



Brewster's 7 Over 70!

Join Us for a Panel Discussion
Hosted by KTWU's Eugene Williams
Wednesday, September 6
2:00 pm | Klinge Activity Center



★
Volunteer Star
Bob Parman
Birchwood Cottage
Resident since 1992



★
**Brewster
Cheerleader**
Virginia Tevis
Assisted Living
Resident since 2014



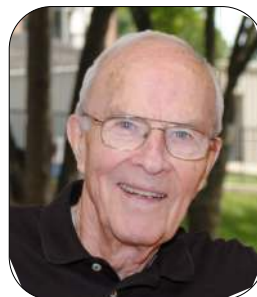
★
Nature's Advocate
Kathy Howard
The Evergreens
Resident since 2010



★
Wellness Rock Star
Alicia Salisbury
Grand Homes
Resident since 2016



★
**Resident
Ambassador**
Christel Marquardt
Grand Homes
Resident since 2015



★
Brewster Visioneer
Bill Larson
Birchwood Cottage
Resident since 2009



★
Good Neighbor
Marilouise Smith
Brewster Health Center
Resident since 2009



★
Wellness Rock Star
Jean Lamb
South Aspen Terrace
Resident since 2007



★
**Resident
Ambassador**
Dean Rinner
Oak
Resident since 2009

In the June issue of the Brewster News we asked for nominations for **Brewster's 7 Over 70**. Residents were nominated based on seven categories, keeping in mind this question: **"Who are Brewster's biggest influencers?"** In other words, who are the residents others believe have had the biggest impact on Brewster Place.

We received many nominations and after tallying the results, we are excited to announce the selections in each category. Two categories ended up in a tie — Wellness Rock Star and Resident Ambassador.

After being notified of their selection, each resident was given a questionnaire with —

Words from Wellness | Spirituality and Aging

Excerpts from this article are borrowed from Robert C. Atchley's book on Spirituality and Aging

In the last few decades, gerontologists have become increasingly aware of the importance of spirituality to the wellbeing of seniors. Spirituality is difficult to define and describe. It is a concept that is highly personal, often private, and hard to put into words. For most, spirituality is an inward experience.

Spirituality is often defined with a description that came from the 1971 White House Conference on Aging: "The basic value around which all other values are focused, the central philosophy of life — whether religious, antireligious, or nonreligious — which guides a person's conduct, the supernatural and nonmaterial dimensions of human nature."

While this definition mentions familiar terms and concepts that most people would agree relate to spirituality, currently there is no real consensus on a standardized meaning of the term.

Three components are included in most definitions of spirituality (Bouchard, 1977):

1. An understanding of self that is defined in the context of relationships to others.
2. An understanding of a creation story and symbols of faith.
3. An understanding of greater power that is outside the self.

Key elements of spirituality include:

- Not formal, structured, or organized
- Non-denominational, above and beyond denominational
- Inclusive, embracing everyone
- The ultimate source and provider of meaning and purpose in life
- The awe we feel in the presence of the transcendent
- Inner peace and calmness

Aging is often referred to as a spiritual journey. As seniors develop spiritually, they often exhibit certain characteristics. They place an emphatic focus on connecting with others, finding meaning and purpose in life, and holding personal

power to influence outcomes. They change their relationships to time; become more attentive, patient, and present; and often give themselves permission to speak their truth even when it is unpopular. And perceptions held by others become less important, as does conforming to cultural norms and expectations.

For many seniors, the focus on production and accomplishments they held throughout young adulthood and middle age gives way in later years to a concentration on the interior life. Emphasis on making spiritual connection grows. While seniors perceive aging as a spiritual journey, they raise the priority of enhancing their relationships with God, loved ones, faith communities, and communities of residence — like Brewster Place!

Brewster Place offers numerous programs, activities, and opportunities to accompany residents on their journey. All are encouraged to engage, bloom, and thrive here at Brewster. ■



Groups to Support and Encourage

Alzheimer's Support Group

Saturday, September 9

10:00 am | BHC FLR

Men's Group

Monday, September 14

(please note change of date this month)

10:30 am | Cedar Lounge

Caregiver's Support Group

Monday, September 18

10:30 am | Chapel

Tremor/Parkinson Support Group

Wednesday, September 27

2:00 pm | Monarch

Brewster On The Move!

The Latest News On Campus Construction Projects

By Claudia Larkin, Vice President and Chief Operating Officer



Cottonwood Villas

We have broken ground! The vacant houses have been removed and foundation work is starting on the west side of campus. The Villa will house 14 apartments and new residents whom we look forward to welcoming to our

campus. Villa construction should be completed the summer of 2018.

Maintenance Shop

The new maintenance shop on the southwest side of campus is progressing on schedule, and is expected to be completed in September. This facility will house some of the equipment and tools used by our staff landscapers and maintenance crews.

New Parking Garage

The new parking structure that will be constructed just north of The Evergreens will start in September, and will require closing the road that joins The Evergreens to the Redwood for approximately 60 days.

Look for project photo updates on BPTV 1960 and on Brewster's Facebook page.

For questions about our current construction projects, please contact Claudia Larkin at 274-3387. ■

News from Brewster Dining

Special Entrees and Full Menu Offered

The Greenleaf Restaurant at Redwood and The Evergreens Grill both offer a **Special of the Day**. **If you do not care for that option**, both restaurants offer a full menu with plenty of options — mix and match to suit your palette.

The Market on Main Street

Did you know that every time you purchase a breakfast bar or lunch bar meal, you can enter your name in a drawing to win a free Market lunch? Once a month the Market staff will draw a name for a free lunch. The more you eat at The Market, the more chances you have!

Special Lunch on Labor Day!

Monday, September 4

Lunch

Join us for lunch at both the Greenleaf Restaurant at Redwood and The Evergreens Grill for a special lunch.

MENU

Bratwurst
Hotdogs
Potato Salad
Cole Slaw
Deviled Eggs
Roasted Brussels Sprouts
And all the fixings! ■



...continued from page 1

you guessed it — seven questions. To hear how each resident answered these questions, we have planned a special **7 Over 70 Panel Discussion** hosted by **KTWU's Eugene Williams**.

Please join us on **Wednesday, September 6 at 2:00 pm in the Klinge Activity Center**. The seven questions resulted in wonderfully varied answers from each person and we are excited for them to share their wisdom with you.

To the right are the questions we asked. How would you answer these questions?

1. In your life, what has been your biggest accomplishment?
2. What do you still want to accomplish — what is on your bucket list?
3. Who or what is your inspiration?
4. What is your biggest pet peeve?
5. What do you like most about Brewster Place?
6. What does it mean to you that your fellow residents selected you?
7. What advice would you give to the younger generation?

From the Chaplain | The Seven Stages of Grief

by Chaplain Roger Jackson, M. Div.

Every person has experienced, is experiencing, or will experience grief. Grief occurs in response to an individual's own terminal illness, loss of a close relationship, death of a valued being — human or animal — loss of driving privileges, or leaving/selling one's home. Grief is real.



The original five stages of grief were first proposed by Elisabeth Kübler-Ross in her 1969 book, *On Death and Dying*. Since that time, two more stages have been added. We spend different lengths of time working through the stages of grief and expressing them with different levels of intensity. The seven stages do not necessarily occur in any specific order. The key to understanding the stages is **not** to feel like you must go through every one of them in precise order. Instead, it is more helpful to look at them as guides in the grieving process — it helps you understand and put into context where you are.

The Seven Stages of Grief

Shock

The first reaction to learning of terminal illness or death is shock or disbelief. It is difficult to believe that this is happening. Many people report numbness where they don't feel anything at first. This experience can be surprising to many individuals because they may not immediately sense the devastating feelings they would expect to feel with such news. This may last for weeks.

Denial

Denial is a normal reaction to rationalize overwhelming emotions. It may be how one expresses their emotions surrounding grief. Example, a person who continually says, "I'm fine," after a significant loss is likely denying his or her feelings. It is a defense mechanism that buffers the immediate shock. We block out the words and hide from the facts. This is a temporary response that carries us through the first wave of pain.

Anger

As the masking effects of shock and denial begin to wear, reality and its pain re-emerge. We are not ready. The intense emotion is deflected from our vulnerable core, redirected and expressed instead as anger. The anger may be aimed at lifeless objects, complete strangers, friends or family. Anger may be directed at our dying or deceased loved one. Rationally, we know the person is not to be blamed. Emotionally, however, we may resent the person for causing us pain or for leaving us. We feel guilty for being angry, and this makes us angrier.

Bargaining

The normal reaction to feelings of helplessness and vulnerability is often a need to regain control:

- If only we had sought medical attention sooner...
- If only we had gotten a second opinion from another doctor...
- If only we had tried to be a better person toward them...

Secretly, we may make a deal with God or our higher power in an attempt to postpone the inevitable. This is a weaker line of defense to protect us from the painful reality.

Guilt

This can occur when the bereaved has regrets about things they did or said before the loved one died. There is a wish to turn back the clock and do some things differently. It is helpful to find someone to talk to, to share your memories and regrets in a supportive environment: pastor, chaplain, social worker, or counselor. Life feels chaotic and even scary during this phase.

Depression

Two types of depression are associated with grief. The **first one** is a reaction to practical implications relating to the loss. Sadness and regret predominate this type of depression. We worry that, in our grief, we have spent less time with

others that depend on us. This phase may be eased by simple clarification and reassurance. We may need a bit of helpful cooperation and a few kind words.

The **second type of depression** is more subtle and, in a sense, more private. During this time, you may isolate yourself on purpose, reflect on things you did with your loved one, and focus on memories of the past. You may sense feelings of emptiness or despair. Sometimes, all we really need is a hug.

Acceptance

Reaching this stage of mourning is a gift not afforded to everyone. Death may be sudden and unexpected, or we may never see beyond our anger or denial. It is not necessarily a mark of bravery to resist the inevitable and to deny ourselves the opportunity to make our peace. This phase is marked by withdrawal and calmness. This is not a period of happiness and must be distinguished from depression.

Loved ones that are terminally ill or aging appear to go through a final period of withdrawal. This is by no means a suggestion that they are aware of their own impending death, only that physical decline may be sufficient to produce a similar response. Their behavior implies that it is natural to reach a stage at which social interaction is limited. The dignity and grace shown by our dying loved ones may well be their last gift to us.

Coping with loss is ultimately a deeply personal and singular experience — nobody can help you go through it more easily or understand all the emotions that you are going through. But, others can be there for you and help comfort you through this process. The best thing you can do is to allow yourself to feel the grief as it comes over you. Resisting it only will prolong the natural process of healing. ■

MOVIE AND DISCUSSION

Miracles from Heaven

Monday, September 18

2:00 pm | Chapel

Facilitated by Chaplain Roger



intermission
refreshments
discussion

When Christy discovers her 10 year old daughter, Anna, has a rare, incurable disease, she becomes a ferocious advocate for her daughter’s healing as she searches for a solution. After Anna has a freak accident, an extraordinary miracle unfolds in the wake of her dramatic rescue that leaves medical specialists mystified, her family restored, and their community inspired. Based on a true story. ■

At the Movies!

Thursdays at 2:00 pm
BPTV 1960

September 7
“Loving” (2016 biography)

September 14
“Nevada Smith” (1966 western)

September 21
“The Shack” (2017 drama based on a book)

September 28
“Funny Face” (1957 musical)



Volunteers Needed at BHC

We are in need of volunteers to greet visitors and friends at the south entrance desk of Brewster Health Center. If you are interested in helping out, please call Maxine Thuston, Administrative Assistant and Volunteer Coordinator, at 274-3374. ■

It is already September and another year is moving quickly by. I hope time isn't moving so quickly in your daily life that you forget to wear your SARA pendant! During August, we reminded you frequently to have your SARA pendant with you at all times. All staff at Brewster are concerned with your safety. Typically, the Brewster Foundation would not be the group to encourage you to have your pendant on, but we were given a gift by an anonymous donor which is based upon the number of people wearing their pendants.

Foundation staff selected five events at which we would count the number of residents wearing their pendants. We announced four of them to you in our August *Brewster News* article. The fifth event was not announced so that it would be a surprise count. Our totals are as follows:

August Events	Residents Wearing Pendants	Money Donated
Topeka's Fascinating History	24 of 26	\$72
Foundation Forum	29 of 30	\$87
Birthday Party	26 of 33	\$78
Coffee with David (CSP)	33 of 34	\$99
Coffee with David (EV CR)	38 of 42	<u>\$114</u>
		\$450 raised

Donations were based on:

- If up to 50% of residents wore their pendant at the event, we received \$2.00 per person.
- If 51-99% of residents wore their pendant at the event, we received \$3.00 per person.
- If 100% of residents wore their pendant at the event, we received \$5.00 per person.

This wonderful gift brought us a total of \$450! The most impressive thing is that many of you helped to raise this money simply by being proactive and thinking of your own safety by wearing your SARA pendant. Although this event has passed, please remember to continue wearing your SARA pendant everyday. None of us ever plan to have an accident, but the unexpected happens, and all of us need to be prepared.

I really enjoy this type of gift. It promoted discussion about SARA pendants, and hopefully encouraged some of you to remember to wear them. It was also a very nice gift to the Brewster Foundation. The Brewster Foundation works to secure gifts to support the mission of Brewster. We are thrilled that many of you support us in our projects, and that you continue to think of fun and interactive ways to make a gift like this happen. Please let us know if you have questions about how you can support the Brewster Foundation. ■

Trash & Treasure Sale Update

A big **THANK YOU** to all who donated to the Trash & Treasure Sale and to all of the volunteers and staff who helped pull it off! Our grand total was **\$4,520.00!** Proceeds benefit the Brewster Service Fund which supports programming for residents.

Our next Sale will be in the spring. Donations are being accepted now by bringing items to the Klinge Activity Center or by calling the Help Line at 274-3399 for assistance. ■



Dollar Days Clothes SALE

Friday, September 29

10:00 am—3:00 pm

Klinge Activity Center

Beginning September 1, residents can begin bringing unwanted clothes to the Klinge Activity Center. On September 29 join us for the big Dollar Days Clothes SALE where everything is marked \$1. This is a great way to clean out your closets and find some new bargains for your wardrobe. Please call Joline Kovarik at 274-3317 if you have any questions. ■

Foundation Forum

Art for All: Birger Sandzén and Kansas Art History

Thursday, September 7 | 10:00 am

The Evergreens Community Room

Cori Sherman North is the curator at the **Birger Sandzén Memorial Gallery** in Lindsborg, Kansas, which opened its doors in October of 1957. The Sandzén Gallery sits on a corner of the Bethany College campus but is an independent museum, established by the Sandzén and Greenough Family Foundation. Cori will be our guest speaker to expand our knowledge of art in Kansas.

In the fall of 1894, 23-year-old Birger Sandzén arrived in Lindsborg from Sweden, engaged to teach modern languages and voice training at Bethany College. The young painter brought with him democratic ideals of “art for all,” instilled by his radical, Swedish Nationalist mentors who had founded the groundbreaking Artists League that broke dramatically from Stockholm’s Royal Academy traditions.

From 1899, when Sandzén organized the first annual “Midwest Art Exhibition,” the artist continued to expand art appreciation and establish an enduring culture from the middle of the prairie. Over decades, at the same time he built an international reputation for himself, Sandzén created new exhibition opportunities; such as the McPherson Schools annuals; new art societies, such as the Prairie Print Makers and the Kansas State Federation of Art; and encouraged collecting in grade schools and universities all through the state. As early as 1917, the Washington D.C. journal, *The American Magazine of Art*, recognized that, “Sandzén has lit little candles of art appreciation all over the Midwest.” ■

Kansas Humanities Book Talk

Brewster Place is proud to once again participate in the **Kansas Humanities Council Talk About Literature in Kansas** — TALK book discussions. Through a grant from the Kansas Humanities Council, participants will read three books in a series with discussions following each book.

This fall the series theme is **This Shared Earth** which will explore our relationship with the natural world.

The schedule is as follows:

***Hoot* by Carl Hiaasen**

Tuesday, September 26

2:00 pm | The Evergreens Community Room

Discussion leader is Sara Tucker

***A Sand County Almanac* by Aldo Leopold**

Tuesday, October 24


Discussion leader is Steven Foulke

***Zeitoun* by Dave Eggers**

Tuesday, November 28

Discussion leader is Trish Reeves

Books may be picked up beginning September 1 from Jamie Fritz in the Redwood Information Center. ■



For Your Information!

Flu Shot Clinics will be held the last week of October — October 23—27. As we did last year, we have partnered with Washburn University Institute of Technology to administer the shots.

Clinic schedules will be posted in October. ■



Harry S. Truman Library & Museum



Thursday, September 21 | 8:30 am

If you love history, this trip is just for you! It's amazing how many wonderful museums are just a short drive away. This month we hope you will join Jamie Fritz, Activities Coordinator, on a guided tour of the **Harry S. Truman Library & Museum** in Independence, Missouri. The Harry S. Truman Library, the first Presidential Library to be created under the provisions of the 1955 Presidential Libraries Act, was established to preserve the papers, books, and other historical materials relating to former President Harry S. Truman and to make them available to the people in a place suitable for exhibit and research.

Another facet of the Library's activities is its museum exhibit program. The Library has about 32,000 objects in its museum collection, only a small portion of which are on display in the museum at any one time. Most of the items in the museum collection were given to Mr. Truman while he was President. (trumanlibrary.org)

We will learn more about the life and times of President Truman followed by a delicious lunch at Rheinland Restaurant. The food is German and homemade. Tour tickets are \$10 and lunch will be Dutch treat. Transportation costs \$13. Please call Jamie at 274-3398 for reservations. ■

It is understanding that gives us an ability to have peace. When we understand the other fellow's viewpoint, and he understands ours, then we can sit down and work out our differences.
-Harry S. Truman

Nothing Can Eclipse Our Ability to Smile!



Above: Shirley Kossoy joined everyone out on the Main Street patio to view the solar eclipse in August.
Right: Sydney Fluke tried on his solar eclipse glasses before the big event. You know an event is a success by the smiles it produces!

thrive.
bloom.
flourish!



Above: John and Alicia Salisbury were out and about with their solar eclipse glasses to enjoy the view. Even though we only saw the eclipse for a few seconds, it was wonderful.



september remembrances celebrations | new beginnings | fond farewells

Birthdays

Georgia McKeever	1
Mary Lou Atherly	2
Betsy Packard	2
Esta Christensen	4
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
Mary Berryman	20
Alicia Salisbury	20
Jack Strukel	20
Alice Barron	21
Betty Fenton	21
Tina Heide	21
Sue Smith	21
Beth Sparling	22
Bill Larson	24
Carolyn Adams	27
Lorice Ann Woner	27
Emmy Thorp	28
Walter David	30

Anniversaries

Keith and Reeta Akins	9/02/1948
Gary and Judy McGinness	9/02/1967
Jack and Janet Strukel	9/2/1956
Garland and Nancy Roseberry	9/03/1989
Don and Shirley Moses	9/09/1956
Dan and Theresa Cain	9/29/1956
Elmer and Doris Davis	9/30/1945

New Residents

MG Jack Strukel, Jr.	NT 22
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Transfers

Ann Gregg	BHC
Phyllis Butler	BHC
Maggie Killinger	AL
Marty Edwards	RW 222

Staff Anniversaries

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

Department	Location	Years
<u>Dining Services</u>		
Patricia May	RW	1
Donna Musick	RW	2
<u>Environmental Services</u>		
Aurora MCBeth	EV	3
Deborah Streeter	EV	2
Margaret Hines	RW	8
<u>Health Services</u>		
DaeQuina Smith	BHC	1
Myrtle Morris	BHC	7
Alysha Ford	BHC	2
Cody Prescott	BHC	2
Mary Robinson	BHC	2
Mindy Bonner	BHC	2
Pogyena Mporfu	BHC	6
Raymond Lax	BHC	3
Erin Presswood	BHC	6
Angala Anderson	BHC	18
Shirley Hecht-Asher	RWS AL	2
Ruth Maina	RWS AL	1
Laura Donaldson	HH	1
<u>Information Technology</u>		
Stephen Scheele	RW	3
<u>Rehab</u>		
Melanie Allen	Rehab	1
Serena Kent	Rehab	3
<u>Resident Services</u>		
Jamie Fritz	RW	2

In Memoriam

Mr. Paul Metzger	8/09/17
Mrs. Mary Lou Cox	8/13/17
Ms. Jean Kesler	8/21/17
Mrs. Betty Jo Marling	8/26/17



AUDIO-READER
The University of Kansas

Now on Brewster TV
Tune to channel 1961

september | on-campus events

7 Over 70 Panel Discussion | Wednesday, September 6 | 2:00 pm | Klinge Activity Center

Please see more details on the front page.

Foundation Forum | Thursday, September 7 | 10:00 am | The Evergreens Community Room

Cori North, Curator of the Birger Sandzén Gallery will join us to present “Art For All: Birger Sandzén and Kansas Art History.” We will follow up this visit with a trip to the Birger Sandzén Gallery in Lindsborg this October.

Helping Hands Humane Society Pet Visit | Thursday, September 7 | 2:00 pm | Redwood Veranda

HHHS is bringing a few furry friends to visit and be loved by our Brewster residents. Volunteers are available to help us meet these sweet furry friends. Please join us on the front patio and say hello.

Photographic History of Topeka | Monday, September 11 | 2:00 pm | Main Street Chapel

Dave Mathias will be here to present the fascinating history of Topeka through aerial photos. He has been taking photos for many years and has seen Topeka grow. It will be fun to see the changes.

Bridge | Tuesdays, September 12 and 26 | 7:00 pm | Redwood Lounge

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

Resident Council Meeting | Thursday, September 14 | 10:00 am | Klinge Activity Center

All residents are invited and encouraged to attend this meeting. You will hear updates from staff as well as reports from resident committees. This is a great way to hear the latest and ask questions too!

Life of a Missionary in Thailand | Friday, September 15 | 3:00 pm | Main Street Chapel

Come and hear the exciting adventures of Dick Fuller’s daughter, Connie Turner. She and her husband are missionaries serving in Thailand. Connie has many stories to share with us.

Movie and Discussion: Miracles from Heaven | Monday, September 18 | 2:00 pm | Main Street Chapel

Please see article on page 5 of this issue.

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

We are excited to have Donna Wheeler of the AARP Fraud Watch Team. She will give us an update on IRS scams, the grandparent scams, and identity theft in our area. The lunch cost will be \$7.00. We request that you put this charge on your Brewster bill. Reservations are required. To guarantee your space, make your reservation by Friday, September 15. Please call Jamie at 274-3398 for reservations.

Topeka Big Band | Tuesday, September 19 | 5:30 pm | Klinge Activity Center

Come and listen to the toe-tapping sounds of this wonderful band—a Topeka institution!

Trivia for Fun | Friday, September 22 | 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 Back to School and Fall. Bring a friend for more fun!

Writing and Reminiscing | Monday, September 25 | 1:00 pm | Redwood Founders Room

Brewster is 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. Please come with a piece about an inspirational figure in your youth, with a description about how they impacted your life.

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

See article on page 7 of this issue.

september | off-campus events

Sunflowers and Sonic | Tuesday, September 5 | 1:00 pm | Lobbies

Let's go check out the large sunflowers growing in Topeka and drive around Lake Shawnee. Afterwards, we will enjoy a limeade at Sonic. Limeade costs \$1.00 and transportation is free. Please call Jamie at 274-3398 for reservations.

On Stage Live | Sunday, September 10 | 6:30 pm | Lobbies

This is formerly the Topeka Community Concert Series. The season kicks off with American pianist, Thomas Pandolfi. He is an exciting virtuoso who, with each passing season, is becoming more sought after by audiences worldwide. He is showered with superlatives by critics for his passionate artistry and amazing technique. An outstanding crossover artist, Thomas' virtuoso transcription is of the music of Andrew Lloyd Webber, Marvin Hamlisch, George Gershwin, and Leonard Bernstein and are much in demand. Tickets can be purchased by calling 785-273-2767. Please call Jamie at 274-3398 for transportation reservations.

Healthwise Senior Suppers | Monday, September 11 | 4:00 pm | Lobbies

This month's topic is "Surviving a Stroke." Dr. Hartej Sethi, Cotton O'Neil Neuro & Spine Center, will talk about stroke signs and symptoms, technologies available to help treat and combat strokes, stroke prevention, etc. Dinner cost is \$5. Please call Jamie at 274-3398 for reservations.

New Theatre Restaurant in KC | Wednesday, September 13 | 10:00 am | Lobbies

It is time for the show *Million Dollar Quartet*. This is the new smash hit musical inspired by the famed recording session that brought together rock'n'roll icons Elvis Presley, Johnny Cash, Jerry Lee Lewis, and Carl Perkins for the first and only time. *Million Dollar Quartet* features a score of rock hits, including "Blue Suede Shoes," "Fever," "That's All Right," "16 Tons," "Great Balls of Fire," "Walk the Line," "Whole Lotta Shakin' Goin' On," "Who Do You Love?" and many more. Tickets are \$35 and are limited to 18 people. Tickets will be available to Brewster Residents and BrewsterConnect members ONLY until September 8. After that, we will open tickets for friends, if spaces are available. Transportation costs \$13. Please call Jamie at 274-3398 for reservations.

Lunch Out at Olive Garden | Thursday, September 14 | 11:45 am | Lobbies

Let's enjoy homemade Italian food at the Olive Garden. Lunch is Dutch treat. Call Jamie at 274-3398 for reservations.

Farmer's Market | Saturday, September 16 | 8:00 am | Lobbies

Let's see what is happening at the Downtown Topeka Farmer's Market. Please call Jamie at 274-3398 for reservations.

Dinner Out at Cracker Barrel | Wednesday, September 20 | 5:00 pm | Lobbies

Let's check out the yummy food at Cracker Barrel. Dinner is Dutch treat. Please call Jamie at 274-3398 for reservations.

Tour of Truman Library and Lunch | Thursday, September 21 | 8:30 am | Lobbies

Please see article on the back page of this issue.

Spencer Senior Sessions and Lunch | Thursday, September 28 | 9:00 am | Lobbies

We will travel to Lawrence to the Spencer Art Museum. Cassandra Mesick Braun, curator of global indigenous art, will use works of art and visual culture to explore the US history of racial disparity in education during the 19th and early 20th centuries. Lunch will be Dutch treat. Transportation is \$13. Please call Jamie at 274-3398 for reservations.

Topeka Civic Theatre | Thursday, September 28 | 5:45 pm | Lobbies

TCT presents *Calendar Girls* starring Grace Morrison. It is based on the true story of eleven Women's Institute members who posed nude for a calendar to raise money for the Leukemia Research Fund Calendar. Tickets are \$33 and are limited to 14 people. Tickets will be available to Brewster Residents and BrewsterConnect members ONLY until September 8. After that, we will open tickets for friends, if available. Please call Jamie at 274-3398 for reservations.

Topeka Symphony Orchestra | Saturday, September 30 | 6:45 pm | Lobbies

TSO will open their season with *The Reformation*. On October 31, 1517, a monk named Martin Luther nailed his Ninety-Five Theses to the door of All Saints' Church in Wittenburg, Germany, and in so doing, set into motion the beginning of one of the most significant upheavals in Western religious history. To commemorate the 500th anniversary of the beginning of the Protestant Reformation, the orchestra will play Mendelssohn's *Reformation* Symphony, with its meditation on the Lutheran hymn "A Mighty Fortress." Bach composed prolifically for the Lutheran church, so they will continue their Reformation theme with Bach's *Brandenburg Concerto No. 3*, and present Mozart's haunting *Piano Concerto No. 2* with pianist, Gabriela Martinez. Tickets can be purchased by calling 785-232-2032. Please call Jamie at 274-3398 for transportation reservations.