

# January 19<sup>th</sup> – 25<sup>th</sup>, 2026



## Independent Living Weekly News

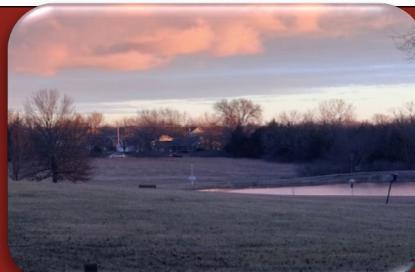
**Wheatland Pest Control**  
**Friday January 23<sup>rd</sup>**  
**Add-ons.** Please contact the Concierge at 785-506-5959 or visit in person if you need to be added. Kindly notify the Concierge no later than Thursday at noon.

**Hearing Aid Clinic**  
**January 21<sup>st</sup> @ 9:30 AM in Room 226.**  
Hear better, live better! Join us at our Hearing Aid Clinic for expert care and personalized solutions. Your hearing matters—let's make it the best it can be!

**Bingo News!**  
A big **thank you to Velma Dickson** for all your hard work and dedication to making our Saturday Bingo such a blast! You've been an amazing caller, and we will truly miss your energy and enthusiasm. But the fun continues! Please join us in giving a warm **welcome to Deb Spires and Cynthia Pfannenstiel**, who will be stepping up to the stand as our new Bingo callers. We're excited for the great times ahead! Let's keep the numbers rolling and the laughter flowing!

**Happy Hour**  
**January 23<sup>rd</sup> @ 2:00 PM** in Esther's Place. Raise your glass and your spirits—it's time for Happy Hour! Join us for an unforgettable afternoon where the drinks are flowing, the energy is electric, and the company is second to none. Whether you're here to unwind after a long day, catch up with friends, or simply savor the moment, this is the perfect place to do it. Indulge in delicious flavors, soak up the vibrant atmosphere, and celebrate the good times with us.

**What's Outside Your Window?**  
**Show Us Your View!**  
What's outside your window? Snap a pic and share it with us—let's see the world through your eyes!

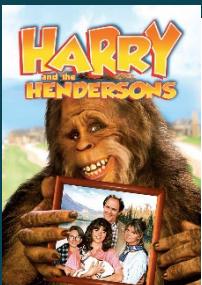


The view from Tabbi's office / Craft Room. We are so lucky have a such a beautiful campus.

**Jeff & Deb Conrad & Bill**  
**January 21<sup>st</sup> @ 2:00 PM** in Wesley Hall.  
**Show Some Love for Local Talent!**  
We're thrilled to celebrate the incredible musical gift of a family member of one of our beloved former residents! Their talent is nothing short of inspiring, and we'd love for YOU to be part of this special moment.

**Topeka Symphony**  
**January 24<sup>th</sup> P/U @ 6:30 PM.** Show starts @ 7:30 PM.  
Experience the magic of live music with the Topeka Symphony! Where every note is beautiful and unforgettable. Don't have tickets? No problem—grab yours at the box office and join us for an incredible performance!





**Wednesday Movie/Popcorn  
January 21<sup>st</sup> @ 3:00 PM in Parlor 206  
Harry and the Henderson**

**1987 America fantasy comedy film**

**When the Henderson's, accidentally run over a strange Bigfoot-type animal, they decide to take the friendly "Harry" home and adopt him as a pet.**

**Resident Assembly**

**January 27<sup>th</sup> @ 9:30 AM  
in Wesely Hall.**

We'd love to see you at our Monthly Resident Assembly! Come connect with neighbors and hear all the exciting updates happening across campus.

**Out to Shop**

**Wednesday January 28<sup>th</sup>  
we will go to Target/TJ  
Maxx. P/U @ 12:45 PM.  
Return around 3:00 PM.**

**Teaching**

**Kitchen**

**January 28<sup>th</sup>  
@ 3:00 PM in  
Esther's  
Place.**



**Out to eat**

**Banjo's**

**January 30<sup>th</sup>  
P/U @ 10:30  
AM. From first  
bite to last  
slice—join us  
for a full day  
of flavor!  
Dutch treat.  
Sign up at the  
front desk.  
\$5.00  
transportation  
fee will apply.**

**Thank you for the birthday cards and greetings from our friends and neighbors. Really appreciated it.**

**Will Larson**

**Trivia Question:**

Approximately how many people make a New Year's resolution?

**Answer: 80%**

**Thank you**

Through, probably a computer malfunction, I was included on the Birthday List for

January. I received so many nice cards and messages, I was compelled to check my birth records. But indeed, my birthday is October 2<sup>nd</sup>.

Thanks so much for all the kind birthday wishes. I will save them and celebrate again in October. **Vernon Brown**

**Thank you**

The Mitchell family would like to thank the staff and residents of Aldersgate Village for their kind expressions of sympathy in the passing of Kathy Mitchell, particularly our neighbors on Kingswood. The nurses at Trent Plaza Care Unit were all outstanding in their care and keeping of Kathy during her recent stay in the Care Unit. It is all very much appreciated.

**Paul Mitchell**

**New Theatre and Restaurant**

**February 18<sup>th</sup> P/U  
@ 9:30 AM  
SOLD OUT**



**Elvis & Elton  
Sign up at the front desk to join our wait list.**

**Welcoming Family to Scheduled Activities**

Residents, we truly enjoy welcoming your family members to our campus and inviting them to take part in our activities.

Their presence adds wonderful energy, and their participation makes our time together even more enjoyable.

If you're planning to have family members participate in an upcoming activity, please give Tabbi a quick call at ext. 4812 or 785-221-8149 ahead of time. A little notice helps us prepare the space and make sure everything is set up for a great experience for all. Thank you for helping us create meaningful moments for our community.

**80%**

**This Week's Trivia Question:  
How much do people spend on Valentine's Day in America?**



Frank Riley- 20<sup>th</sup>  
Linda Holmquist- 21<sup>st</sup>  
Leona Fultz- 24<sup>th</sup>  
Les Abrams- 24<sup>th</sup>



Donna & Dick  
Lanter-  
115 Ingleside

### This Week's Featured Events

**Cookies Social: Monday-Friday @ 1:30 PM- 3:00 PM  
(Main Lobby)**

Jan. 21<sup>st</sup> Hearing Aid Clinic @ 9:30 AM (Room 226)  
Jan. 21<sup>st</sup> Jeff/Deb Conrad & Bill @ 2:00 PM (Wesley Hall)  
Jan. 22<sup>nd</sup> Book Club @ 2:00 PM (Parlor 206)  
Jan. 23<sup>rd</sup> Happy Hour @ 2:00 PM (Esther's Place)  
Jan. 24<sup>th</sup> Topeka Symphony P/U @ 6:30 PM

### Upcoming Events

Jan. 26<sup>th</sup> B/P Clinic @ 11:00 AM (Room 226)  
Jan. 27<sup>th</sup> Resident Assembly @ 9:30 AM (Wesley Hall)  
Jan. 28<sup>th</sup> Teaching Kitchen @ 3:00 PM (Esther's Place)  
Jan. 30<sup>th</sup> Out to Eat (Banjo's) P/U 10:30 AM (Main Lobby)  
Feb. 3<sup>rd</sup> Kevin McFarland @ 3:00 PM (Parlor 206)  
Feb. 5<sup>th</sup> Free Friday (from 8:30 AM - 4:00 PM) (Craft Room)

### Upcoming Shopping Days

Feb. 11 <sup>th</sup>	Owls Nest Topeka Antique Mall
Feb. 25 <sup>th</sup>	Ross/ Shoe Carnival
Mar. 11 <sup>th</sup>	Michael's Craft Store
Mar. 25 <sup>th</sup>	Mardel Chrisian & Education Store
April 8 <sup>th</sup>	Burlington Coat Factory
April 22 <sup>nd</sup>	Kohl's

### Basketball Games

Jan. 20 <sup>th</sup>	KSU VS Utah	8:00PM CBS (13)
Jan. 20 <sup>th</sup>	KU VS Colorado St.	10:00 PM ESPN
Jan. 24 <sup>th</sup>	KSU VS KU	7:00 PM Fox (27)

We currently offer Amazon Prime, Netflix, Disney Plus, and ESPN/ESPN+ for game viewing. Unfortunately, we will not be adding any additional streaming services at this time. Thank you for understanding.

### Newsletter Additions

Contact Tabbi at:

Email: [tbaldwin@aldersgatevillage.org](mailto:tbaldwin@aldersgatevillage.org)

Phone: 785-478-9440 Ext. 4812 or Cell 785-221-8149

If you would like to receive the newsletter by email, please send Tabbi an email to be added. Thanks.

**WEEKLY PROGRAM**

**LOU'S PLACE: THIS WEEKS ICE CREAM FLAVOR: VANILLA MON. – FRI. OPEN TO CLOSE**

<b>MON. 19<sup>TH</sup></b>		<b>LOU'S- 8:30 AM TO 3 PM</b>		
	<b>EXERCISE</b>		<b>8:30 AM &amp; 10:00 AM</b>	<b>WESLEY HALL</b>
	<b>DONUTS \$</b>		<b>8:30AM</b>	<b>LOU'S PLACE</b>
	<b>VAN SERVICE \$</b>		<b>9:00 AM &amp; 10:30 AM</b>	<b>MAIN LOBBY</b>
	<b>GRIEF &amp; LOSS GROUP</b>		<b>1:00 PM</b>	<b>PARLOR 203</b>
	<b>UPWARDS</b>		<b>1:30 PM</b>	<b>REC ROOM</b>
	<b>PAINTING</b>		<b>2:00 PM</b>	<b>CRAFT ROOM</b>
	<b>WORSHIP</b>		<b>4:00 PM</b>	<b>WESLEY HALL</b>
<b>TUE. 20<sup>TH</sup></b>		<b>LOU'S - 8:30 AM TO 3 PM</b>		
	<b>COFFEE &amp; CHAT</b>		<b>8:30 AM</b>	<b>LOU'S PLACE</b>
	<b>BIBLE STUDY</b>		<b>11:00 AM</b>	<b>PARLOR 206</b>
	<b>TAI CHI</b>		<b>1:00 PM</b>	<b>WESLEY HALL</b>
	<b>BRIDGE REFRESHER</b>		<b>2:00 PM</b>	<b>PARLOR 206</b>
	<b>ICE CREAM SOCIAL \$</b>		<b>2:00 PM</b>	<b>LOU'S PLACE</b>
	<b>MAH JONGG</b>		<b>2:00 PM</b>	<b>REC ROOM</b>
	<b>BRIDGE</b>		<b>6:00 PM</b>	<b>WESLEY HALL</b>
<b>WED. 21<sup>ST</sup></b>		<b>LOU'S- 8:30 AM TO 2 PM</b>		
	<b>EXERCISE</b>		<b>8:30 AM &amp; 10:00 AM</b>	<b>WESLEY HALL</b>
	<b>BITCUIT &amp; GRAVY \$</b>		<b>8:30 AM</b>	<b>LOU'S PLACE</b>
	<b>HEARING AID CLINIC</b>		<b>9:30 AM</b>	<b>ROOM 226</b>
	<b>PING-PONG</b>		<b>1:00 PM</b>	<b>REC ROOM</b>
	<b>CARD MAKING/PAINTING</b>		<b>1:00 PM</b>	<b>CRAFT ROOM</b>
	<b>PITCH</b>		<b>3:00 PM</b>	<b>REC ROOM</b>
	<b>JEFF/DEB CONRAD &amp; BILL</b>	<b>VOCAL MUSIC</b>	<b>2:00 PM</b>	<b>WESLEY HALL</b>
	<b>PINOCHLE W/ JUDY</b>		<b>2:00 PM</b>	<b>PARLOR 203</b>
	<b>MOVIE &amp; POPCORN</b>	<b>HARRY AND THE HENDERSON'S</b>	<b>3:00 PM</b>	<b>PARLOR 206</b>
<b>THUR. 22<sup>ND</sup></b>		<b>LOU'S- 8:30 AM To 3:00 PM</b>		
	<b>DANISH \$</b>		<b>9:00 AM</b>	<b>LOU'S PLACE</b>
	<b>YOGA WITH BRENDA</b>		<b>10:30 AM</b>	<b>CRAFT ROOM</b>
	<b>RUMMIKUB</b>		<b>1:00 PM</b>	<b>PARLOR 203</b>
	<b>UPWARDS</b>		<b>1:30 PM</b>	<b>REC ROOM</b>
	<b>BOOK CLUB</b>		<b>2:00 PM</b>	<b>PARLOR 206</b>
	<b>CARD MAKING</b>		<b>2:00 PM</b>	<b>CRAFT ROOM</b>
<b>FRI. 23<sup>RD</sup></b>		<b>LOU'S- 8:30 AM TO 3:00 PM</b>		
	<b>EXERCISE</b>		<b>8:30 AM &amp; 10:00 AM</b>	<b>WESLEY HALL</b>
	<b>CINNAMON ROLLS \$</b>		<b>8:30 AM</b>	<b>LOU'S PLACE</b>
	<b>VAN SERVICE \$</b>		<b>9:00 AM &amp; 10:30 AM</b>	<b>MAIN LOBBY</b>
	<b>MATS GROUP</b>	<b>SLEEP MATS FOR MISSION</b>	<b>1:00 PM</b>	<b>CRAFT ROOM</b>
	<b>BRIDGE</b>		<b>1:00 PM</b>	<b>PARLOR 203</b>
	<b>HAPPY HOUR</b>		<b>2:00 PM</b>	<b>ESTHER'S PLACE</b>
	<b>MEXICAN TRAIN DOMINOS</b>		<b>3:00 PM</b>	<b>PARLOR 206</b>
<b>SAT. 24<sup>TH</sup></b>		<b>LOU'S CLOSED</b>		
	<b>COFFEE HOUR</b>		<b>9:15 AM</b>	<b>ESTHER PLACE</b>
	<b>BAJA RUMMY</b>		<b>1:00 PM</b>	<b>PARLOR 203</b>
<b>SUN. 25<sup>TH</sup></b>		<b>LOU'S CLOSED</b>		
	<b>TRANSPORTATION TO SUSANNA WESLEY</b>		<b>9:00 AM</b>	<b>MAIN LOBBY</b>
	<b>PITCH</b>		<b>2:00 PM</b>	<b>REC ROOM</b>
	<b>AUDREY VOCAL MUSIC</b>		<b>3:00 PM</b>	<b>MAIN LOBBY</b>

# Weekly Menu

1/19/26 to 1/25/26

*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

### **Chicken Cacciatore \$8.5**

Chicken breast cooked in a savory tomato sauce served with rice pilaf & green beans

## Dinner

### **BBQ Pulled Pork \$8.5**

Smoked and pulled pork served with bbq sauce on a bun and mac & cheese

TUE

## Lunch

### **Tomato Basil Bisque**

Italian Beef Sandwich \$7.5

Slow cooked beef on a hoagie bun with chips and peas & carrots

### **Fried Shrimp \$8.5**

6 breaded and fried shrimp served with cocktail sauce and your choice of side

## Dinner

### **Shepherd's Pie \$8.5**

Our traditional casserole served with a side salad & a roll

WED

## Lunch

### **Cheeseburger Chowder**

Chicken Sandwich \$7.5

Flame grilled chicken served on a bun with your choice of side

### **Tilapia Provencal \$8.5**

Oven roasted tilapia topped with a tomato relish served with rice and buttered carrots

## Dinner

### **Honey Chicken Thigh \$8.5**

Marinated chicken thighs served with oven browned potatoes & Harvard beets

THU

## Lunch

### **Beef Noodle Soup**

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

### **Stuffed Pork Loin \$8.5**

Spinach & feta stuffed pork loin served with mushroom orzo pasta and glazed carrots

FRI

## Lunch

### **Southwest Vegetable Soup**

Tuna Salad \$7.5

Served on a croissant with your choice of side

### **Stuffed Pepper Casserole \$8.5**

Ground beef and peppers layered with tomato sauce and topped with cheese

## Dinner

### **Chicken Fried Chicken \$8.5**

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

SAT

## Lunch

### **Potato Bacon Soup**

Steak Sandwich \$7.5

Sliced filet served on focaccia with caramelized onions, fresh spinach horseradish sauce and your choice of side

### **Roast Turkey \$8.5**

Served with bread stuffing and green beans

## Dinner

### **Shrimp Alfredo \$8.5**

Sauteed shrimp served in alfredo sauce over penne pasta with corn O'Brien & garlic bread

\$10

## JOIN US FOR OUR SUNDAY BUFFET

"Fresh Salads and Desserts included

- Chopped Steak
- Mashed Potatoes & Gravy
- Collard Greens

- Ham & Beans
- Broccoli
- Cornbread

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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