

# 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!

**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.

### 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.

**Topeka Symphony**  
**January 24<sup>th</sup> P/U @ 6:30 PM.** Show starts @ 7:30 PM.

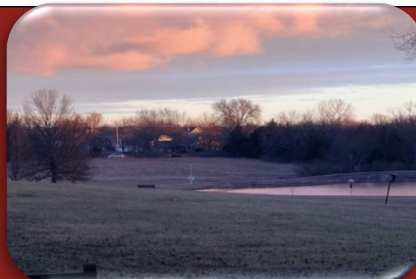
Experience the magic of live music with the Topeka Symphony! Where every note is beautiful and unforgettable. Don't have tickets? No problem—grab yours at the box office and join us for an incredible performance!



### 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.



**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**

**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.**



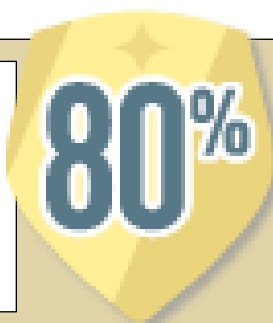
**Welcoming Family to Scheduled Activities**

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.

**Trivia Question:**

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

**Answer: 80%**

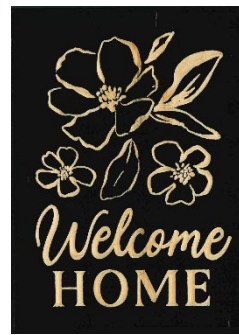


**This Week's Trivia Question:**

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**

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

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



# 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:**

Matt Mitzel

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