

JUNE 8TH, 2026 - JUNE 14TH, 2026 - INDEPENDENT LIVING

Our New Dinner Theatre Restaurant Outing was a **GREAT** success!

We seen a live performance of, "Cactus Flower" with the actress Marilu Henner.

This trip was a blast, full of socializing, fun and laughter!



ALDRSGATE VILLAGE PHOTO GALLERY

PHOTO BY: CONNIE NEUENSWANDER



ADDITIONAL PHOTOS OF THE NEW DINNER THEATRE

4th Becky Krien
8th Judy Marks
13th Becky Laney
18th Terry Kimes
26th Yvonne Nitz

8th Velma Dickson
12th Tom Newell
16th Neil Crow
25th Duane Kessler
30th Chuck Atherton



Health & Wellness



STRETCH & FLEX

JUNE 8TH - 8:30AM

JUNE 10TH - 8:30AM

JUNE 12TH - 8:30AM
(WESLEY HALL)

VIDEO EXERCISE

JUNE 8TH - 10:00AM

JUNE 10TH - 10:00AM

JUNE 12TH - 10:00AM
(WESLEY HALL)

TAI CHI

JUNE 9TH - 1:00PM
(WESLEY HALL)

YOGA W/BRENDA

JUNE 11TH - 10:30AM
(CRAFT ROOM)

FEEL YOUNGER THRU BETTER POSTURE

W/TRAVIS

JUNE 8TH - 11:00AM
(CRAFT ROOM)

BLOOD PRESSURE CLINIC

JUNE 8TH - 11:00AM
(ROOM 226)

THANK YOU! 😊

Aging is enjoyable when your friends send messages of encouragement and friendship! Thank you for making my special day a memory that will linger all year! You are the best!

Carolyn Olson

Thank You! Thank You! Thank You!

I really appreciated all the fun cards and Happy Birthday greetings from my Aldersgate friends.

Judy Ross



June 12, 2026	- Oxford Rd.
July 3, 2026	- Rogers Rd.
July 24, 2026	- Whitefield
July 31, 2026	- Ingleside
August 7, 2026	- Baywater Cir.
August 14, 2026	- Bristol Rd.
August 14, 2026	- Bloomsbury Ct.
August 21, 2026	- Kingswood Cir.
August 21, 2026	- Wesley Cir.
August 21, 2026	- Bracken Ct.



NEWSLETTER COMMENTS AND/OR SUGGESTIONS!

Contact Rhonda at (785) 217-7353 or rkelly@aldersgatevillage.org

UPCOMING EVENTS

JUNE
10TH

***OLD DEPOT MUSEUM &
SMOKED CREATIONS BBQ***
(BUS LEAVES AT 10:00AM) \$\$\$

JUNE
16TH

NAVIGATING DEMENTIA
COREFIRST & DR. LEXOW
5:30PM - 6:30PM
(WESLEY HALL)

JUNE
19TH

FIRST DAY OF SUMMER PARTY
ENTERTAINMENT BY: JAMES HINTZ
(LOU'S PATIO)

JULY
22ND

***NEW DINNER THEATRE
"LEGALLY BLONDE"***
(BUS LEAVES AT 10:00AM) \$\$\$

***PLEASE SIGN UP AT THE FRONT DESK MAIN LOBBY
IN THE TRANSPORTATION/ACTIVITY BOOK!***

ALL TICKETS/TRANSPORTATION CHARGES ARE LISTED ON
SIGN-UP SHEET!

****SIGN-UP REQUIRED** \$\$\$ TRANSPORTATION FEE**

**MONDAY
JUNE 8TH**

- 8:30 **Stretch & Flex Exercise**
(Wesley Hall)
- 10:00 **Video Exercise**
(Wesley Hall)
- 11:00 **Feel Younger Thru Better Posture w/Travis**
(Wesley Hall)
- 1:00 **Let's Get Crafty:**
Paint & Sip - Part 2
(Craft Room)
- 1:15 **Upwards**
(Rec Room)
- 4:00 **Worship**
(Wesley Hall)

**TUESDAY
JUNE 9TH**

- 11:00 **Bible Study**
(Parlor 206)
- 1:00 **Tai Chi**
(Wesley Hall)
- 2:00 **Bridge Refresher**
(Parlor 203)
- 2:00 **Mah Jong**
(Rec Room)
- 2:30 **Curiosity University**
The Five Thieves of Happiness:
"How to Recover Your Joy"
(Wesley Hall)
- 6:00 **Bridge**
(Parlor 203)

**WEDNESDAY
JUNE 10TH**

- 8:30 **Stretch & Flex Exercise**
(Wesley Hall)
- 10:00 **Video Exercise**
(Wesley Hall)
- 10:00 **Bus Outing: \$\$\$**
Old Depot Museum &
Smoke Creations BBQ
- 1:00 **Ping Pong**
(Rec Room)
- 2:00 **Pinochle**
(Parlor 203)
- 3:00 **Cardio Drumming w/ Music**
(Craft/Exercise Room)

**THURSDAY
JUNE 11TH**

- 9:00 **Bus Outing: \$\$\$**
Dillons
- 9:30 **Balloon Baseball**
(Craft Room)
- 10:30 **Yoga**
(Craft Room)
- 1:00 **Rummikub**
(Parlor 203)
- 1:00 **Strength Training**
(Craft/Exercise Room)
- 1:15 **Upwards**
(Rec Room)
- 2:00 **Retired Nurses**
(Parlor 206)
- 2:00 **Let's Get Crafty:**
Card Making
(Craft Room)

**FRIDAY
JUNE 12TH**

- 8:30 **Stretch & Flex Exercise**
(Wesley Hall)
- 10:00 **Video Exercise**
(Wesley Hall)
- 1:00 **Bridge**
(Parlor 203)
- 2:00 **Happy Hour Plus**
(Wesley Hall)
Entertainment By:
Marshall Larson
- 3:00 **Mexican Train Dominoes**
(Parlor 206)

**SATURDAY
JUNE 13TH**

- 1:00 **Baja Rummy**
(Parlor 203)
- 3:00 **Bingo**
(Wesley Hall)

**SUNDAY
JUNE 7TH**

- Health/Exercise**
- Resident Led Activities**
- Religion/Spiritual**
- Entertainers/Special Vendors**
- Special Events/Activities**
- Life Enhancement Directed Activities**
- Arts & Crafts**
- Educational**

Monday, June 8th at 11:00am
Feel Younger Thru Better Posture
w/Travis!
(Wesley Hall)

**BUS OUTINGS
SIGN UP
REQUIRED \$\$\$**

ADDITIONAL INFORMATION

TRANSPORTATION

IF YOU ARE NEEDING TO MAKE AN APPOINTMENT, PLEASE CALL THE FRONT DESK TO SCHEDULE. IF THE APPOINTMENT IS **LESS THEN 3 BUSINESS DAYS**, PLEASE CONTACT THE DIRECTOR OF TRANSPORTATION.

MAIN #: (785) 478-9440

DIRECTOR OF TRANSPORTATION: (785) 217-7353

TRANSPORTATION FOR PICKUP ONLY: (785) 221-0425

RESIDENTS WITH WALKERS

PLEASE MAKE SURE YOUR WALKER IS CLEANED OUT PRIOR TO YOUR PICK UP FOR APPOINTMENTS OR OUTINGS. THIS HELPS THE DRIVER STORE YOUR WALKER SAFELY IN OUR VAN OR BUS.

HILLTOPPERS

HILLTOPPERS CHECK YOUR MAILBOX AT MANCHESTER FOR A FLIER CONTAINING THE MENU AND RESERVATION INFORMATION FOR OUR FRIDAY, JUNE 19TH QUARTERLY MEETING AND LUNCHEON.

WE'LL BE ELECTING A NEW SLATE OF OFFICERS AND WOULD LOVE TO SEE YOU THERE.

DENISE

NEW ACTIVITIES/EVENTS

WE ARE SO EXCITED TO ANNOUNCE THAT THERE WILL BE SOME NEW FUN ACTIVITIES/EVENTS THAT WILL BE SCHEDULED. DONT FORGET TO CHECK OUT THE WEEKLY CALENDAR!

JUNE 22, 2026

UWIF BOOK CLUB

6:30PM
(PARLOR 206)

JOIN THE UNITED WOMEN IN FAITH BOOK DISCUSSION AT MANCHESTER LODGE ON THE ALDERSGATE CAMPUS. CONTACT LINDA HOLMQUIST AT (620) 260-5085 OR LHOMQUIST@OUTLOOK.COM IF YOU NEED TO BORROW A COPY OF THE BOOK.

WE'LL DISCUSS: SEVENTY TIMES SEVEN: A TRUE STORY OF MURDER AND MERCY BY ALEX MAR

JUNE 11, 2026

VETERAN'S SUMMER LUNCHEON

11:30AM
(ESTHER'S PLACE)

IF YOU ARE LEAST PLANNING TO ATTEND, PLEASE CONFIRM THAT WITH CHUCK HALE (785) 760-3253 OR EMAIL AT: CHUCKNHALE@GMAIL.COM

ALDERSGATE MAH JONGG

IF YOU ARE STILL PLAYING MAH JONGG ON YOUR PHONE, YOU ARE MISSING A LOT OF THE GAME AND YOU'RE ALSO MISSING GETTING TOGETHER WITH A GROUP THAT PLAYS EVERY TUESDAY AT 2:00PM IN THE REC ROOM - THEY HAVE A LOT FUN PLAYING, LAUGHING AND VISITING. NEST, TUESDAY, JUNE 9TH, WE ARE GOING TO SET ALL THE TILES RIGHT SIDE UP AND EXPLAIN HOW THE GAME WORKS. WE INVITE YOU TO COME TO THE GAME ROM AT 2:00PM, TAKE A LOOK, CHECK IT OUT. SEE YA THERE!

JUDY ROSS

Weekly Menu

6/08/26 to 6/14/26

Aldersgate Village
LIFE PLAN COMMUNITY

MON

Lunch

Tuscan Bean Soup
Taco Salad \$7.5

Chopped lettuce topped with cheese, tomato, onions, olives with seasoned ground beef

BBQ Pulled Pork \$8.5

House smoked pork shredded and served in sauce on a bun with mac & cheese

Dinner

Chicken Scallopini \$8.5

Chicken breast cooked in a savory lemon cream sauce served with pesto red potatoes

THU

Lunch

Cheeseburger Chowder
BLT \$7.5

Traditional favorite served with your choice of side

Oven Fried Chicken \$8.5

Breaded chicken served with mashed potatoes & cream gravy and seasoned peas

Dinner

Grilled Pork Chop \$8.5

Marinated & grilled pork chop served with a mushroom orzo pasta

TUE

Lunch

Tomato Basil Bisque
Reuben \$7.5

Traditional favorite served with your choice of side

Beef Tacos \$8.5

Two tacos with seasoned ground beef, cheese, lettuce, salsa, sour cream, Spanish rice & refried beans

Dinner

Shepherd's Pie \$8.5

Our traditional casserole served with a spinach salad & a roll

FRI

Lunch

Southwest Vegetable Soup
Chicken Salad \$7.5

Served on a croissant with your choice of side

Spaghetti 8.5

Ground beef, pasta & tomato sauce served with garlic toast and a side salad

Dinner

Chicken Fried Steak \$8.5

Breaded & fried steak served over mashed potatoes with cream gravy and glazed carrots

WED

Lunch

Beef Noodle Soup
Tuna Melt \$7.5

Tuna salad served open faced on sourdough bread with kettle chips.

Steak Sandwich \$8.5

Slow roasted beef sliced thin and served open faced on rye bread with melted provolone, au jus and one side choice

Dinner

Honey Chicken Thigh \$8.5

Marinated chicken thighs served with an oven baked sweet potato & Harvard beets

SAT

Lunch

Potato Bacon Soup
Cuban Sandwich \$7.5

Garlic pork, ham, mustard, pickles and swiss grilled together on a hoagie bun served with one side

Roast Turkey \$8.5

Slow roasted turkey served with bread stuffing and green bean casserole

Dinner

Shrimp Alfredo \$8.5

Sauteed shrimp served with penne pasta, garlic breadstick

\$10

JOIN US FOR OUR SUNDAY BUFFET

"Fresh Salads and Desserts included"

- Chopped Steak
- Mashed Potatoes & Gravy
- Grilled Cauliflower
- Rosemary Lemon pepper chicken
- Wild Rice
- Country green beans

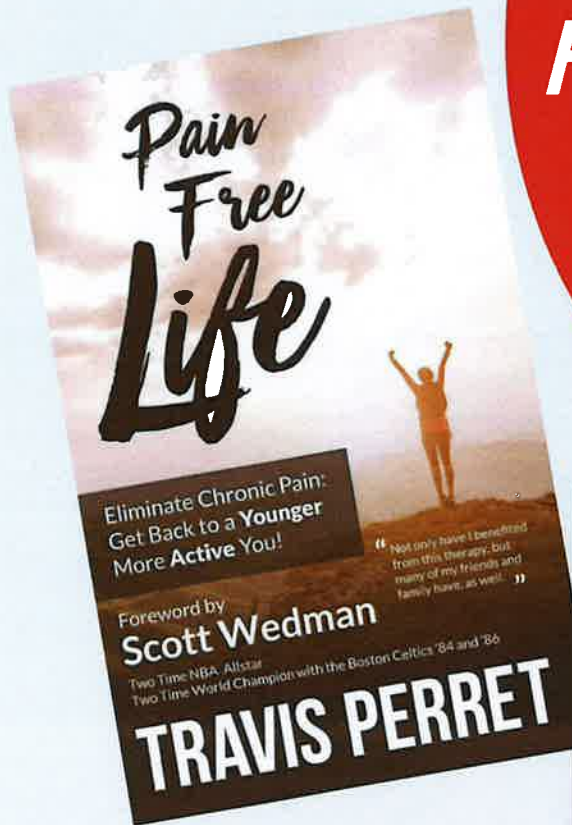
HOURS:

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

Feel Younger Through Better Posture by Travis Perret



Monday, June 8th

11:00 AM

Wesley Hall

No RSVP Needed! Bring a friend!

Did you know our own VP of Marketing is also a 2-time best-selling author on pain-free living? Join Travis Perret for an informal, helpful talk on how improving your posture can boost your daily energy and relieve chronic pain.

Take steps to improve your health

Reduce Pain:

Learn how to decrease back, knee, and hip discomfort.

Boost Energy:

Simple posture tips to help you feel your best.

Stay Active:

Easy alignment steps you can practice right at home

Travis is the author of the Amazon #1 Best Seller: "Pain Free Life: Eliminate Chronic Pain—Get Back to a Younger More Active You!"

Aldersgate Village
LIFE PLAN COMMUNITY

PING PONG

**JUNE
17**

TOURNAMENT

1PM



RECREATION ROOM

ALL LEVELS OF SKILL WELCOMED

DRINKS

SNACKS

PRIZES

PLEASE SIGN UP IN THE TRANSPORTATION/ACTIVITY
BOOK IN THE MAIN LOBBY!

OLD DEPOT MUSEUM &
SMOKED CREATIONS
BBQ OUTING!
WEDNESDAY, JUNE 10TH, 2026
BUS LEAVES AT 10:00AM
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