

# Newsletter

Independent Living – March 22<sup>nd</sup> – 28<sup>th</sup>, 2026



*Happy  
Birthday!*

**Helen Crandall**

March 24<sup>th</sup>

**Linda Grother**

March 24<sup>th</sup>

**Betty Purcell**

March 25<sup>th</sup>



**"I'm at an age  
when my back  
goes out more  
than I do."**

**-Phyllis Diller -**



## **Aldersgate Village Life Community**

7220 SW Asbury Drive  
Topeka, Kansas 66614  
(785) 478-9440



## **Don't Forget! Upcoming Events**

**Resident Assembly is scheduled for Tuesday  
March 24<sup>th</sup>, 2026, at 9:30 in Wesley Hall.**

**Teaching Kitchen is scheduled for March 25<sup>th</sup>,  
2026, at 3:00pm in Esther's Place.**

## **Newsletters, Weekly Calendars and Other Important Information!**

**To help us better understand how you would like to  
receive the newsletter, weekly calendar etc., we have  
placed a form in your mailbox for you to complete and  
return to the Manchester front desk.**

**Thank you for your patience during this transition!**

### **Lou's Place**

**Lou's Place has a great variety of items, from your favorite snacks  
to household items, such as paper towels, dish soap and so much  
more.**

**Come and enjoy a bowl of soft serve ice cream for only \$1.00.  
Available Daily.**

<b>Monday:</b>	<b>Donuts</b>	<b>\$1.00</b>
<b>Wednesday:</b>	<b>Biscuits &amp; Gravy</b>	<b>\$2.00</b>
<b>Thursday:</b>	<b>Danish</b>	<b>\$1.25</b>
<b>Friday:</b>	<b>Cinnamon Rolls</b>	<b>\$1.25</b>

### **HOURS**

**Monday - Friday  
8:30am to 3:00pm**



*Exercise*

March 23<sup>rd</sup> @ 8:30 AM

March 27<sup>th</sup> @ 8:30 AM

(Wesley Hall)

March 25<sup>th</sup> @ 8:30 AM

(Tabbi's Office)

*Video Exercise*

March 23<sup>rd</sup> @ 10:00 AM

March 27<sup>th</sup> @ 10:00 AM

(Wesley Hall)

March 25<sup>th</sup> @ 10:00 AM

(Parlor 206)

*Tai Chi w/Deb*

March 24<sup>th</sup> @ 1:00 PM

(Wesley Hall)

*Cardio Drum w/Music*

March 25<sup>th</sup> 2 @ 2:00 PM

(Craft Room)

*Blood Pressure Clinic*

March 23<sup>rd</sup> @ 11:00 AM

(Room 226)

*Yoga w/Brenda*

March 26<sup>th</sup> @ 10:30 AM

(Craft Room)



# Health & Wellness

**Spring exercise for seniors should focus on low-impact, enjoyable outdoor activities that build strength, balance, and endurance, such as walking in nature, light gardening, cycling, and tai chi.**

**Aim for 150 minutes of moderate-intensity exercise weekly, such as brisk walking, to improve cardiovascular health while soaking up warmer weather.**

## TOP SPRING OUTDOOR ACTIVITIES

**Walking Clubs: Join Aldersgate Village's walking club (coming soon) or create a routine in a park to boost endurance and enjoy nature.**

**Gardening: A functional activity that builds strength, flexibility, and patience.**

**Cycling/E-Biking: A gentle way to build leg muscle and improve balance in the fresh air.**

**Water Aerobics: Utilize a pool for a fun, zero-impact workout that improves flexibility without stressing joints.**

**Outdoor Yoga or Tai Chi: Excellent for improving balance, flexibility, and reducing stress in a calm, outdoor setting.**

**Be Consistent, Not Intense: Start slow to avoid muscle strain, especially if you have been sedentary during winter, and focus on consistency.**



## Transportation Driver



**Aldersgate Village welcomes Jamie Colon, our new Transportation Driver. He comes to Aldersgate with experience driving limos, motorcoach buses, public ADA transportation buses.**

**Some of you might recognize him as our shuttle driver for our CEO Christmas party last year.**

**Welcome Jamie to Aldersgate Village.**

## St. Patrick's Day Fun at Aldersgate Village



### **NEWSLETTER COMMENTS, SUGGESTIONS**

**Contact Rhonda at (785) 478-9440 Ext. 4883 - Email: [rkelley@aldersgatevillage.org](mailto:rkelley@aldersgatevillage.org)**

## It's Tax Time – AARP Tax Aide



**A bunch of thanks and sunshine too.... from grateful me to wonderful you!**

**To all my Aldersgate friends!**

**Mary Coverdale**



**AARP still has appointments available on April 3, 2026. If you are needing help filing your 2025 taxes, they will be available from 9:00am to 2:00pm.**

**Please make your appointment at the front desk in the main lobby at Manchester. Appointments times are limited!**

## March Madness



**The 2026 Men's March Madness tournament has started. It runs from March 15 to April 6, 2026, featuring 68 teams competing for the national championship. Key dates include the First Four (March 17-18), First/Second Rounds (March 19-22), and the Final Four in Indianapolis on April 4-6.**

**Come on downstairs by the Craft Room and play a round of basketball on our electronic basketball game. The bracket will be updated regularly. Larger brackets are now available by the brochure stand on the counter by Christa in the Manchester main lobby.**



**Our Arts & Craft room is available for your use 24/7. Come on down and enjoy painting, card making etc. Craft ideas are always welcome.**



## UPCOMING EVENTS

MON  
MAR 23  
2:00PM

**Entertainment - Ric & Jeanne  
Comedy & Music Act**  
(Wesley Hall)

TUE  
MAR 24  
9:30AM

**Resident Assembly**  
(Wesley Hall)

WED  
MAR 25  
12:45PM

**Out to Shop**  
**God's Storehouse Thrift Store**  
(Bus)

WED  
MAR 26  
3:00PM

**Teaching Kitchen**  
**"Beets"**  
(Esther's Place)

FRI  
MAR 27  
2:00PM

**Happy Hour - Easter**  
(Esther's Place)

# March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
22	23	24	25	26	27	28
<p><b>Health/Exercise</b>  <b>Resident Led</b>  <b>Activities</b>            Religion/Spiritual            Entertainers/            Special Vendors            Special            Events/Activities  <b>Life Enhancement</b>  <b>Directed Activities</b>  <b>Arts &amp; Crafts</b></p> <p><b>Highlighted</b>  <b>Activities/Outings</b>  <b>Sign Up Require at</b>  <b>Manchester Front</b>  <b>Desk/Main Lobby</b></p>	<p>8:30  <b>Exercise</b>            (Wesley Hall)</p> <p>10:00  <b>Video Exercise</b>            (Wesley Hall)</p> <p>11:00  <b>Blood Pressure</b>  <b>Clinic</b>            (Office 226)</p> <p>1:15  <b>Upwards</b>            (Recreation Room)</p> <p>2:00pm  <b>Ric &amp; Jeanne</b>            (Wesley Hall)</p> <p>4:00  <b>Worship</b>            (Wesley Hall)</p>	<p>9:30  <b>Resident Assembly</b>            (Wesley Hall)</p> <p>11:00  <b>Bible Study</b>            (Parlor 206)</p> <p>1:00  <b>Tai Chi</b>            (Wesley Hall)</p> <p>2:00  <b>Bridge Refresher</b>            (Parlor 203)</p> <p>2:00  <b>Mah Jong</b>            (Recreation Room)</p> <p>2:30  <b>Curiosity University</b>  <b>"The Epic Story of</b>  <b>the American</b>  <b>Railroad"</b>            (Wesley Hall)</p> <p>6:00  <b>Bridge</b>            (Parlor 206)</p>	<p>8:30  <b>Exercise</b>            (Tabbi's Office)</p> <p>10:00  <b>Video Exercise</b>            (Parlor 206)</p> <p>12:45  <b>God's Storehouse</b>  <b>Thrift Store</b>            (Bus)</p> <p>1:00  <b>Ping Pong</b>            (Recreation Room)</p> <p>1:15  <b>Red Carpet - Public</b>  <b>Library</b>            (Heritage Hall)</p> <p>2:00  <b>Pinocle</b>            (Parlor 203)</p> <p>2:00  <b>Cardio Drumming</b>  <b>w/Music</b>            (Craft Room)</p> <p>3:00  <b>Teaching Kitchen</b>  <b>"Beets"</b>            (Esther's Place)</p>	<p>10:30  <b>Yoga w/Brenda</b>            (Craft Room)</p> <p>11:00  <b>Arts &amp; Crafts Project</b>  <b>Crochet Group</b>            (Craft Room)</p> <p>1:00  <b>Rummikub</b>            (Recreation Room)</p> <p>1:15  <b>Upwards</b>            (Recreation Room)</p> <p>2:00  <b>Book Club</b>            (Tabbi's Office)</p> <p>3:00  <b>Arts &amp; Crafts Project</b>  <b>Body Scrub</b>            (Craft Room)</p>	<p>8:30  <b>Exercise</b>            (Wesley Hall)</p> <p>10:00  <b>Video Exercise</b>            (Wesley Hall)</p> <p>1:00  <b>Bridge</b>            (Parlor 206)</p> <p>2:00  <b>Happy Hour -</b>  <b>Easter Party</b>            (Esther's Place)</p> <p>3:00  <b>Mexican Train</b>  <b>Dominoes</b>            (Parlor 203)</p>	<p>1:00  <b>Baja Rummy</b>            (Parlor 203)</p>

# Weekly Menu

3/23/26 to 3/29/26

*Aldersgate Village*  
LIFE PLAN COMMUNITY

**MON**

Lunch

**New England Seafood Chowder**

**Garden Chicken Salad \$7.5**

Chopped lettuce topped with crispy chicken cheese, tomato, onions, cucumber & egg

**Manicotti w/ Meat Sauce \$8.5**

Two cheese manicotti topped with our meat sauce served with a breadstick and green beans almondine

Dinner

**Pork Roast Sandwich \$8.5**

Roasted pork loin served on a bun with potatoes & onions and carrots

**TUE**

Lunch

**Garden Vegetable Soup**

**Beef Tacos \$7.5**

Flour tortillas with taco meat, cheese, lettuce, salsa & sour cream

**Cheeseburger \$8.5**

4 oz. beef patty with your choice of cheese served with fries and red cabbage coleslaw

Dinner

**Teriyaki Beef \$8.5**

Stir-fried beef with fried rice and a salad

**WED**

Lunch

**Mushroom Barley**

**Cran Chicken Salad \$7.5**

Creamy chicken salad on a croissant with your choice of side

**Salmon Salad \$12**

4 oz. Salmon fillet on a salad of mixed greens with strawberries, feta, candied walnuts & a raspberry vinaigrette

Dinner

**Chicken Pesto \$8.5**

Marinated chicken thighs served over pasta with zucchini parmesan

**THU**

Lunch

**Green Chile Chowder**

**BLT \$7.5**

Traditional favorite served with your choice of side

**BBQ Chicken \$8.5**

Roasted 8 cut chicken glazed with bbq sauce served with whipped sweet potato and cheesy corn

Dinner

**Cube Steak \$8.5**

Seared beef cube steak served with a mushroom gravy over mashed potatoes & broccoli

**FRI**

Lunch

**Beef & Bean Chili**

**Grilled Cheese \$7.5**

2 slices of Texas toast with American cheese grilled and served with a choice of side

**Fish Sandwich \$8.5**

Beer battered fish fillet topped with cheese and served on a bun with chips

Dinner

**Chicken Enchilada**

**Casserole \$8.5**

Traditional enchilada served with cilantro lime rice and black beans

**SAT**

Lunch

**Minestrone**

**Reuben \$7.5**

The diner favorite served with your choice of side

**Swedish Meatballs \$8.5**

Served with mashed potatoes, brown gravy and country style green beans

Dinner

**Turkey Marsala \$8.5**

Turkey cutlets bathed in marsala sauce & served over egg noodles with creamed spinach

**\$10**

**JOIN US FOR OUR SUNDAY BUFFET**

Fresh Salads and Desserts included

- Chicken Cassoulet
- Whipped Potatoes & Gravy
- Roasted Broccoli

- Beef Burgundy
- Mixed Vegetables
- Dinner Roll

**HOURS:**

Lunch

Monday - Saturday 11am – 1:30pm

Dinner

Monday - Saturday 4:45 pm – 6:30 pm

Sunday

11:30 am-1:30 pm

**CONTACT:**

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