

*Happy
Birthday!*

Mary Cullers

April 4th

JoAnn Buller

April 6th

Liz Bnortham

April 7th

Ross Miller

April 8th

Benita Peoples

April 9th

Judy Toelkes

April 9th

Gwen

Montgomery

April 10th

Roy Marks

April 11th

Aldersgate Village Life Community

7220 SW Asbury Drive

Topeka, Kansas 66614

(785) 478-9440

Wishing you a truly Blessed and Happy Easter! As we celebrate this season of renewal and new beginnings, we wanted to send a note to let you know you are in our thoughts and prayers. Easter is a time to reflect on the hope, love, and joy that the Resurrection brings to our lives. May the promise of this season fill your heart with peace and bring a bright smile to your face. I hope your day is filled with the warmth of springtime, the company of loved ones, and the knowledge of how much you are cherished. Thank you for the wisdom and light you bring to those around you. Sending you abundant blessings for a wonderful Easter weekend.

Wishing you an Easter filled with faith, hope, and the promise of new beginnings.



Esther's Dining Room Lunch Service Update Saturday, April 11, 2026

Please note that lunch service in Esther's Dining Room on Saturday, April 11, may have limited seating due to the luncheon being held in conjunction with Wanda Chittenden Memorial Service. We appreciate your understanding and patience during this time.



Exercise

April 6th @ 8:30am
April 8th @ 8:30am
April 10th @8:30am
(Wesley Hall)

Video Exercise

April 6th @ 8:30am
April 8th @ 8:30am
April 10th @8:30am
(Wesley Hall)

Tai Chi w/Deb

April 7th 1:00pm
(Wesley Hall)

Cardio Drum w/Music

April 8th @ 2:00pm
(Wesley Hall)

Yoga w/Brenda

April 9th @ 10:30am
(Craft Room)



Health & Wellness

Back safety for seniors involves maintaining a neutral spine, strengthening the core, and using proper lifting techniques to avoid injury. Key practices include lifting with legs rather than the back, avoiding twisting while lifting, maintaining good posture, and staying active with low-impact exercises like walking or swimming.

Safe Lifting and Movement Techniques

- **Lift with Legs:** Bend at the knees, not the waist, and keep your back straight when lifting.
- **Keep Items Close:** Hold objects close to your body at waist level to minimize pressure on the lower back.
- **Avoid Twisting:** Instead of twisting, turn with your feet (pivot) to change direction.
- **Get Help:** Avoid lifting heavy or awkward objects alone.
- **Do Not Reach:** Avoid reaching above shoulder height or reaching over long distances, using a ladder or step stool when needed.

Daily Activity and Posture

- **Maintain Neutral Posture:** Keep ears, shoulders, and hips aligned to avoid straining muscles.
- **Avoid Prolonged Stasis:** Take breaks to move and stretch to avoid stiffness from staying in one position.
- **Smart Working:** Adjust workstations to elbow height and use a lumbar support cushion for chairs.
- **Household Safety:** Use tools with long handles for tasks like gardening or cleaning to prevent excessive bending.

Strengthening and Self-Care

- **Build Core Strength:** Engage in exercises like planks, bird dogs, and walking to strengthen the abdominal and back muscles, which protects the spine.
- **Flexibility Training:** Practice gentle yoga or tai chi to improve mobility.
- **Sleep Positions:** Sleep on a firm mattress; side sleepers should use a pillow between their knees, and back sleepers under their knees.
- **Health Screenings:** Get regular bone density tests to identify osteoporosis early.
- **Seek medical advice** if you experience back pain lasting more than a few weeks, numbness/weakness in legs, or pain that hinders walking.



National Nebraska Day - April 5th, 2026

Founded in 2017 by National Day Calendar® to celebrate Nebraska as the 37th state to join the Union. National Day Calendar is committed to celebrating every aspect of our nation's diverse culture and history, which is why we proudly introduced National State Days. This initiative is our way of honoring each state in the order they joined the Union, offering a dedicated day to celebrate the unique heritage, achievements, and spirit of each state.

Retired Nurse Meeting - April 9th, 2026

Cathy Abrams - Retired Nurse Leader and US Army Nurse Corp Veteran will share some of her experiences as an Operating Room nurse with a hospital unit in South Vietnam during the war.

UWF Book Discussion - April 27th, 2026

The first book discussion of the United Women in Faith Book Club for 2026 will take place on Monday April 27 at 6:30pm in Manchester Lodge Parlor 206 on the Aldersgate Campus. We'll read and discuss: *THE WOMEN* by KRISTIN HANNAH--This celebrated novel is the story of one woman gone to war, but it shines a light on all women who put themselves in harm's way and whose sacrifice and commitment to their country have too often been forgotten. When her brother ships out to serve in Vietnam, Frances "Frankie" McGrath joins the Army Nurse Corps and follows his path. A #1 *New York Times* bestseller, *The Women* is a richly drawn story with a memorable heroine.

You may get your own copy of the book or contact Linda Holmquist (620-260-5985 or Lholmquist@outlook.com) to share a book. She'll let you know if one is available.

New Event Starting this Month Happy Hour vs Happy Hour Plus

Starting April 2026, we are adding Happy Hour plus to the calendar. Happy Hour will be in Esther's Place, one Friday a month with an appetizer buffet. We will provide a specialty alcoholic drink and a non-alcoholic drink. Happy Hour Plus will be schedule once a week for the remainder three weeks of the month. We will provide snacks, wine, beer and a non-alcoholic drink. We will be having music as well with Happy Hour Plus, some of which will be live entertainment. With the warmer months approaching us, we will be having special themed events as well. "Cheers" to warmer weather.

Reminders



Notable Quotable

"People still come up to me and ask me to sign their records. That's right, records! Man, they don't even make records no more!"

~ Al Green
born April 13, 1946

Birthday Coffee

Our April Birthday Coffee is scheduled for Tuesday, April 7th at 9:30am in Wesley Hall. Please come and help us celebrate those having birthdays in the month of April.

Enjoy a delightful time together!

Reception Hours

Beginning Monday, March 30, the Manchester receptionist desk will close at 4:30 p.m. for the next few weeks due to reduced staffing.

Free Ice Cream April 6th-10th

Come by and enjoy a bowl of ice cream donated by one of great residents.

Veterans Association Meeting

Thursday
April 16, 2026
At 2:00pm
(Esther's Place)



Photo by:
Jim & Agnes Smith

Aldersgate Village Photo Gallery

Snap a picture and share it with us -
let's see the world through your eyes!
Photos can be sent to: rkelley@aldersgatevillage.org

NEWSLETTER COMMENTS, SUGGESTIONS

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

April 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Happy Easter! 5</p> <p>Health/Exercise Resident Led Activities Religion/Spiritual Entertainers/ Special Vendors Special Events/Activities Life Enhancement Directed Activities Arts & Crafts</p> <p>Highlighted Activities/Outings Sign Up Require at Manchester Front Desk/Main Lobby</p>	<p>6</p> <p>8:30 Exercise (Wesley Hall)</p> <p>10:00 Video Exercise (Wesley Hall)</p> <p>10:30 Bus Outing: Wal-Mart - \$</p> <p>1:15 Upwards (Recreation Room)</p> <p>4:00 Worship (Wesley Hall)</p>	<p>7</p> <p>9:30 Village Coffee (Wesley Hall)</p> <p>11:00 Bible Study (Parlor 206)</p> <p>1:00 Tai Chi (Wesley Hall)</p> <p>2:00 Bridge Refresher (Parlor 203)</p> <p>2:00 Mah Jong (Recreation Room)</p> <p>2:30 Curiosity University Charles Lindbergh The Complicated Story of an Infamous (Wesley Hall)</p> <p>6:00 Bridge (Parlor 206)</p>	<p>8</p> <p>8:30 Exercise (Wesley Hall)</p> <p>10:00 Video Exercise (Wesley Hall)</p> <p>1:00 Ping Pong (Recreation Room)</p> <p>2:00 Pinochle (Parlor 203)</p> <p>2:00 Cardio Drumming w/Music (Wesley Hall)</p>	<p>9</p> <p>Yoga w/Brenda (Craft Room)</p> <p>10:30am Bus Outing: Joy Wok - \$ (Bus)</p> <p>11:00 Arts & Crafts Project Gel Air Fresheners (Craft Room)</p> <p>1:00 Rummikub (Recreation Room)</p> <p>1:15 Upwards (Recreation Room)</p> <p>2:00 Retired Nurses Group (Parlor 206)</p>	<p>10</p> <p>8:30 Exercise (Wesley Hall)</p> <p>10:00 Video Exercise (Wesley Hall)</p> <p>11:00 Bunco (Craft Room)</p> <p>1:00 Bridge (Parlor 206)</p> <p>1:00 Mat's Group (Craft Room)</p> <p>2:00 Happy Hour Plus (Wesley Hall)</p> <p>3:00 Mexican Train Dominoes (Parlor 203)</p>	<p>11</p> <p>1:00 Baja Rummy (Parlor 203)</p> <p>3:00 Bingo (Parlor 203)</p> <p>6:30 Bus Outing: Topeka Symphony - \$ (Bus)</p> <p>Please note we are no longer needing bags for the "Mat's Group".</p> <p>Thank you!</p>

Please sign up in the Transportation Book - Located in Manchester Main Lobby!

UPCOMING EVENTS

**MON
6**

10:30AM

**Wal-Mart
Bus Loads at 10:30am**

**THU
9**

10:30AM

**Joy Wok Restaurant
Bus Loads at 10:30am**

**MON
13**

10:30AM

**Perkins
Bus Loads at 10:30am**

**THU
16**

10:30AM

**Cracker Barrel Restaurant
Bus Loads at 10:30am**

**WED
22**

10:30AM

**Hobby Lobby
Bus Loads at 10:30am**

Director of Transportation/Life Enhancement & Wellness

Rhonda Kelley

rkelly@aldersgatevillage.org

(785) 478-9440 Ext. 4882

Weekly Menu

Aldersgate Village
LIFE PLAN COMMUNITY

4/6/26 to 4/12/26

MON

Lunch

Pumpkin Soup

Hot Ham & Cheese \$7.5
Served on a bun with choice of side

Turkey a la King \$8.5

Traditional favorite served over a flaky biscuit with paprika potatoes

Dinner

Chicken Cordon Bleu \$8.5

Breaded & fried chicken breast topped with ham & Swiss cheese served with mixed vegetables

THU

Lunch

Split Pea Soup

Sloppy Joe \$7.5

Traditional favorite served with tater tots

Chicken Parmesan \$8.5

Traditional favorite served with penne alfredo

Dinner

Pork Stew \$8.5

Slow cooked pork with sweet potatoes & vegetables served with a biscuit and roasted cauliflower

TUE

Lunch

Tomato Soup

Grilled Cheese \$7.5

Served with chips and mixed vegetables

Pork T Sandwich \$8.5

Breaded pork tenderloin on a bun with creamy horseradish and one side

Dinner

Beef Goulash \$8.5

Our traditional casserole served with green beans & a roll

WED

Lunch

Chicken Corn Chowder

Chicken &

Dumplings \$7.5

Diced chicken with veggies in a creamy gravy served with escalloped tomatoes

Build a Pizza \$8.5

Pizza with your choice of toppings or Taco Pizza served with a tossed salad

Dinner

Pub Style Fish \$8.5

Beer battered fish served with Au gratin potatoes & confetti slaw

FRI

Lunch

Wisconsin Cheese Soup

Chicken Sandwich \$7.5

Breaded chicken on a bun served with one side

Fried Catfish \$8.5

Cornmeal battered catfish served with succotash

Dinner

Tuna & Noodles \$7.5

Egg noodles in mushroom cream sauce served with broccoli & a roll

SAT

Lunch

Dining Room may have limited seating due to the Wanda Chittenden Memorial Service Luncheon

SW Eggrolls

Boneless Wings 2 Ways

Nacho Bar

Veggie Platter with Ranch

Carrot Cake

Tea, Water, Lemonade & Coffee

\$10

JOIN US FOR OUR SUNDAY BUFFET

"Fresh Salads and Desserts included"

- Roast Beef with Brown Gravy
- Baked Potato
- Dinner Rolls

- Braised Pork Chops
- Parslied Carrots
- Rice Pilaf

HOURS:

Lunch

Monday - Saturday 11am - 1:30pm

Dinner

Monday - Saturday 4:45 pm - 6:30 pm

Sunday

11:30 am-1:30 pm

CONTACT:

Matt Mitzel

MatthewMitzel@morrisonliving.com

(785) 478-9440 ext.4772