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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.

Community Connectedness Makes Us Stronger

One of the things we value most while living and working at Brewster Place is the process of building community with our neighbors, co-workers, families and friends. Being part of a community — at its very essence — requires us to build relationships with others. Our community grows stronger when we come together — in small and large groups — to take a class, listen to music, tour a museum, enjoy a play or share a meal. We grow stronger by sharing our similarities and discovering our diversity. We grow stronger when we lift each other up and walk side by side as we journey forward. We grow stronger when we share in each other's lives and connect to each other.

There are many small, simple ways to build community:

- Volunteer your special skills
- Work in a community garden
- Sing in a choir
- Attend lectures or concerts
- Play cards or games with friends
- Show appreciation to those in leadership roles
- Participate in a discussion group or book club
- Attend church to connect with others
- Talk to your neighbors
- Greet visitors
- Attend art exhibits
- Organize events
- Help with recycling
- Eat a meal with friends
- Listen to others
- Write a letter or note to a friend
- Offer to serve on a committee
- Be kind
- **Attend a block party!**

**Please join us for our annual
Rock the Block & BBQ
Friday, September 16
4:00—6:00 pm**

Parking lot north of Brewster East
Residents, BrewsterConnect
members and friends of Brewster
are all welcome!

- ◆ Music
- ◆ Antique Cars
- ◆ Julie's Race Car Dancers
- ◆ BBQ Sliders
- ◆ Baked Beans
- ◆ Cole Slaw
- ◆ Brownies and Lemon Bars
- ◆ Beer and other beverages

Get to Know Our Residents

by Phyllis McMahon, Resident Volunteer

Molly Wieland moved to Brewster Place on June 7, 2016. Born and raised in Kingman,



Molly Wieland

900 SW 31st St., Apt. 241
Ph. 274-5541

Kansas, she graduated from high school there. After graduating with a bachelor's degree in Logopedics from Wichita State University, Molly moved to Garden City, Kansas where she ran their speech center.

Molly met her husband, Bill, at the Presbyterian Church in Garden City. He had been a freshman at Kan-

sas State University when he tried to enlist during World War II. Told he was too thin, he went to the store, bought a large bunch of bananas, ate them all and returned to the enlistment center hoping to make his weight to join. He succeeded and served as a paratrooper in the 101 Airborne Division, where he flew across the Rhine River, and parachuted into Germany. After the war, he attended Penn State

University for his master's degree in science and math. He came to Garden City to open the irrigation station.

Molly's husband died when he was 56. Their three children were grown and through college. Molly continued working, retiring at 65. She was in four bridge clubs, two book clubs, PEO, Salmalumdi (a local book club), church circle, and Red Hats. She and friends took day trips for information and for fun. At Brewster Place, she plays bridge, goes to 9:00 am Coffee Corner at Brewster East, attends exercise classes, and has joined the book discussion group.

Molly has three children. Daughter, Rebecca, and her husband live in Topeka. Rebecca is a District Judge of Shawnee County. Molly's daughter, Mary, lives in Iowa and is a retired kindergarten teacher and substitutes. Son, Bill, lives in Ulysses, Kansas, where he owns and runs a Sonic. Molly has five grandsons and one great granddaughter.

Molly heard about Brewster Place from her childhood friend, Mary Cohoon, a former Brewster resident. Molly visited five retirement communities and Brewster Place was her first choice. ■



Neither autobiography nor a diary, memoir writing reaches past life's timelines and facts to dig deeply for answers to our most personal questions: Who mattered most to me? To whom have I mattered? What were my life's pivotal moments and what did they teach me? In each class, examples of published memoir writings will stir your imagination. Reflective writing prompts will invite you into short writing exercises designed to uncover your life's mysteries. You'll experience small-group sharing and leave each class encour-

Memoir Writing:

Digging for the Answers to "Who Am I?"

Wednesdays, October 5, 12, and 19

2:00—4:00 pm | Chapel on Main Street

aged to continue thinking and writing about YOU. A helpful bibliography, tips for good writing practices, and guidelines on how to form your own memoir-writing group will keep you on track. The story is yours. Write it.

The class instructor, Judith Galas, is a working writer who teaches writing to a variety of students—journalism to KU undergrads, tech writing to working professionals, writing basics to middle schoolers, and memoir writing to adults. ■

Get to Know Our Residents

by Phyllis McMahon, Resident Volunteer

Alice Sundermeyer moved to Brewster Place in June, 2016. She was born and raised in Missouri.



Alice Sundermeyer
900 SW 31st St., Apt. 239
Ph. 274-5583

After living on the farm for ten years, she and her family moved to St. Louis, where she completed school. Alice met her husband when he came to their house to trade cars with her brother-in-law. Alice said, “he was a wonderful man — a Christian.” Having started his own paint company, they soon added dry wall to their business. Alice served as the bookkeeper. They worked in the same office together

for 45 years.

The Sundermeyers had a home in Avon Park, Florida. Alice says the Lord led them there. They would go for two weeks at a time for a change from their business cares. After her husband’s death, Alice sold the business and went frequently to their Florida home.

Alice and her husband traveled extensively. They went to China and Japan, and later to Australia and New Zealand. The flowers there were very beautiful. In addition, the Sundermeyers traveled to Acapulco, Mexico, Canada and twice to Germany, which was of special interest to her husband because of his German heritage.

Alice has a collection of fan-shaped glass vases. They are displayed in her living room. High on the walls in her kitchen is a collection of glass lemon juicers. They are beautiful with a variety of shapes and colors.

Alice has a son, Rick, and a daughter, Deborah. Rick and his wife, Barb, are ministers at Church of the Nazarene in Topeka. They are a “good couple together.” They have two boys and twin girls. Daughter, Deborah, is a manager at McDonald’s. She “likes her job.” Deborah has a son and daughter. There are six grandchildren and thirteen great-grandchildren. All of the family live in Topeka.

Alice likes living at Brewster Place very much. She walks a mile every morning, has breakfast in her apartment, and is ready for the day! ■

TRASH & treasure SALE

Friday and Saturday
Sept. 30 and Oct. 1
9:00 am - 3:00 pm
Klinge Activity Center
Main Building Lower Level

**All proceeds benefit the
Brewster Service Fund.**

Donations Cut-Off Date...

The cut-off date to donate items to the Trash & Treasure Sale is Friday, September 16 (or until there is no more room).

Volunteers Needed for the Sale!

*Come
and go
as you
need!*

Volunteer to Set Up Sale

Wednesday, September 28

8:00 am—3:00 pm

Thursday, September 29

8:00 am—1:00 pm

Klinge Activity Center

*Contact Jim
Banks at
272-4166
to sign up
for a shift.*

Volunteer During the Sale

Cashiers and Sackers

Friday and Saturday

September 30 and October 1

Klinge Activity Center

If you have questions about the Sale, volunteering or making a donation, please contact Joline Kovarik at 274-3317. ■

Words from Wellness | The Benefits of Senior Yoga

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

Increasing flexibility, bone density, range of motion, muscle tone, balance, and improving posture are some of the physical benefits of yoga. Reduced emotional stress and increasing self-esteem and self-awareness are just a few of the emotional benefits of yoga.

Dr. Loren Fishman, a physiatrist at Columbia who specializes in rehabilitative medicine, has been gathering evidence on yoga and bone health for years. In 2005, Dr. Fishman began a small pilot study of yoga poses that yielded encouraging results. In the study, eleven yoga practitioners had increased bone density in their spines and hips, compared to seven controls who did not practice yoga. This four-year study has been encouraging. Dr. Fishman, who practices at Columbia University in New York City, hopes that similar findings from a much larger study might convince doctors that this low-cost and less dangerous alternative to bone loss drugs, may be worth further study. Certainly, the absence of serious side effects from these drugs, such as gastrointestinal stress and possible femur fractures, make this further study worth pursuing.

Weight-bearing activity is the single most important factor in increasing bone density. Specific yoga poses put pressure on the bones and stimulate bone growth. The increased flexibility and muscle tone also helps support the alignment of the bone. Spinal fractures are of special concern, as they are believed to be partly genetic, as well as due to poor posture. Yoga contributes to better posture and the ability to stay upright, prevent falls, and reduce the chance of serious fracture. ■

Give Yoga a Try!

Introductory Yoga Classes Planned



Two introductory classes have been planned so you can experience yoga for yourself. The classes will be taught by Lava Yoga of Topeka. The owners of Lava Yoga, Beth Kuckleman and Leigh Granada, are Yoga Alliance Certified instructors with a special interest in Senior Yoga. The classes will be modified for all levels, using chairs and other props.

Two Classes Scheduled

Monday, September 12 | 12:00 pm
Winchell Wellness Center

Wednesday, September 14 | 12:00 pm
Brewster East Wellness Center

We look forward to everyone trying this introductory class!

Wellness Wednesday

National Rehab Week with Elise Leonard
Wednesday, September 7

11:00 am | Main Lounge

Our guest this month is Elise Leonard, Therapy Manager, who will highlight services such as the Driving Evaluation Program. It's National Rehab Week and this is a great time to learn more about what physical, occupational and speech therapy can do to improve your life! ■

Please note...

We are trying something new in September. There will be no **Coffees with David** in September since there is **Resident Council on Thursday, September 8**. We encourage everyone to come to Resident Council to find out the latest news from the management team as well as the resident committee chairs. Bring your questions too!

From the Chaplain | Run Your Race with Endurance

by Chaplain Roger Jackson, M. Div.

Did you watch the Summer Olympics in Rio in August? What fun it was to watch and experience the excitement in supporting our American athletes! Over the two weeks of the Olympics, we saw records broken, history made, medals won, and lives changed forever. Some American athletes like Michael Phelps, Simone Manuel, Katie Ledecky, Ibtihaj Muhammad, Simone Biles, Gabby Douglas, Laurie Hernandez, Alexander Naddour, and Jack Sock have achieved their dreams and captured our hearts in the process.

When watching a race, everyone looks for the one who crosses the finish line first — the competitor who wins the race. As Christians, we are also running a race. Hebrews 12:1 reminds us, “Therefore we also, since we are surrounded by so great a cloud of witnesses, let us lay aside every weight, and the sin which so easily entangles us, and let us run with endurance the race that is set before us.”

One important characteristic in running a race for the athletes as well as for Christians is “endurance.” What is endur-

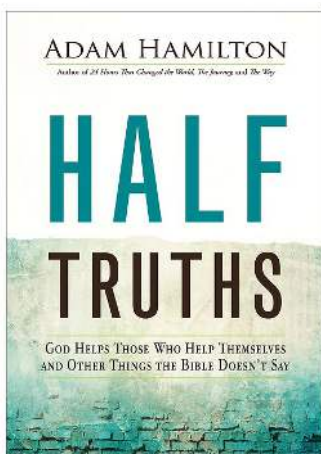
ance? Endurance means that even when you don’t feel like you can go on, you keep on going anyway. Endurance means pushing through pain and overcoming obstacles.

Have you ever exercised or walked on a treadmill? This can teach you endurance. You walk on a treadmill for 30 minutes picking up speed every so often. Then, in about 15 minutes, your hands start to get numb, sweat starts pouring down your face, and your side begins to hurt. But you keep going. When you refuse to quit, it gets just a tiny bit easier each time you do it. This teaches endurance.

The Christian race is similar. It does not just last for the moment of a salvation experience, or throughout your childhood, or just on Sundays. The race lasts a lifetime. At times, your Christian life will be difficult and hard. You will want to quit, but you must keep going. Keep going for the prize that waits at the finish line of your life. You can endure. Even when you don’t feel like you can go on and when quitting seems the best option, you can keep on going anyway. Keep on going! Cross the finish line! Win the prize!

New Five Week Bible Study to Begin

Half Truths by Adam Hamilton



Mondays, September 26 — October 24

3:00 — 4:00 pm | Main Street Chapel

Chaplain Roger Jackson, Facilitator

In this five-week video series, Adam Hamilton searches for the whole truth by comparing common Christian clichés to the message and ministry of Jesus.

The clichés include:

- ◆ Everything happens for a reason.
- ◆ God helps those who help themselves.
- ◆ God won’t give you more than you can handle.
- ◆ God said it, I believe it, that settles it.
- ◆ Love the sinner, hate the sin.

God helps those who help themselves and other things the Bible doesn’t say.
Go beyond everyday sayings and experience the full message of Jesus.

Charitable Gifts

It is never too early to think about taxes! This is something we never think we will say, but nowadays it seems we hear it more often. Every year we speak with people in November and December who say, “I wish I would have thought about using my Required Minimum Distribution as a direct gift, but I already received it.”

This year we thought it would be good to remind people earlier in the year of giving a gift straight from your IRA. Persons aged 70 1/2 or older can again enjoy tax savings by making charitable gifts directly from their Individual Retirement Accounts (IRA’s).

For a charitable gift made from an IRA not to be taxed as income, the following must be true:

- ◆ The gift is made any time between now and December 31, 2016.
- ◆ The IRA holder is aged 70 1/2 or older.
- ◆ The maximum amount you can give from your IRA is \$100,000 in 2016.
- ◆ The charity, such as Brewster Foundation, must be eligible to receive tax-deductible contributions.
- ◆ The withdrawal goes directly from the IRA to the charity, with the IRA administrator sending the check.

The donor does not need to itemize his or her taxes to benefit from the distributions. If the donor does itemize, however, he or she cannot also take the distribution as a deduction. Your spouse can also give inde-

pendently from his or her own IRA.

To put your gift in place, simply contact your IRA administrator to make a direct transfer from your account to an eligible organization. Make sure the funds are made payable to the charity. If the administrator makes the check payable to you and you deposit it into your bank account and write a personal check for the charitable gift, you will not be eligible for the special tax break.

Charitable Bequests

Have you considered making a charitable bequest from your IRA? The best way to make a charitable gift of your IRA assets, at your death, is to name your favorite charity as the beneficiary of all or a percentage of your IRA assets on the beneficiary designation form. As your will does not govern your IRA, the most important document related to your IRA is the beneficiary designation form.

Please consider becoming a member of the Brewster Foundation Heritage Society by gifting a portion of your IRA. Your heirs will not be responsible for reporting any taxable income from the distribution, and your gift will be used to serve the mission of Brewster Place. ■

Sculpture Dedication—*Rhythm of Being*

Wednesday, September 7

2:00 pm | Entrance of Brewster Rehab

The sculpture, *Rhythm of Being*, was installed in front of Brewster Rehab in early July. We will hold a short dedication ceremony to bless this great artistic addition to Brewster. The sculpture was purchased by an anonymous donor as a tribute to the staff at the Brewster Health Center for all they do to keep people healthy and active.

Artist, Regina Newmaun, completed *Rhythm of Being* in 2012. It has been on temporary display both in Canada and at Washburn University. The concrete piece is now on permanent display in front of the Brewster Health Center. ■



Foundation Forum

Freedom's Frontier with Jim Ogle

Thursday, September 1

10:00 am | BE CR

Join Jim Ogle, Executive Director of Freedom's Frontier National Heritage Area, as he shares **"Freedom's Frontier: How what happened here made America as we know it."**

Jim says he thinks he's always been a story teller. Whether it was explaining to his mom about who used the end of the toilet paper roll to telling his grandmother who ate the last piece of pie, he's always had some sort of story to tell. This makes Jim's current job a perfect fit for him.

Before joining Freedom's Frontier, he spent his professional life as a story-teller, as well. After graduating from Missouri's School of Journalism, he had broadcast journalism jobs in places such as Asheville, North Carolina; Reno, Nevada; High Point, North Carolina; and Miami and Lexington, Kentucky. Ten years ago, he came home to Topeka to become General Manager of WIBW-TV. ■

News & Views with Kevin McFarland

Sponsored by Brewster Foundation

Tuesday, September 13

10:00 am | CSP



Join us for a rousing 45 minutes of discussion! Kevin is an interesting facilitator of the latest issues in the news, and those who want to share their views on certain topics are welcome to do so. Attendees can also sit quietly, listen, and enjoy refreshments! ■



the Market Coupon

Cool down in The Market with a .50 ice cream bar!

HOURS

Monday—Thursday and Saturday

8:00 am—2:30 pm

Friday

10:00 am—6:30 pm

**Offer expires
September 30, 2016**



September 1 | Miracles from Heaven (2016 drama)

September 8 | My Big Fat Greet Wedding 2 (2016 comedy)

September 15 | Mother's Day (2016 romantic comedy)

September 22 | Race (2016 biographical drama)

September 29 | The Lunchbox (2013 romance)



The Nelson-Atkins Museum of Art

Where the power of art engages the spirit of community.

The Nelson-Atkins Museum of Art arose from the instincts and ambitions of two private individuals who shared the dream of providing a public art museum for Kansas City and the surrounding region.

William Rockhill Nelson, founder of *The Kansas City Star*, was convinced that for a city to be truly civilized, art and culture were necessities. When he died in 1915, the bulk of his estate was used to establish the William Rockhill Nelson Trust for the purchase of works of art “which will contribute to the delectation and enjoyment of the public generally.”

Kansas City school teacher Mary McAfee Atkins had similar aspirations for her city. Although relatively unknown, she provided the city with approximately one-third of her million-dollar estate to purchase the land for a public art museum.

The Nelson estate was combined with Mary Atkins’ legacy to build an art museum for the people of Kansas City. The William Rockhill Nelson Gallery of Art and the Mary Atkins Museum of Fine Arts opened to the public on Dec. 11, 1933.

On June 9, 2007, the Nelson-Atkins unveiled the Bloch Building, an addition designed by Steven Holl Architects, which increased gallery and storage space for the growing collection. Today, the Nelson-Atkins maintains collections of more than 35,000 works of art and welcomes 500,000 visitors a year. (borrowed from <http://www.nelson-atkins.org> ■



Luxury: Treasures of the Roman Empire

Wednesday, September 14
8:30 am | Lobbies

In Ancient Rome, members of the privileged elite communicated their wealth and status by adorning themselves and their homes with a variety of luxury goods. This exhibit showcases some of the extraordinary artistic achievements of Roman craftsmen and offers valuable insight into the complex social relations of the Empire.

Celebrating Community by Supporting Team USA!



M.L. Davis wore her red, white and blue at the Friday Social. M.L. always looks fetching!



Bette Bossler sat with her friends and neighbors at Social enjoying drinks, conversation and fun!

Thrive. Bloom. Flourish.
BrewsterPlace.org

The day of the Opening Ceremonies for the 2016 Olympics in Rio, residents and staff dressed in their red, white and blue to support TEAM USA! What a great way to show our patriotic spirit, generate enthusiasm for a common goal, and have fun as a community.



After volunteering her time at Workshop and Quilting, Mary Petrik waited for her ride back to her home. She said, “Go Team USA!”

Birthdays

Georgia McKeever	1
Mary Lou Atherly	2
Betsy Packard	2
Darrell Humphries	4
Lou Arnold	5
Barbara Harris	6
Alan Bradbury	9
Linda Jackson	12
Maggie Beers	13
Charlotte Burris	13
Gene Foltz	13
Ron Brunsvold	14
Pauline Yockey	14
Lenore Marschall	17
Betty Harley	19
Dollie Hoeckendorf	20
Alicia Salisbury	20
Alice Barron	21
Betty Fenton	21
Tina Heide	21
Shirley Rausch	21
Sue Smith	21
Beth Sparling	22
Bill Larson	24
Carolyn Adams	27
Lorice Ann Woner	27
Walter David	30

Anniversaries

Gary and Judy McGinness	9/2/1967
Keith and Reeta Akins	9/3/1948
Garland and Nancy Roseberry	9/3/1989
Don and Shirley Moses	9/9/1956
Dan and Theresa Cain	9/29/1956
Elmer and Doris Davis	9/30/1945

New Residents

Merle and Marie Welch	MB 316
Juanita Hopkins	NT 27
Herbert and Muriel Smith	BE G-4
Charlotte Marriott	BE 307
Terrie Salley	BE 127

Transfers

Bessie Kastl	AL
Hilda Lundgren	MB 202
Raymond Miller	BHC

Staff Anniversaries

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

Department	Location	Years
<u>Dining Services</u>		
Donna Musick	MB	1
<u>Environmental Services</u>		
Sid Mitchell	Campus	14
Aurora McBeth	BE	2
Deborah Streeter	BE	1
Margaret Hines	MB	7
<u>Health Services</u>		
Diann Morris	BHC	6
Tiffany Watkins	BHC	1
Lessirena Parker	BHC	2
Arianna Bevier	BHC	1
Alysha Ford	BHC	1
Cody Prescott	BHC	1
Mary Robinson	BHC	1
Mindy Bonner	BHC	1
Pogyena Mpofo	BHC	5
Lisa Howard	BHC	2
Raymond Lax	BHC	2
Erin Presswood	BHC	5
Angala Anderson	BHC	17
Shirley Hecht-Asher	AL	1
<u>IT Support</u>		
Stephen Scheele	MB	2
<u>Rehab</u>		
Allie Brabb	BHC	2
Melissa Ray	BHC	4
Serena Kent	BHC	2
<u>Resident Services</u>		
Jamie Fritz	MB	1
<u>Security/Transportation</u>		
Jason Boyd	MB	7
Raymond Miller	Campus	5
Stephanie Hinchey	Campus	1
George Taylor	Campus	2
Robert Ward	Campus	2
<u>Therapy</u>		
Kim Mercer	BHC	5

In Memoriam

Mrs. Myra Sodergren	7/27/16
Mrs. Betty Sisk	8/4/16
Mrs. Arlene Burkdoll	8/23/16

september | on-campus events

Foundation Forum — Thursday, September 1 — 10:00 am BE CR

Join us as guest Jim Ogle speaks about Freedom's Frontier. Jim is the Executive Director of Freedom's Frontier National Heritage Area. Please read more on page 7 of this issue.

Wellness Wednesday — Wednesday, September 6 — 11:00 am ML

We welcome Elise Leonard, Therapy Manager, as she discusses the many benefits of therapy. She will highlight the new Driving Rehabilitation Program. Come celebrate Rehab Week with us!

Crazy Bridge—Tuesday, September 6—1:00 pm ML

Join Jamie and her mother, Betty, to play bridge. This is a simplified form of bridge where no bidding is necessary. It will be a fun and lively card game. Please bring \$1.00 for prizes. Call Jamie at 274-3398 for reservations.

Sculpture Dedication—Wednesday, September 7—2:00 pm Front of Brewster Rehab

The Rhythm of Being sculpture was installed in front of BHC in early July. Join us for a brief dedication of this beautiful piece by artist Regina Newmaun. This was a gift to Brewster by an anonymous donor to pay tribute to the staff at Brewster Health Center for all they do to keep people healthy and active. Refreshments to follow.

Resident Council Meeting—Thursday, September 8—10:00 am KAC

All residents are encouraged to attend the Resident Council Meeting. Brewster administrative staff, as well as resident committee chairs, share what's happening on campus. Your input is valuable and your questions and comments are welcome. If you have a new resident living near you, please invite them to come with you.

Rummikub—Tuesday, September 13—6:30 pm ML

Come join us in a lively game of Rummikub. Jamie will be there to help you learn to play.

iPhone and iPad Class—Thursday, September 15—10:00 am ML

Join Jamie to learn how to use your iPad or iPhone better. As a group, we will try to learn a few new tricks. Please bring your Apple ID if you would like help to download a new app.

Let's Color—Thursday, September 15—1:00 pm MB FR

Coloring has been found to be very beneficial for stress relief, self-expression, and fine motor skills. Additionally, we have yummy treats and get to catch up with each other. Please join us.

Kansas Humanities Book Talk—Thursday, September 15—3:00 pm BE CR

We will be starting a new series called **Faith in Fiction: World Faiths**. The first book in this series will be *Harp of Burma* by Michio Takeyama. The book is about a Japanese soldier that is wounded in World War II and how he is saved by a Buddhist priest. The discussion leader will be the always interesting Deborah Peterson. Come to the Main Office on September 1st to pick up your books.

Brewster Block Party—Friday, September 16—4:00—6:00 pm Parking lot north of Brewster East

See article on front page of this issue.

Healthwise 55—Tuesday, September 20—11:30 am KAC

The topic this month is **Medicare Open Enrollment: Your Annual Check-up**. Learn more about the Medicare open enrollment period — October 15 to December 7 — and how you can assess whether you have the best coverage for your situation. Explore the different parts of Medicare and how to make changes, if needed. Bob Evenson, senior sales executive with Century Health Solutions, an affiliate of Stormont Vail Health, will share his expertise. Lunch is \$5.00. Please call Jamie at 274-3398 for reservations by September 15. Space is limited.

Piano Concert by Ed Farris—Thursday, September 22—3:00 pm ML

Come and enjoy the lovely piano playing by Ed Farris. He is an accomplished pianist and will be sure to entertain us.

Photo Shoot Slide Show—Friday, September 23—2:00 pm KAC

We are having a photo viewing party to see a slide show of all the photos and even bloopers from the Brewster photo shoot. Everyone did a fabulous job, so it will be fun to see ourselves.

Trash & Treasure Sale—Friday, September 30 and Saturday, October 1—9:00 am—3:00 pm KAC

Our twice yearly Trash & Treasure Sale is sure to provide some interesting items at great prices. All proceeds go toward the Brewster Service Fund which benefits programs on campus.

september | off-campus events

Dinner Night Out—Thursday, September 8—5:00 pm Lobbies

We will go to Topeka Country Club and enjoy an excellent dinner. Dinner is Dutch treat. Please call Jamie at 274-3398 for reservations.

Topeka Community Concert—September 11—6:30 pm Lobbies

This season kicks off with artist Victoria Banks. Victoria is one of the most respected artists in the Canadian music industry. Her show entitled “**Natural Woman...Songs and Stories for the Soul**” is a collection of the greatest female hits of all time. Victoria’s unique presentation of these songs and her own hits will make this a night to remember! Big Hits! Big Harmonies! Tickets must be purchased from the Topeka Community Concert. If you need help purchasing season tickets, call Jamie and she will help you. Please call Jamie at 274-3398 for transportation reservations.

Lunch and Pocket Park Tour—Monday, September 12—10:45 am Lobbies

We have a special day planned. First, we will have lunch at HHB BBQ. We will have a presentation from Scott Gales about the planning of parks and the current status. Then, he will tour us via our bus, to all of the parks and let us know what is going on downtown. To finish up, we will stop at Hazel Hill and have some chocolate. Lunch is Dutch treat. The tour will cost \$3.00. Please call Jamie at 274-3398 for reservations. Space is limited to 22 people.

Senior Suppers—Monday, September 12—4:15 pm Lobbies

Advances in Wound Care—Stormont Vail Health Wound Care Center staff member, Jeffrey Conrow, M.D., an internal medicine physician with Stormont Vail Health, will share more about the groundbreaking treatments available today to help patients with chronic or non-healing wounds. Also, learn what conditions can predispose you to a hard-to-heal wound, why getting treatment sooner rather than later is critical, and the steps you can take to speed your own wound healing. Dinner is \$5.00. **Reservation deadline is Wednesday, September 7** by calling Jamie at 274-3398.

Nelson Museum of Art—Wednesday, September 14—8:30 am Lobbies

See article on page 8 of this issue. The tour costs \$10.00 for tickets and \$13.00 for transportation. Lunch is Dutch treat. Please call Jamie at 274-3398 for reservations. Space is limited to 22 people.

Ronald McDonald House Volunteer—Monday, September 19—1:00 pm Lobbies

Join us in making dinner for families staying at the Ronald McDonald House. We enjoy the fellowship of making a meal together. Jamie will do the heavy lifting and afterward, we will celebrate with a tasty dessert. Please call Jamie at 274-3398 for reservations.

Topeka Zoo—Wednesday, September 21—1:00 pm Lobbies

Let’s stroll through the Topeka Zoo! The weather should be beautiful and we can check out the exciting happenings at our local zoo. Afterward, we will stop for a quick drink to quench our thirst. Zoo tickets are \$4.75 and transportation is included. Please call Jamie at 274-3398 for reservations.

Senior Art Sessions—Thursday, September 22—8:45 am Lobbies

Let’s head to Lawrence to learn about Jasper Johns and Robert Rauschenberg. Professor Ann Wiklund, Johnson County Community College, will discuss the collaboration between these two artists who redefined the boundaries of art in the 1950’s and 1960’s. We will grab some lunch and do a little shopping at our favorite stores. The class is free. Lunch is Dutch treat. Transportation is \$13.00. Please call Jamie at 274-3398 for reservations.

Lunch Out—Thursday, September 29—10:45 am Lobbies

Join us for a delicious lunch at Chez Yasu, which serves authentic French cuisine. Lunch is Dutch treat. Please call Jamie at 274-3398 for reservations.

Topeka Civic Theatre—Thursday, September 29—6:00 pm Lobbies

TCT presents ***Nonsense: The Mega-Musical***. It will be a new twist on a TCT favorite — bigger than ever! All of the fun of the original *Nonsense*, but supersized. The original nuns return with new characters, including an infamous convent cook, Sister Julia, Child of God. “A hail of fun and frolic,” proclaimed the New York Times. Winner of four Outer Critics Circle Awards, including Best Musical, it would be a sin to pass up this season opener. The cost of a ticket is \$33.00. Please call Jamie at 274-3398 for reservations.