



MAKE ROOM FOR NEW BEGINNINGS

BY CHAPLAIN JULIE FREEMAN, M.DIV

“Travel light, even yesterday is luggage.” – Anonymous

As April arrives, the world around us begins to lighten—winter coats are traded for sweaters, daffodils push through the soil, and sunlight lingers a little longer each evening. Nature itself seems to whisper, **“Make room for new beginnings.”**

This month’s quote invites us to do the same.

We all carry stories from yesterday—some joyful, some complicated, some we wish had unfolded differently. But just as spring gently encourages us to clear out closets and open windows, it also offers a moment to let go of what feels heavy inside.

“Travel light” doesn’t mean forgetting the past. It means we don’t have to carry the full weight of it. We can take the wisdom, the love, the memories—and set down the worry, regret, or old frustrations that no longer serve us.

April signals a season of renewal, a reminder that life continues to blossom in its own time. As we savor the warming days, blooming trees, and fresh breezes, may we also give ourselves permission to move forward a little lighter.



A Simple April Invitation...

Take a short moment this week to consider one small “piece of luggage” you’re ready to set down—perhaps an old worry, an unresolved frustration, or a habit of holding yourself to impossible standards. Release it gently, the way a tree releases its last dried leaf.

There is so much new growth waiting. Let’s step into the season carrying only what fills our hearts with peace, gratitude, and hope. ■

HOLY WEEK SERVICES

Maundy Thursday Services

Thursday, April 2

10:00 am | BHC Fink Living Room

3:00 pm | Main Street Chapel

Easter Sunday Services

Sunday, April 5

1:00 pm | BHC Fink Living Room

2:30 pm | Main Street Chapel

PLEASE NOTE:

There will be no Catholic Mass on Friday, April 3 due to Holy Week obligations.

MISSION

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

SPIRITUAL LIFE OPPORTUNITIES

SUNDAY SUPPER CLUB

Sunday, April 5

4:00 pm | Evergreens Brewster Bean

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

SEASONS OF GRIEF

Tuesdays, April 7, 14, 21 and 28

2:00 pm | Main Street Chapel

A four-week group to guide you on your grief journey. Seasons will be offered quarterly. If you need grief support, please reach out to Chaplain Julie by calling 785-274-3349 to arrange a visit.

MINDFULNESS MEDITATION

Mondays, April 13 and 27

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.

CAREGIVER'S SUPPORT GROUP

Tuesday, April 14 | 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. Caregiver's Support Group is open to all caregivers seeking a safe place to discuss the challenges they face.

PATHWAYS

Monday, April 20

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.

MORNING DEVOTIONS

Sundays at 4:00 pm

9:30 am | Evergreens Brewster Bean

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

4th TUESDAY BOOK CLUB

Join us each month for rich discussion facilitated by Sara Tucker. Books are available at each meeting and in Chaplain Julie's office. Contact Chaplain Julie at 785-274-3349 for information.

SELECTION FOR APRIL

Their Eyes Were Watching God

by Zora Neale Hurston

Discussion Date | Tuesday, April 28

10:30 am | Main Street Chapel

Fair and long-legged, independent and articulate, Janie Crawford sets out to be her own person--no mean feat for a black woman in the '30s. Janie's quest for identity takes her through three marriages and into a journey back to her roots.

SELECTION FOR MAY

O Pioneers! by Willa Cather

Pickup Date | Tuesday, April 28

Discussion Date | Tuesday, May 26

10:30 am | Main Street Chapel

Living in Nebraska, Swedish immigrant Alexandra Bergson struggles to make the family farm a success while trying to establish a personal life for herself. ■

BREWSTER PLACE EDUCATIONAL SERIES

Understanding Levels of Care at Brewster Place

Wednesday, April 22

10:00 am

Brewster Health Center Fink Living Room

Join us for an informative session designed to help you better understand the different levels of care at Brewster Place and how they support residents' needs.

COMING IN MAY... ADVANCED CARE PLANNING

Wednesday, May 20

10:00 am | BHC Fink Living Room

Everyone is welcome to attend.
Snacks provided. ■

PLANNING FOR THE UNTHINKABLE

Like all Life Plan Communities, Brewster Place has an **Emergency Operations Plan** that is updated regularly. This plan includes our response to an active shooter on campus. Our Security team is trained to respond but it's important to train staff and residents as well so we all know what to do if this tragic situation happens at Brewster Place.

Director of Security James Powell has scheduled an Active Shooter Training for residents and all others who visit our campus regularly. We invite you to attend so you will know the best response in this type of emergency. ■

**ACTIVE SHOOTER
TRAINING**
Tuesday, April 14
10:00 - 11:00 am
Cultural Arts Center
Hosted by
Brewster Place Security
*All residents are encouraged to
attend this training.*

TUNE TO BPTV 1960 FOR...



- Morning Announcements
- Daily Schedule
- Weekly Movies
- Exercise Classes
- Latest Updates and Cancellations
- Photographs
- 24/7 Music

CREATIVE ARTS

WITH KATHY PFLAUM, CREATIVE ARTS COORDINATOR

BREWSTER EVENTS CENTER ART GALLERY

NEW ART SHOW BEGINS APRIL 1

Art Pick-Up and Drop-Off

Wednesday, April 1 | Cultural Arts Center

If you had work exhibited at the Sage Gallery or Brewster Events Center Gallery, please pick up your art between 9:30 am - 11:00 am. Thank you for sharing your work with us.

If you are sharing your work for the April exhibit, please bring it by 9:30 am.

IMPORTANT: All artwork must be ready to hang with a wire on the back of the artwork. If it is not ready to hang, we will not be able to use it in the exhibit

CORK KEY RINGS

Tuesday, April 7

1:00 pm | Evergreens Art Studio

We will make cork key rings to sell at the Bazaar. This will include beading and other fun ways to make key rings with a cork.

BLOCK OF THE MONTH

■ PIECED BLOCK OF THE MONTH

Thursday, April 9

10:30 am | Redwood Art Studio

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

■ APPLIQUE BLOCK OF THE MONTH

Wednesday, April 15

10:00 am | 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.

■ PAPER PIECED BLOCK OF THE MONTH

Wednesday, April 22

10:30 am | Evergreens Art Studio

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

COLLAGE FUN

Tuesday, April 14

10:30 am | Evergreens Art Studio

We will practice making small artworks by collaging things together. These can be used for cards, backgrounds for other art or framed.

WATERCOLOR FUN

Tuesday, April 21

1:00 pm | Redwood Art Studio

Join us for some more watercolor antics. This month we will put down watercolor on paper and then use stencils to take away some of the watercolor. They look a little like beautifully colored cyanotypes.

CARD MAKING

Thursday, April 23

10:30 am | Evergreens Art Studio

Join us to create and decorate a new card using collage and a resist technique.

TEA TOWEL TUESDAY

Tuesday, April 28

10:30 am | Redwood Art Studio

We have more stitches to learn and old ones to review. We will have tea towels ready to embroidery for next year's Bazaar.

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OPERATION WARMTH SERVICE PROJECTS 2026

We have two service projects in 2026 to give back to our community. The projects will run simultaneously. We will make crocheted and knitted scarves, hats and mittens. The other project will be making quilts and afghans for a local charity. The Service Committee will decide the charity as we get closer to October.

When you have finished an item for the **Operation Warmth**, please leave on the table in either The Evergreens or Redwood Art Studios marked as: **Attention: Kathy, Operation Warmth**. Items will be picked up and stored until time for the donation. Quilts will be donated right before the charity prepares for the holiday season. More detailed information about donation events for Operation Warmth will come closer to the event.

Kathy will demonstrate Stitch in the Ditch machine quilting. These quilts are great for practicing your machine quilting talents.

OPERATION WARMTH WORK SESSION

Tuesday, April 14

1:00 pm | Redwood Art Studio

So far we have five hats and scarves and nine quilts and afghans.

PAPER BEADS

Thursday, April 16

10:30 am | Redwood Art Studio

Paper beads are a great way to use scraps of paper, those junk mail papers we all get or other decorative colorful papers we have hanging around. Join us in the fun of making paper beads to embellish other artwork.

CREATIVE ART BRAIN EXERCISES

Tuesday, April 28

1:00 pm | Evergreens Art Studio

We will continue to practice creative arts by doing exercises that are designed to assist in being creative. We will have basic exercises to do using colored pencils, regular pencils and other materials stocked in the studio and available for you to use any time. We will do these exercises to assist you in design, getting unstuck in the creative process and in general, just having fun. Join Kathy in creative exploration.

KNITTING AND CROCHET

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. Come join us for fun, conversation and art making. ■

GET INVOLVED!

THE BENEFITS TO YOUR HEALTH AND WELLBEING ARE ENDLESS

CHALLENGE YOURSELF

- Take an exercise class
- Participate in the creative arts program
- Attend a KU Osher class
- Join a committee or club
- Serve on Resident Council
- Play card or board games with friends
- Come to the Brewster Bean for coffee!

BENEFITS INCLUDE

- Improved Physical Health
- Mental and Cognitive Health
- Reduced Isolation and Depression
- Enhanced Sense of Purpose
- Intergenerational Bonding

BREWSTER PLACE AQUATIC CENTER

Brewster Place residents, staff and BrewsterConnect members who have completed the required paperwork and attended an orientation have access to an indoor saltwater pool. The pool is 28' x 60' and is maintained at 87 degrees. The shallow end is 2' 10" and the deep end is 6'. The pool has an easy access ramp to walk gradually into the shallow end.

In addition, there are six private dressing rooms and two private restrooms in the locker room. There is a sign posted in the locker room which states, "Lockers are for day use only and personal belongings cannot be left overnight." In short, lockers are not reserved for personal, longterm use.

In an effort to make sure all lockers are ready for use for those using the pool, we are designating the weeks of April 6 thru April 17 as a time for lockers to be cleared of personal items. Items left after this period will be cleared by staff. If locks are left on a locker after April 17, staff will break the lock and clear the locker. ■

AQUATIC CENTER LOCKER CLEAN OUT

April 6 - April 17

Please remove any items you may have left in a locker by April 17.

After this date, all remaining items and locks will be removed so all lockers will be available for daily use. Thank you!

RESIDENT COUNCIL AND COMMUNITY CHAT WHAT'S THE DIFFERENCE?

COMMUNITY CHAT

Thursday, April 2

10:00 am

Cultural Arts Center

Hear from CEO Mary Blubaugh and members of the Executive Team.

COMING IN MAY... RESIDENT COUNCIL

Thursday, May 14

10:00 am

Cultural Arts Center

Hear from Resident Council President and Committee chairs.

Every other month on the Brewster Place activities calendar you will see either **Resident Council Meeting** or **Community Chat**. Both of these meetings are open to all residents to attend, but each has a different purpose.

Resident Council is held on the second Thursday in January, March, May, July, September and November at 10:00 am in the Cultural Arts Center. This meeting is lead by the Resident Council President who gives updates about items of importance or concern as well as calling on committee chairs to give updates about their work. A brief report is also given by the CEO.

Community Chat (or Brewster Chat) is held in February, April, June, August, October and December usually on the first Thursday of the month at 10:00 am. Community Chat is lead by the CEO of Brewster Place with updates from her as well as the executive team members.

All residents are invited and encouraged to attend the meetings to stay up-to-date on community news. This is also a wonderful time to ask questions or raise concerns. ■



KU OSHER LIFELONG LEARNING INSTITUTE

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/BluRay 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 | NORTH TERRACE 22

A SPACIOUS PLACE TO CALL HOME



Please call Marketing at 785-274-3351 for more information or to arrange a tour. Come join our community!

Comfortable, bright, and welcoming—this month’s featured home offers approximately 1,000 square feet of thoughtfully designed living space. The open floor plan allows the apartment to live larger than its footprint, with large windows that fill the living area with natural light and create a warm, inviting atmosphere.

The generously sized kitchen provides ample cabinet and counter space, making it easy to prepare meals or gather with friends and family. The spacious living area offers flexibility for relaxing, entertaining, or simply enjoying a quiet afternoon at home.

The primary bedroom is a standout feature, offering two closets—including a large walk-in closet that provides plenty of storage and convenience. Residents enjoy maintenance-free living, covered parking, and beautiful park-like surroundings on our multi-year award-winning campus. ■

SPRINGTIME AND SMILES JUST GO TOGETHER



Waunita Shoemaker spends a lot of time in the Redwood Art Studio. She is a talented quilter and all-around crafter. On this day she was ironing material for a new project.



Doris Hetrick attended Show and Share where residents can bring their creative projects to show to others. This allows our artists to show off their work as well as inspire others.



Nancy Lord and Alfredo Chavez-Garcia attended the Brewster Health Center St. Patrick's Day Pub Crawl. This annual event includes booths with tasty treats and creative beverages. A good time was had by all!

OFF CAMPUS | A FEW HIGHLIGHTS

FOOLIN' OR NO FOOLIN' ROOFTOP DENTURE TOSS

Wednesday, April 1

Let's head to the rooftop of Evergreen building and see who can toss the dentures the furthest. Toss your own dentures or extra dentures can be provided. Really?

NEW EXERCISE CLASS | EXTREME NAPPING

Ready for a mid-week nap? We are too! Bring your own blanket! Mats will be provided. Are you kidding?

OK, APRIL FOOLS! NOW ON TO THE REAL EVENTS

LET'S GO TO THE AMELIA EARHART BIRTHPLACE MUSEUM IN ATCHISON

Wednesday, April 1 | 9:30 am | Shuttle pickup at Brewster Events Center and Redwood

First we'll travel to Pete's Steak House to enjoy a wide variety of homemade soups, salads, and pastas, as well as their signature, locally sourced Central Kansas, USDA Choice hand-cut steaks. This is Mediterranean, Greek and American Cuisine at its finest. Next we'll experience a one hour tour at the Amelia Earhart Museum. Step back in time to the turn of the 20th century and explore the home Amelia Earhart grew up in! Learn about Amelia's history and legacy. Please note there are two steps to get inside the building and three of the rooms have one or two steps as well. The tour will be on the main floor and a video will showcase the top floor. Last, on our way back we'll stop at Ozzy's bakery in Holton to pick up some delicious baked goods! It will be wonderful "April Fool's" Day! Lunch and the bakery are Dutch treat, the Museum tour will be \$13 and transportation is \$13. Please call Jen at 785-274-3398 as space is limited.

TOPEKA SYMPHONY ORCHESTRA | The Clown

Saturday, April 11 | 6:45 pm | Shuttle pick up at Brewster Events Center and Redwood

TUNE IN for a night of mystery, intrigue, and spectacular beauty. Stravinsky's Petrushka unravels a dark tale of manipulation and jealousy with an ill-fated puppet whose desperate fight for love ends in tragedy. Reena Esmail's Remember weaves together powerful themes of identity and connection, blending Eastern and Western influences in a stunning musical tapestry. And join us in welcoming to the stage rising star Aubree Oliverson on Tchaikovsky's virtuosic, passionate, and beguiling Violin Concerto. This will be a night to remember! Please call Jen at 785-274-3398 as space is limited. Tickets for Section 1, 2 and 3 Senior (65 & older) – \$39/\$37/\$25 Please call Jen at 785-274-3398 as space is limited.

SPRING STROLL AND SWEET TREATS

Wednesday, April 15 | 1:00 pm | Shuttle pick up at Brewster Events Center and Redwood

Enjoy a relaxing afternoon walk at Ted Ensley Gardens at the peak of Tulip Time. Finish with assorted delicious desserts. Cost is \$5 per person. Please call Jen at 785-274-3398 as space is limited.

DINNER AT WILD OLIVES

Wednesday, April 15 | 4:00 pm | Shuttle pick up at Brewster Events Center and Redwood

Great American food menu with a beautiful view of Lake Wabaunsee. You can choose the fried chicken buffet or the full menu. Dinner is Dutch treat and \$13 for transportation. Please call Jen at 785-274-3398 as space is limited.

LUNCH OUT AND VISIT TO HENRY'S PLANT FARM

Wednesday, April 22 | 10:30 am | Bus pick up at Brewster Events Center and Redwood

First, lunch at Hill Creek Market. They offer a selection of farm fresh goods as well as a farm boutique of soaps, jams, jewelry, and more. Next we'll explore Henry's Plant Farm in Lecompton. You can buy all your spring flowers as long as there is room on the bus! Lunch is Dutch treat and \$13 for transportation. Please call Jen at 785-274-3398 as space is limited.

NEW THEATRE IN KANSAS CITY | THIS TRIP IS FULL | CALL FOR WAITLIST

Wednesday, April 29 | 9:30 am | Shuttle pick up at Brewster Events Center and Redwood

A successful, handsome dentist has the perfect set up! He's afraid of settling down and built a web of hilarious lies to his girlfriends, telling them that he's already married. When the ruse threatens to catch up with him, he asks his prickly nurse to pose as his "wife" she blossoms, and he finds himself falling in love with the lovely "cactus flower" right under his very nose. Tickets are \$40 and include lunch. Transportation fee is \$13. Please call Jen at 785-274-3398 as space is limited.

TOPEKA CIVIC THEATRE | HOLD ON!

Thursday, April 30 | 6:00 pm | Shuttle pick up at Evergreens and Redwood

Hold On! brings to life the powerful fight for voting rights in Selma Alabama, in 1965. At its core is the intense and complex relationship between Martin Luther King Jr. and President Lyndon B. Johnson. As the streets of Selma erupt in a historic battle for justice, these two leaders navigate their own struggles – one driven by moral courage, the other by political pressure. Through gripping dialogue and dynamic storytelling, Hold On! captures a pivotal moment in history that changed the course of a nation. For those who do not have season tickets, individual tickets are \$35.81 each and tickets will be purchased on April 16. Please call Jen at 785-274-3398 as space is limited.

ON CAMPUS | A FEW HIGHLIGHTS

KU OSHER: THE AMERICAN REVOLUTION, THE BRITISH PERSPECTIVE

Thursday, April 2 | 1:00 pm | Cultural Arts Center

This is the last session for this class.

POET, AUTHOR AND SPEAKER ANNETTE BILLINGS AND JENNIFER RODGERS PRESENT: MotherSong: A Poem Play by Daughters

Tuesday, April 7 | 2:00 pm | Cultural Arts Center

This program is a poem/play that consists of dialog between two daughters who have lost their mothers. This is an unscripted conversation between friends who love the spoken word. The poets will share their original poetry, prose, and songs that will embrace their life-experiences as daughters, mothers, and grandmothers. This premiere production will be a healing and nourishing experience for those who have experienced grief and loss.

SIGN LANGUAGE CLASS WITH RESIDENT DON SCHAEFFER

Tuesdays and Thursdays, April 7 to April 30 | 3:30 pm | Evergreens Community Room

Join Don in a beginners sign language class. Don asks that residents who join are willing to devote practice time outside of class. Maximum of 10 students for this class. Please RSVP to Jen at 785-274-3398 as space is limited.

KU OSHER: CARTOONS FROM DISNEY TO PIXAR WITH KARL MENNINGER

Tuesdays, April 14, 21 and 28 | 1:00 pm | Cultural Arts Center

We'll look at the invention of the animated cartoon in the Silent Era, the creation of a certain Mouse by a guy in 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.

NEWS AND VIEWS WITH KEVIN MCFARLAND

Thursday, April 16 | 10:00 am | Main Street Chapel

Join Kevin for a rich discussion of current events from local, national and world news.

BIRTHDAY AND ANNIVERSARY PARTY

Thursday, April 23 | 2:00 pm | Cultural Arts Center

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

STUDIO 62 PIANO AND VIOLIN CONCERT

Monday, April 27 | 5:30 pm | Cultural Arts Center

High Schools who are ready for their spring competition will be performing a variety of toe tapping music.