking were ready to play BINGO at the Alzheimer’s FUNdraiser in September. Residents and staff from all areas of campus participated in this wonderful event.





## Birthdays

Ruby Alford	2
Roy Browning	2
Pat Oppitz	2
Jean Lamb	3
Doris Pellegrini	4
Gerry Browning	6
Jean Ragan	6
Bill Funk	7
Marjorie Smith	8
Dale Fooshee	9
Margaret Fowler	9
Pat Greenwood	10
Max DaMetz	11
Albert Henry	11
Mary Stryker	11
Adele Wallace	12
Paul Hammond	13
Nadine Mergenmeier	13
Barbara Davis	14
Marge Robards	15
Shirley Moses	17
Jessie Cunningham	18
Wanda Meyer	18
Ken Peery	18
Debby Hunt	20
Frankie Parman	20
Marty Edwards	21
Patricia Finson	21
Ruth Hodges	21
Herbert Smith	21
Lawrence Heide	22
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

## Anniversaries

Bob and Frankie Parman	10/03/1997
Donnie and Anna Cousins	10/04/1975

## Staff Anniversaries

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

<u>Department</u>	<u>Location</u>	<u>Years</u>
<b><u>Dining Services</u></b>		
Connie Geartz	BHC	14
Abbie Jackson	Market	1
Fisiwe Mpofo	RW	2
<b><u>Environmental Services</u></b>		
Josh Saunders	Campus	4
Kenny Nitsche	Campus	11
LaRonn Moss	BHC	8
Christy Allen	RW	18
<b><u>Health Services Administration</u></b>		
Joe Ewert	RW	3
<b><u>Health Services</u></b>		
Mary Ewing	BHC	1
Edna Washington	BHC	1
Gema Munguia	BHC	1
Samantha Schooler	BHC	2
Kimberly Downard	BHC	1
Brenda Dobler	BHC	10
Hentjie Culton	AL	3
Cindy Tanner	HH	2
<b><u>Human Resources</u></b>		
Ian Safford	EV	1
<b><u>Rehab</u></b>		
Elizabeth Rosgaard	Rehab	1
Ariel Baez	Rehab	5
<b><u>Security/Transportation</u></b>		
Sophia Chapman	Campus	11
Breanna Hulsether	Campus	3
Carl Farmer	Campus	6
<b><u>Therapy</u></b>		
Lisa Yoder	BHC	2
Ryan Creech	BHC	4
Bailey Mushock	BHC	6
Beth Ott	BHC	1

## New Residents

June Tebbutt South Terrace 22

## In Memoriam

Mrs. Anita Lorson 9/17/2018

# october | on-campus events

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## **Harp Music with Jim Mosher | Tuesday, October 2 | 7:00 pm | Brewster Health Center Fink Living Room**

The Civic Music Club of Topeka has invited Jim Mosher to come share his beautiful harp music. The program is titled **Nocturne** and will be held at Brewster Health Care in the Fink Living Room.

## **Bridge | Tuesdays, October 9 and 23 | 7:00 pm | Redwood Lounge**

If you are interested in playing, please call Doris Davidson at 286-1432 or Christel Marquardt at 274-5509.

## **KU Osher Lifelong Learning Institute: Apocalypse Wow!**

**Wednesdays, October 10, 17 and 24 | 2:00 pm | Chapel**

See article on page 3 of this issue.

## **Movie and Discussion: Paul — Apostle of Christ | Monday, October 15 | 1:00 pm | Chapel**

Join Chaplain Roger Jackson for this inspiring movie, followed by discussion. See article on page 5.

## **Stormont-Vail Healthwise 55 Luncheon | Tuesday, October 16 | 11:30 am | Klinge Activity Center**

The speaker will be provided by Cotton O'Neil and Stormont Vail Hospital. The lunch will cost \$7. Reservations are required by October 12th. Please call Jamie at 274-3398 for reservations.

## **Topeka Big Band Concert | Tuesday, October 16 | 5:30 pm | Redwood Lounge**

Let's strike up the band. Come and enjoy the big sound of the Topeka Big Band. We will have a delightful time.

## **Hymn Sing-Along with JoLana Pinon | Friday, October 19 | 1:00 pm | Redwood Lounge**

Come and make a joyful noise! Join JoLana in singing the tried and true hymns or just come listen to her beautiful voice.

## **Kansas Humanities Book Talk | Monday, October 22 | 2:00 pm | The Evergreens Community Room**

We are continuing the TALK Series, African Experiences of Migration. The book will be *The Beautiful Things That Heaven Bears* by Dinaw Mengestu. It is the story of Sepha Stephanos fleeing from the Ethiopian revolution. Now he finds himself running a grocery store in a poor African-American neighborhood in Washington, DC. Told in a haunting and powerful first-person narrative that casts the streets of DC and Addis Ababa through Sepha's eyes, this novel illuminates what it means to lose a family. Please call Jamie at 274-3398 if you would like a book,

## **Celebrate My Life Learning Session | Thursday, October 25 | 2:00 pm | The Evergreens Community Rm**

See article on page 4 of this issue.

## **Marty Edwards Sing-along | Saturday, October 27 | 6:00 pm | Redwood Lounge**

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

## **Make It Monday: Blessing Board | Monday, October 29 | 1:00 pm | Redwood Lounge**

Help us make a Blessing Board! Bring a prayer, a scripture, a blessing, even a favorite quote to share with others via The Blessing Board. We'll decorate tags, add your words, and hang the tags for others to be blessed by. All supplies will be provided, so join us to get crafty and count YOUR blessings.

## **Santa Fe Singers | Monday, October 29 | 6:30 pm | Redwood Lounge**

Come enjoy the delightful voices of the Santa Fe Singers.

## **TCT's Senior Class Improv | Tuesday, October 30 | 6:30 pm | Klinge Activity Center**

Laughter is the best medicine. Come enjoy Topeka Civic Theatre Senior Improv which is made up entirely of 55+ year old actors from our community. They define life in the golden years as a terrifically fun-filled trip!

## **Halloween Hoedown | Wednesday, October 31 | Begins at 11:00 am | Main Street Pavilion**

See article on page 5 of this issue.

# october | off-campus events

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## **Lecture with Tim Egan | Tuesday, October 2 | 6:00 pm | Lobbies**

The IREAD program lecturer is Timothy Egan author of the book "The Worst Hard Time." In his book Egan tells an extraordinary tale of how America's great, grassy plains turned to dust, and how the ferocious plains winds stirred up an endless series of "black blizzards" that were like a biblical plague: "Dust clouds boiled up, ten thousand feet or more in the sky, and rolled like moving mountains" in what became known as the Dust Bowl. The lecture will take place in Lee Arena. Tickets are limited to 18. Please call Jamie at 274-3398 for reservations.

## **Cheap and Cheerful Shopping with Cherry Limeades | Thursday, October 4 | 12:30 pm | Lobbies**

It is time for bargain shopping! We will hit several of the local second hand stores to update our fall wardrobes and have lots of laughs while doing so. Please call Jamie at 274-3398 for reservations.

## **On Stage Live! | Saturday, October 6 | 6:30 pm | Lobbies**

Dynamic soloists Ruslan Biryukov and Anne Suda join forces to present Cellisimo, an experience in dual virtuosity. Ruslan and Anne found artistic connection while performing together in Los Angeles Cello Quartet, and further embrace the power of cello collaboration in Cellisimo. Tickets are available at the door. Please call Jamie at 274-3398 for transportation reservations.

## **Walter Plant Concert | Sunday, October 7 | 2:00 pm | Lobbies**

Berryton United Methodist presents Walter Plant, a blind, piano playing, Jesus loving singer. Performing gospel and country music using four keyboards and his own voice, you will be swept away with his songs. A free will offering will be collected. Please call Jamie at 274-3398 for transportation reservations.

## **Topeka Festival Singers | Monday, October 8 | 6:30 pm | Lobbies**

The Festival Singers 35th concert season begins with a tribute to the beautiful hymns and spirituals that are such an important part of the American culture; songs that tug at our souls with nostalgia and belonging. Several area high school singers will be part of the show. Tickets are \$18 at the door. Please call Jamie at 274-3398 for reservations.

## **Lunch Out at Olive Garden | Thursday, October 11 | 11:00 am | Lobbies**

Let's head out to the Olive Garden Italian Restaurant and have a yummy lunch with friends. We will enjoy family style dining and fresh Italian food. Lunch is a Dutch treat. Please call Jamie at 274-3398 for reservations.

## **Cornerstone Brass Concert | Tuesday, October 16 | 6:00 pm | Lobbies**

First Congregational Church presents the Bruce Vantine's Cornerstone Chorale and Brass. This program is a unique faith experience of music and word, a call to follow and serve, and a powerful message of hope, reconciliation, and healing through God's compassion, love and grace. The choir demonstrates a fine blend of vocal quality with dead-center pitch and rhythmic precision. The brass quintet is crisp, carefully balanced within itself and with the chorus. We have a limited number of free tickets. Please call Jamie at 274-3398 for reservations.

## **New Theatre Restaurant | Wednesday, October 17 | 10:00 am | Lobbies**

**Always...Patsy Cline** is more than a tribute to the legendary country singer who died tragically at age 30 in a plane crash in 1963. The show is based on a true story about Patsy's friendship with a fan from Houston named Louise Seger, who befriended the star in a Texas honky-tonk in 1961, and continued a correspondence with Patsy until her death. The musical play, complete with down home country humor, true emotion and even some audience participation, includes many of Patsy's unforgettable hits. Tickets are \$33 and include lunch. Transportation is \$13. We have a limited number of tickets. Please call Jamie at 274-3398 for reservations. **Once reservations are made you cannot receive a refund.**

## **Lunch at Dover Cafe with a Guided Tour | Thursday, October 18 | 10:45 am | Lobbies**

Let's go enjoy lunch and a yummy piece of pie at the Dover Café. Afterwards Jason Newell will join us with a tour of the Flint Hills. Lunch is Dutch treat. Please call Jamie at 274-3398 for reservations.

## **Meadows Mentors Lunch Buddies | Monday, October 22 | 11:00 am | Lobbies**

Please see more information on page 2 of this issue.

## **Discover Kansas State University and Beach Museum of Art | Tuesday, October 23 | 8:45 am | Lobbies**

Please see article on page 8 of this issue.

## **Topeka Civic Theatre | Thursday, October 25 | 6:00 pm | Lobbies**

Topeka Civic Theatre presents a thrilling mystery, **Witness for the Prosecution**, by Agatha Christy. Leonard Vole stands accused of murdering a rich widow. The stakes are high with shocking witness testimony, impassioned outbursts from the dock and a young man's fight to escape the hangman's noose. Tickets are \$33. Please call Jamie at 274-3398 for reservations.