

COMMUNITY NEWS

INDEPENDENT LIVING

SEPTEMBER 14-20, 2026

Teaching Kitchen

Wednesday, Sept. 16
3:00 PM Esther's Place

Join us where we will watch Chef Kevin demonstrate how to use superfoods. This week he is showing us the powers of **SEEDS**.



Free Audiology Clinic



Stop by to have your hearing aids cleaned and adjusted in the residents service office. 9:30- 11:00 AM.

Out to Eat

Thursday, September 24th

Joy Wok - Super Buffet and Hibachi

*Sign up at front desk, transportation and dining fees apply. **Bus departing at 10:45 from Manchester.***



Upcoming Events

Brother's Blue Band

Monday, Sept. 14th
2:30 PM - Wesley Hall

Hilltopper Luncheon

Friday, Sept. 18th
Esther's Place

Live Music featuring...

Michael Eichten 9/16

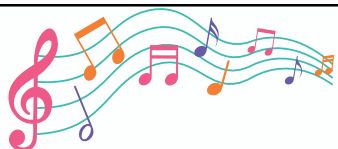
1:30 PM - Wesley Hall

Happy Hour

Friday, Sept. 18th
2:00 PM Wesley Hall

Veteran's Luncheon

Thursday, Sept, 17
11:30 AM Esther's Place



Upcoming Performances



Monday, September 14 2:30 PM Wesley Hall

Brother's Blue Band Come sing along with Brother's Blue as they perform 70s and 80s classic rhythm and blues hits your sure to enjoy.

Wednesday, Septemeber 16 1:30 PM Wesley Hall

Michael Eichten A nostalgic advocate storyteller and musician dedicated to practicing and teaching science-backed habits to "LIVE-BETTER-LONGER"

Weekly Schedule of Events

Monday, September 14, 2026

8:30 AM Exercise @ Craft Room
10:00 AM Exercise @ Craft Room
1:15 PM Upwards @ Rec Room
2:00 PM Pitch @ Parlor 203
2:30 PM Brother's Blue Band Performance @ Wesley Hall
4:00 PM Worship @ Wesley Hall

Tuesday, September 15, 2026

9:30 AM Exercise @ Craft Room
10:15 AM Scenic Tour @ Manchester lobby
10:00 AM Bunco @ Parlor 203
11:00 AM Bible Study @ Parlor 206
2:00 PM Bridge Refresher @ Parlor 203
2:00 PM Mah Jong @ Rec Room
2:30 PM Curiosity University @ Wesley Hall (The five thieves of happiness)
6:00 PM Bridge @ Parlor 203

Wednesday, September 16, 2026

8:30 AM Exercise @ Wesley Hall
10:00 AM Exercise @ Wesley Hall
9:30 AM Audiology Clinic @ Resident Services 226
1:00 PM Ping Pong @ Rec Room
1:30 PM Michael Eichten Music Performance @ Wesley Hall
2:00 PM Pinnocle @ Parlor 203
2:30 PM Cardio Drumming @ Craft Room
3:00 PM Teaching Kitchen @ Esther's Place

Thursday, September 17, 2026

9:00 AM Hyvee bus outing..\$\$\$
10:30 AM Yoga @ Craft Room
11:30 AM Veteran's Group Luncheon @ Esther's Place
1:00 PM Rummikub @ Parlor 203
1:00PM Baja Rummy @ Esther's Place
1:00 PM Exercise @ Craft room
1:15 PM Upward @ Rec Room
2:00 PM Card Making @ Craft Room
2:00 PM Craft Time @ Craft Room

Friday, September 18, 2026

8:30 AM Exercise @ Craft Room
10:00 AM Exercise @ Craft Room
11:30 AM Hilltopper Luncheon @ Esther's Place
1:00 PM Bridge @ Parlor 203
2:00 PM Happy Hour @ Wesley Hall
3:00 PM Mexican Train Dominos @ Parlor 206

Saturday, September 19, 2026

9:15 AM Coffee @ Esther's Place
1:00 PM Baja Rummy @ Parlor 203
3:00 PM Bingo @ Wesley Hall



Celebrating this week...

Sept. 12th - Dorothy Fastrup
 Sept. 15th - Peg Howard
 Sept. 16th - Cathy Abrams
 Sept. 18th - Larry Montgomery



Thank you! Thank you! Thank you!
 For all the beautiful cards and birthday
 wishes. Aldersgate Village is a wonderful
 place to work and live.

Ron Schultz

Your many birthday wishes- both written
 and spoken- made my day just great!

Thank you all,
Nadine Chandler

I would like to thank anyone who sent
 cards and messages for my birthday.

I had a great birthday
Marilyn Elgin

Thank you for helping me celebrate my
 birthday with cards and well wishes.

It made my day.
Dale Buller

Lou's Place Daily Specials

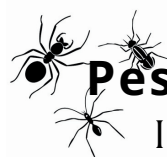
Monday: Donuts - \$1.00

Wednesday: Biscuits & Gravy - \$2.00

Thursday: Danish - \$1.25

Friday: Cinnamon Roll - \$1.25

Daily (Mon-Fri): Ice Cream - \$1.00



Weekly

Pest Control Service

Ingelside Residents



Tuesday, Sept. 15
2:30 p.m. Wesley Hall

The Five Thieves of Happiness: How to Recover Your Joy

The Five Thieves of Happiness." Izzo believes that happiness is our natural state, but there are "thieves" stealing our happiness: control, conceit, coveting, consumption and comfort.

The Chaplain's Corner



The Countless Complications (and Benefits) of Forgiveness

Matthew 18:21-35

Although Christians are asked to forgive, the whole process is difficult to get right. Indeed, sometimes it simply can't be done. But that doesn't let us off the hook. In fact, Jesus urges us to offer forgiveness in an almost unlimited way. Can we really do that?

Weekly Menu

9/14/26 to 9/20/26

Aldersgate Village
LIFE PLAN COMMUNITY

MON

Lunch

White Bean Chili Soup

Chicken Caesar Wrap \$7.5

Lettuce, crispy chicken and Caesar dressing in a wrap with one side

Bourbon Chicken \$8.5

Chicken thigh glazed with a sweet sticky & savory sauce served with white rice and green beans

Dinner

Grilled Bratwurst 8.5

grilled bratwurst on a bun served with sauerkraut & potato Chips

TUE

Lunch

Broccoli Soup

Ham Salad Croissant \$7.5

Served with a choice of side

Carolina Pulled Pork \$8.5

House smoked and pulled pork served on a bun with onion rings and cauliflower au gratin

Dinner

Meatloaf \$8.5

Traditional favorite served with mashed potatoes gravy and sliced carrots

WED

Lunch

Turkey Vegetable Soup

Turkey & Swiss Melt \$7.5

Sliced turkey and swiss on grilled wheat bread with O'Brien potatoes

Build your own pizza

your choice of toppings served with a side salad

Dinner

Chicken Tacos \$8.5

2 soft tacos with seasoned chicken, shredded lettuce and cheese served with refried beans & spanish rice

THU

Lunch

Tuscan Bean Soup

Orange Pork Loin

a slow roasted pork loin marinated in a sweet savory citrus orange glaze Served with steamed new potatoes and sauteed cabbage

Dinner

Baked Spaghetti

a rich and savory baked casserole dish with traditional meat sauce, spaghetti noodles, and cheese served with garlic bread and a side salad

FRI

Lunch

Beef Orzo Soup

Egg Salad on Rye \$7.5

Served with potato chips & broccoli salad

Chicken Fried Chicken \$8.5

Breaded & fried chicken served with mashed potatoes, gravy & green beans

Dinner

Lemon Pepper Tilapia \$8.5

Baked tilapia seasoned with lemon pepper and served with roasted red potatoes & steamed peas

SAT

Lunch

Potato Soup

Chicken Strips \$7.5

3 chicken strips served with your choice of side

Roast Beef Hoagie \$8.5

Roast beef sliced thin and piled high on our wheat hoagie bun with sliced cheddar cheese and pasta salad

Dinner

Ham Steak \$8.5

Grilled Ham steaks served with mashed sweet potatoes and buttered corn

\$10

JOIN US FOR OUR SUNDAY BUFFET

"Fresh Salads and Desserts included"

- Boneless Roasted Chicken
- Mashed Potatoes & Chicken Gravy
- Dinner Roll

- Popcorn Shrimp
- Mixed Vegetables
- Roasted Potatoes

HOURS:

Lunch

Monday - Saturday 11am - 1:30pm

Dinner

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

CONTACT:

Matt Mitzel

MatthewMitzel@morrisonliving.com

(785) 478-9440 ext.4772