



THE POWER OF SOCIAL CONNECTION AGING AND LIVING A HAPPY LIFE

The conventional wisdom has always painted a negative picture of growing older, citing increased depression, social withdrawal and physical and mental decline. But according to the research of Dr. Susan Charles, Ph.D, associate dean of UC Irvine's School of Ecology, **"older adults are as happy -- if not happier -- than younger adults."** Seniors actually give more care to their communities than they receive, and they report the greatest satisfaction with their social relationships compared to any other age group. (socialecology.uci.edu)

At Brewster Place we have always believed that meaningful engagement in activities, the creative arts, life-long learning, physical fitness classes, and connections with others provides purpose and enhances and improves the lives of our residents. All one has to do is look at the activity calendars across campus and you will see opportunities that engage residents and open them to new pursuits and purpose. The opportunity to connect socially to nurture long-standing relationships and create new ones is vital to our mission and the life of our community.

As we begin a new year, we challenge you to get involved in the Brewster Place community. Take a class, attend a program, try something new, volunteer your time -- nurture lifelong pursuits while expanding your horizons with new challenges and goals.

So how do you find out about the opportunities available to you? The following gives an overview of the variety of ways information is communicated to you.

BREWSTER NEWS

The Brewster News is a monthly publication for residents, staff, and friends of Brewster Place. It is delivered to each resident's door at the beginning of the month. The Brewster News features a lot of great information, as well as the monthly calendar of events and an activity highlights sheet. You can also find the Brewster News on our website: BrewsterLiving.org and on CATIE Web. Extra copies are available at the Redwood mail room and The Evergreens Welcome Center.

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MISSION

Brewster Place is a retirement community providing all of its residents opportunities for an optimal quality of life.



A NEW YEAR FULL OF POTENTIAL

BY CHAPLAIN JULIE FREEMAN, M.DIV

"And now let us believe in a long year that is given to us new, untouched, full of things that have never been." – Rainer Maria Rilke

There is something profoundly hopeful in these words. Each new year arrives like a blank page—unmarked, full of potential, and waiting for us to create something beautiful. It invites us to believe not only in the passage of time but in the possibilities it holds: opportunities we have yet to discover, relationships we have yet to nurture, and dreams we have yet to pursue.

The last year has ended, and the last page has turned. No matter what changes it wrought in our lives, expected or unexpected, that story is finished. It's time for a new chapter.

This is our chance to step forward with courage and curiosity. The year ahead is not defined by what has been, but by what can be. Let us embrace it with open hearts, trusting that even in uncertainty, there is room for growth, joy, and transformation.

May this year be a season of hope; a time when we dare to imagine what has never been and believe that it can come to life.

SUNDAY SUPPER CLUB

Sunday, January 4

4:00 pm | Evergreens Brewster Bean

Bring your dinner or snack and join us for fun, fellowship and curious conversations.

MINDFULNESS MEDITATION

Mondays, January 12 and 26

2:00 pm | Main Street Chapel

Mindfulness Meditation offers a chance to slow down and center yourself in the present moment. Our 30 minute session begins with a short, guided meditation followed by silent meditation and guided closing. Everyone is welcome.

MORNING DEVOTIONS

Sundays at 9:30 am

Evergreens Brewster Bean

Join us for coffee and a short devotion with Chaplain Julie.

CAREGIVER'S SUPPORT GROUP

Monday, January 19

10:00 am | Main Street Chapel

Caregiver's Support Group offers residents an opportunity to share their experiences and struggles with caring for their loved ones. Residents benefit from telling their stories and sharing resources. Caregiver's Support group is open to all caregiver's seeking a safe place to discuss the challenges they face.

PATHWAYS

Monday, January 19

2:00 pm | Main Street Chapel

Looking for extra support and a place to connect? Join Pathways -- a welcoming group where you can share life's challenges and triumphs, build resilience, and find encouragement. Everyone is welcome. ■



"Like" us on facebook
facebook.com/brewsterplace.org

PET POLICY REMINDER

A Friendly Reminder About the Pet Policy

Even during cold weather, please remember to follow the community pet policy. Pets are not permitted in indoor common areas, including event spaces (such as the Cultural Arts Center, Klinge Activity Center, Pavilion), lounges, or food venues.

All pets must be leashed and under control at all times and may not roam freely. This policy applies to all areas on campus. We understand it can be tempting to use indoor spaces for walks or playtime during colder months, but these activities are not permitted under the pet policy.

To help keep our campus clean, safe, and enjoyable for everyone, we kindly remind residents to please pick up after their dogs during walks. Cleaning up promptly helps protect our grounds, prevents slips and odors, and shows consideration for neighbors and staff. Waste bags are available throughout the campus for your convenience.

Thank you for doing your part to keep our community a pleasant place for both two-legged and four-legged residents. We appreciate your cooperation! ■

GLASS RECYCLE BIN

In the past we have had a county glass recycle bin on our campus that was not only for Brewster Place residents but for others in our county as well. We have decided to remove the county glass recycle bin to keep non-residents from using our other dumpsters when they dropped off glass recycling.

We still have a glass recycle bin located at the east entrance of Redwood by the blue recycle bins. This bin is just for Brewster Place and will be emptied by our maintenance team when needed. Please call Tyler Baker, Director of Environmental Services, at 785-274-3388 if you have any questions. ■

BREWSTER PLACE TELEVISION (BPTV 1960 and 1961)

BPTV is another excellent source of information about what is happening at Brewster Place. Tune your TV to channel 1960 or 1961 for 24-hour information about activities, special events, announcements, photographs, weather, music and news updates. Audio announcements about the day's activities are aired Monday through Friday from 8:00 – 8:30 am on BPTV 1960. BPTV 1960 also features exercise class videos and movies.

CATIE WEB

CATIE Web is an online portal that provides information such as: BPTV information, the Brewster News, FullCount, a community and staff directory, menus, maps, schedules, activities calendars, maintenance care requests and much more. For more information and to sign up, contact the IT Hotline at 785-274-3334.

WEEKLY WELLNESS OPPORTUNITIES AND MENUS

The Weekly Wellness Opportunities Bulletin and Menus are distributed to residents every Friday. Both can also be found online at BrewsterLiving.org and on CATIE Web.

WEBSITE

The Brewster Place website has a full range of information including information about amenities, living at Brewster Place, the Brewster Foundation and the Brewster News. Please check us out online at: BrewsterLiving.org. ■

CREATIVE ARTS

WITH KATHY PFLAUM, CREATIVE ARTS COORDINATOR

ARTWORK CALL FOR ENTRIES

We have two opportunities for you to show your artwork in the coming months.

BREWSTER EVENTS CENTER ART GALLERY

We will change the Brewster Events Center Art Gallery exhibit on February 4. If you would like to submit artwork for the new exhibit, we will need to have your information on what you would like to hang by January 28th. Below is an entry form for your convenience. We will hang as many pieces as possible.

Important Reminder:

All artwork must be ready to hang with a wire on the back of the artwork. If it is not ready to hang, unfortunately, we will not include your piece in this exhibit.

SAGE GALLERY FIRE ME UP CERAMICS

Our second opportunity to showcase your artwork in the next couple of months is an outside opportunity at the **Sage Gallery at Fire Me Up Ceramics** in NOTO Arts District. Please turn in your information no later than February 18, so that we can jury the show and notify you if your entry will be included. The opening of this show will be March 6 from 5:00 - 8:00 pm. Please have your artwork to Kathy's office by March 2. **The theme for this show is "Oh, The Places We Have Been."**

ART SHOW ENTRY FORMS

FEBRUARY BEC ART GALLERY ENTRY FORM

Return to Kathy at kathrynp@brewsterplace.org by January 28 by 5:00 pm

NAME _____

TITLE OF PIECE _____

SIZE OF PIECE _____

MEDIUM _____

MARCH FIRE ME UP JURIED SHOW ENTRY

Return to Kathy at kathrynp@brewsterplace.org by February 18 by 5:00 pm

NAME _____

TITLE OF PIECE _____

SIZE OF PIECE _____

WHERE ARE WE? _____

MEDIUM _____

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BLOCK OF THE MONTH
PIECED BLOCK OF THE MONTH

Tuesday, January 13

10:30 am | Redwood Art Studio

(Please note time change per residents' request)

We will do a star themed Block of the Month for the piecing block this year.

PAPER PIECED BLOCK OF THE MONTH

Wednesday, January 21

10:30 am | Evergreens Art Studio

We will learn to do paper piecing a very precise method for block making.

APPLIQUE BLOCK OF THE MONTH

Tuesday, January 27

1:00 pm | Evergreens Art Studio

Roberta Foth and Carol Bragdon will lead you in making applique blocks. They are both outstanding in this technique and this is a class you do not want to miss.

ACCU CUT MACHINE DEMONSTRATION

Wednesday, January 14

10:30 am | Evergreens Art Studio

We received a donation of an Accu Cut fabric cutting machine. This is a great machine and those who want to use this it will need to be trained. The Accu Cut will be kept in Kathy's office and will have to be checked out. You will need to complete training prior to check out.

MEALS ON WHEELS VALENTINES CARD MAKING

We will begin to complete Valentines Cards for Meals on Wheels. In the Redwood and Evergreen Studios you will find a container in the middle of the table with paper, stickers stamps etc. to make Valentines for Meals on Wheels. We will also have the scheduled work times to complete cards.

Wednesday, January 7

10:00 am | Redwood Art Studio

Thursday, January 15

10:00 am | Evergreens Art Studio

Tuesday, January 20

1:00 pm | Redwood Art Studio

Thursday, January 29

10:00 am | Redwood Art Studio

CARD MAKING

Thursday, January 22

10:30 am | Evergreens Art Studio

Warning, NEW CARD ahead. We will make a new folded card and decorate the card. This is a fun card and requires only a couple of folds and looks like a very sophisticated card.

TEA TOWEL TUESDAY

Tuesday, January 27

10:30 am | Redwood Art Studio

You helped set a record for number of tea towels made for the 2025 Bazaar. It's a new year and we have more stitches to learn and old ones to review. We will have tea towels ready to embroidery for next year's Bazaar.

KNITTING AND CROCHETING

Check the activities calendar for date and time for this group. We will learn new stitches from each other, chat and have fun.

OPEN STUDIO

These times are for us to gather, chat, get assistance for projects and have fun. We may also have a group project during this time. Come join us for fun, conversation and art making. In January we will be concentrating on making Valentines Cards for Meals on Wheels. ■

4th TUESDAY BOOK CLUB

Join us each month for rich discussion facilitated by Sara Tucker. Books can be picked up and turned in at each meeting or at Chaplain Julie's office. Contact Chaplain Julie with any questions- 785-274-3349.

CURRENT BOOK

Persepolis: The Story of a Childhood

by Marjane Satrapi

Tuesday, January 27

10:30 am | Main Street Chapel

Persepolis is Marjane Satrapi's wise, funny, and heartbreaking 2003 memoir of growing up in Iran during the Islamic Revolution. In powerful black and white comic strip images, Satrapi tells the story of her life in Tehran in ages six to fourteen.

COMING IN FEBRUARY

Pride and Prejudice by Jane Austen

Pick Up Books

Tuesday, January 27

Discussion

Tuesday, February 4

10:30 am | Main Street Chapel

"In late eighteenth-century England, a spirited young woman copes with the suit of a snobbish gentleman as well as the romantic entanglements of three of her four sisters." ■

RESIDENT COUNCIL

As a resident of Brewster Place, you are a member of resident council. The purpose of the Resident Council as defined by its bylaws is twofold:

- To provide residents with an orderly manner of communication with each other and with the management about matters of common interest, welfare, and concern.
- To act upon matters appropriate to and consistent with the regulations of Brewster Place.

2026 Resident Council Officers

- **President:** Julian Efirid
- **1st Vice President:** Van Crary
- **2nd Vice President:** Cheryl Menges
- **Secretary:** Jan Schaeffer

Resident Council Meetings are held on alternate months beginning in January, on the second Thursday of the month.

Next Resident Council Meeting

Thursday, January 8

10:00 am

Cultural Arts Center ■

CATIE INFO MEETING

If you would like to learn more about CATIE Web and all the features it provides, please attend this important meeting.

CATIE Web Informational Meeting

Wednesday, January 14

10:00 am

Cultural Arts Center ■

RESIDENT GROUPS

We have a vibrant resident community many of whom host their own events, groups and games. Most of these are listed on the monthly activities calendar and weekly bulletin. If you host a group, and you would like it included on the weekly bulletin, please let Janis Swanson, Director of Resident Services, know by calling her at 785-274-3389. In addition, if you see that your group is advertised with the wrong time or location, please let Janis know. You can also email her at janiss@brewster-place.org. ■



KU OSHER LIFELONG LEARNING INSTITUTE | SPRING 2026 CLASSES

THE AMERICAN REVOLUTION: THE BRITISH PERSPECTIVE, 1775-1783

Instructor: Bob Smith

Thursdays, March 19, 26 and April 2

1:00—3:00 pm | Cultural Arts Center

Join us for an exercise in perspective: We're studying the American Revolution from the British point of view! We'll start with why the British Crown went to war, their public's perception of the conflict and the dissenting voices within British. Next, we'll examine both the British political and the military's strategic vision in conducting the war and the logistical handicaps they faced. Finally, we'll look at the successes and failures of the British military operations during the conflict and the motivates for ending the conflict.

CARTOONS: FROM DISNEY TO SATURDAY MORNING TO PIXAR AND BEYOND

Instructor: Karl Menninger

Tuesdays, April 14, 21 and 28

1:00—3:00 pm | Cultural Arts Center

We started watching cartoons as children, either at the movies or on television on Saturday mornings. Many of us continue to watch them, even without children or grandchildren. We'll look at the invention of the animated cartoon in the Silent Era, the creation of a certain Mouse by a guy from Kansas City and the entertainment empire that spawned. Next, we'll study cartoons from other studios (Betty Boop, Popeye, Bugs Bunny, Daffy Duck, Tom and Jerry, Mr. Magoo, Mighty Mouse), how cartoons went to war in the 1940s and how they migrated to television, both on Saturday mornings and on "kiddie" shows on weekday afternoons. Finally, we'll review the Disney renaissance in the 1990s, with "The Little Mermaid" and "The Lion King," long-running prime-time cartoons such as "the Simpsons," recent Disney competitors (Don Bluth, Ralph Bakshi, DreamWorks), and Pixar, who led the way in computer-generated animation with "Toy Story" and "Frozen." We'll also share where we watched cartoons: the movies, television, VHS/DVD/Blu Ray and now streaming services like Disney+.

THE DEVELOPMENT & EVOLUTION OF THE UNITED STATES ARMY: THE COLD WAR YEARS 1947-1995

(This class continues the course taught in 2025)

Instructor: Bob Smith

Thursdays, May 14, 21 and 28

1:00—3:00 pm | Cultural Arts Center

This class picks up where "The Growth and Evolution of the United States Army, 1775 – 1945" left off. Over three weeks we'll examine the changes of the U.S. Army during the Cold War years that focused on a doctrine of containing and limiting Community expansion. In the first class, we'll look at the Korean War and the planned deterrence of the Soviet-led Warsaw Pact forces in Eastern Europe. Next, we'll focus on the Army's plans for continental defense in the nuclear/missile age and the restructuring of the Army's tactical organization from the 1950s Pentomic Division to the ROAD Division of the early 1960s. Lastly, we'll delve into the Army's operations during the Vietnam Conflict, its rebuilding and reequipping in the 1970s and its land, sea and air doctrine of the Desert Storm era. ■

Non Brewster Place residents must register online or by phone:

Online osher.ku.edu

Phone 785-864-6779

Brewster Place residents and BrewsterConnect members attend for free.

Please call 785-274-3398 to register, but you are welcome to come without registration.



HOME OF THE MONTH

The Magnolia | New Name, New Home



For more information or to arrange a tour, please call Marketing at 785-274-3351.

Imagine the possibilities. Make this stunning 3,050 square foot residence your dream home, set within our even more dream-worthy campus.

From the moment you step inside, there is a feeling that instantly says home — a place where every detail is thoughtfully designed to inspire beauty, comfort, and peace. Abundant natural light, soaring ceilings, and an effortless layout create a space that feels both elegant and inviting.

Enjoy the privacy and convenience of your own attached two car garage and private entrance, generous storage throughout, a fenced backyard, and open living areas perfectly suited for entertaining or everyday living.

Nestled within the vibrant Brewster Place community, this Grand Home offers the perfect balance of refined living and meaningful connection. Opportunities like this are rare, making this month’s spotlight home one you will not want to miss. ■

GATHERING TOGETHER WITH JOY



Above: Jane Romig, Joyce Winter, Mrs. Claus, Sondra Robison and Jeanene Johnson at the Christmas Spectacular; **Above Right:** Sondra and Herman Hafenstein at the Brewster Health Center Christmas dinner; **Right:** Audrey Leamon and her daughter at the Brewster Health Center Christmas dinner.



OFF CAMPUS | A FEW HIGHLIGHTS

PRAIRIE BAND POTTAWATOMIE CASINO LUNCH AND GAMING

Wednesday, January 7 | 10:30 am | Shuttle pick up at Evergreens and Redwood

Lunch is Dutch treat and is a \$15.99 buffet called **The Longhouse Buffet**. \$13 for transportation. On Wednesdays, you can sign up for 50 Plus Wise card, and get \$10 of Prairie cash for free to apply to gaming. We will game for one hour after our lunch. Please call Jen at 785-274-3398 as space is limited.

LUNCH OUT AND KANSAS HISTORY MUSEUM

Wednesday, January 14 | 11:00 am | Shuttle pick up at Evergreens and Redwood

Lunch is Dutch treat at Jason's Deli. We will do a self-guided tour at the Kansas History Museum. Tickets are \$8 for seniors (65+). Please call Jen at 785-274-3398 as space is limited.

NEW THEATRE AND RESTAURANT - SOLD OUT

Wednesday, January 21 | 9:30 am | Bus pick up at Evergreens only

New Theatre presents, "*Nobody's Perfect*," starring Jim O' Heir. What happens when an out-of-work writer disguises himself to win a feminist writing competition – only to fall head over heels for the judge? With meddling family, outrageous misunderstandings, and a love story hanging by a thread, this fast paced comedy is packed with big laughs and an unforgettable finale. If you loved Mrs. Doubtfire, you won't want to miss this feel good, laugh out loud hit! Tickets are \$40 and include lunch. Transportation is \$13. No tickets remain but a wait list has been made. Call Jen to add your name to the wait list at 785-274-3398.

TOPEKA SYMPHONY ORCHESTRA

Saturday, January 24 | 6:45 pm | Shuttle pick up at Evergreens and Redwood

SADDLE UP, FOLKS, as the Topeka Symphony brings you a night of the tales from yesteryear and the trailblazing sounds of the new. They start with the old-timey in Aaron Copland's Western ballad of Billy the Kid, and Debussy's sensual Prelude to the Afternoon of a Faun. Then, hang on to your hats with Boyer's exciting Fanfare, Hymn, and Renewal and prepare to be amazed when Viet Cuong's Re(new)al rides in with a bold, high-energy new piece performed by the fantastic Sandbox Percussion Ensemble. Please call Jen at 785-274-3398 for bus reservations.

DINNER OUT AT TA CO

Wednesday, January 28 | 4:30 pm | Shuttle pick up at Evergreens and Redwood

Dinner is Dutch treat. Enjoy carefully crafted carnitas, shrimp tacos, signature margaritas, and seriously amazing food. Please call Jen at 785-274-3398 as space is limited.

ON CAMPUS | A FEW HIGHLIGHTS

MOVIE: THE LEMON DROP KID

Tuesday, January 6 | 1:00 pm | Cultural Arts Center

A classic mix of quick wit, holiday cheer, and old-school comedy as Bob Hope's hapless con man stumbles from one hilarious mishap to another.

SPECIAL MUSIC WITH TAMI ALEXANDER

Thursday, January 8 | 2:00 pm | Cultural Arts Center

Tami Alexander is a trained classical lyric soprano singer. She has performed in the community as a volunteer performing arts hobbyist. Tami's experience in the community consists of performing as a soloist for local churches, performing in musical productions for local theatres such as the Topeka Civic Theatre, soloist for retirement communities, and for the first soprano section of the Shawnee Choral Society.

SARA TUCKER PRESENTS: GEORGE WASHINGTON

Tuesday, January 13 | 2:00 pm | Cultural Arts Center

George Washington was a man of his times, who kept slaves (and hunted them down if they tried to escape). He lost more battles than he won (but always kept his army together.) Nonetheless, he was "the one indispensable man" who held the 13 colonies together to win the Revolution, and helped keep them together for the desperately needed Constitutional Convention of 1788-1789.

CATIE INFORMATIONAL MEETING

Wednesday, January 14 | 10:00 am | Cultural Arts Center

If you want to learn more about the benefits of signing up for CATIE Web, this is the meeting for you.

NEWS AND VIEWS WITH KEVIN MCFARLAND

Thursday, January 15 | 10:00 am | Main Street Chapel

Join Kevin for another engaging discussion of local, national and world current events.

HOLTON MIDDLE SCHOOL BAND

Tuesday, January 20 | 1:00 pm | Cultural Arts Center

The Holton Middle School Concert Band will be performing a mix of music from their recent holiday concert as well as some marching music from their parade season earlier in the school year. The band is made up of 7th and 8th grade students and who are very excited to get to perform for Brewster Place.

BIRTHDAY AND ANNIVERSARY PARTY

Thursday, January 22 | 2:00 pm | Cultural Arts Center

Come and celebrate with our friends who have birthdays and anniversaries in January! Cupcakes and ice cream is included. All are welcome!

MAKING YOUR MONEY LAST

SMART FINANCIAL DECISIONS IN RETIREMENT WITH DR. SHANE VAN DALSEM

Tuesday, January 27 | 2:00 pm | Cultural Arts Center

Join us for a practical, easy-to-understand talk on making your money last in retirement. This presentation focuses on avoiding common mistakes, managing risk, and reducing financial stress—without jargon or sales pitches. Come away feeling more confident and better prepared.

FRAUD AND SCAMS WITH MARK KOSSLER

Thursday, January 29 | 2:00 pm | Cultural Arts Center

Mark Kossler has over 30 years in banking and has seen many types of fraud and scams targeting both individuals and businesses. He will present information on real life scams that target seniors and what you can do to protect yourself and your loved ones.