

March 2nd – 8th, 2026



Independent Living Weekly News

Wheatland Pest Control
Friday March 6th Bristol Road, Bloomsbury Court, 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.

Out to Shop
Wednesday March 11th we will go to **Michael's Craft Store**. P/U @ 12:45 PM. Return around 3:00 PM. If you have any station of places you want to go. Please let Tabbi know.

Village Birthday Coffee
Join us for a cheerful celebration on **March 3rd at 9:30 AM** in Wesley Hall. Enjoy a special presentation from our guest speaker, the Director of the Topeka Zoo.

Lou's Pace
Come join us for free ice cream all week in Lou's Place, generously donated by one of our blessed residents!

Topeka Festival Singers
March 9th at 7:00 PM
Bus Pick-Up: 6:00 PM in the Main Lobby
Aldersgate is delighted to sponsor this year's performance, featuring a special presentation by our very own Travis Perret. We invite you to join us for an uplifting evening filled with beautiful music and inspiring messages. Please stop by the front desk to reserve your seat on the bus or to pick up your tickets.

Free Friday!
March 6th · 8:30 AM – 4:00 PM · Outside the Craft Room
Have items you don't need any more but someone else might enjoy? Bring your gently-used goodies to the Craft Room and let them find a new home!



AGV Genealogy

March 7th @ 10:00 AM in Parlor 206.

Cindy Cruz will be returning for our meeting. She will answer any questions you have about Family Search or Find a Grave OR if you need help to look up an ancestor. Feel free to bring your computers and all your questions.

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!



View from Polly Brunkhardt window on Ingleside 207.

Trivia Question:

What is the approximate year of the first Valentines ever sent?

Answer: 1415



This Week's Trivia Question:
Where did the first St. Patrick's Day parade take place in 1762?

Library News

Aldersgate has been fortunate to have many new residents. So, the Library Committee is reminding all our users of three important steps for using the library.

1. Remember to write your name and date before putting your check-out card in the box on the desk.
2. Put all returns in the baskets just inside the library door.
3. We love donations! Please put donations on the table the one with the typewriter.

HAPPY READING!!!!

Volunteers Needed

Lou's Place is looking for helping hands to support our community. If you have some time to give and want to make a difference, we'd love to have you join us! See Tabbi for details.

Severe Weather Preparedness Week

March 2nd through March 6th is Severe Weather Preparedness Week. The National Weather Service in Topeka will conduct a **Tornado Drill @ 10 am CST Wednesday, March 4th**. Please review the attached document, this is the time to review your severe weather safety plans and practice what you would do as if the event was REAL. Expect to hear local tornado sirens go off but remember that outdoor tornado sirens are primarily designed to alert people who are outside to immediately seek shelter indoors when they hear the sound, as they are not intended to be heard clearly inside buildings.

Craft Room**Love to paint?**

Come let your creativity run wild at our **Freestyle Paint Group!**

Every Monday at 2 PM

No rules, no pressure – just colors, brushes, and plenty of fun.

Are you crafty? Think you can create something beautiful?

Join our **Handmade Greeting Card Crew!**

Every Thursday at 2 PM

We'll design gorgeous cards together – fun, social, and full of creativity!

March Madness

 March Madness is almost here! Get ready to bring your game face—our bracket will be dropping soon, so stay tuned!

I want to express appreciation to all my Aldersgate friends for the hugs, sympathy cards and words of encouragement from my loss. Our son was diagnosed with appendix cancer (where a rare malignant tumor forms) which he survived only a couple of weeks. ❤️ "Forever in my heart" ❤️ **Alma Baker**



Thank you to everyone that sent cards and condolences for my nephew. He will be truly missed.
Ruth Schweitzer

Thank you all so much for the wonderful birthday cards! Your kindness and thoughtfulness made my day extra special. I'm grateful for each of you.
Leona Fultz

I would like to thank everyone for all the birthday cards and wishes on my birthday! I had a great day! **Larry Elgin**



Josephine Tudwell-
119 Ingleside



Linda Hayes- 2nd
Nancy Brownback- 5th
Glenda Thurber- 5th

This Week's Featured Events

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

Mar. 3rd Village Birthday Coffee @ 9:30 AM (Welsey Hall)

Mar. 4th Veterans Luncheon @ 11:30 AM (Esther's Place)

Mar. 6th Free Friday 8:30 AM - 4:00 PM (Craft Room)

Upcoming Events

Mar. 9th B/P Clinic @ 10:30 AM (Room 226)

Mar. 9th Topeka Festival Singers (Outing- Sign-up) P/U 6:00 PM (Main Lobby)

Mar. 10th Ed Farris (Music) @ 1:00 PM (Wesley Hall)

Mar. 12th Veterans Group @ 10:00 AM (Parlor 203)

Mar. 13th Happy Hour @ 2:00 PM (Esther's Place)

Mar. 14th Bingo @ 3:00 PM (Wesley Hall)

Upcoming Shopping Days

Mar. 25 th	Mardel Christian & Education Store
April 8 th	Burlington Coat Factory
April 22 nd	Kohl's / Barnes & Noble
May 12 th	Target
May 26 th	Ross Dress 4 Less

Basketball Games

Mar. 3 rd	KSU VS West Virginia	7:00 PM TBA
Mar. 3 rd	KU VS Arizona St.	8:00 PM Fox
Mar. 7 th	KSU VS KS	1:00 PM CBS

Newsletter Additions

Contact Tabbi at:

Email:

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.

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.

WEEKLY PROGRAM

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

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MON. 2ND		LOU'S- 8:30 AM TO 3 PM		
	EXERCISE	8:30 AM - CRAFT ROOM	10:00 AM	PARLOR 206
	DONUTS \$		8:30AM	LOU'S PLACE
	VAN SERVICE \$		9:00 AM & 10:30 AM	MAIN LOBBY
	GRIEF & SUPPORT GROUP		1:00 PM	PARLOR 203
	UPWARDS		1:30 PM	REC ROOM
	PAINTING W/ TABBI		2:00 PM	CRAFT ROOM
	WORSHIP		4:00 PM	PARLOR 203
TUE. 3RD		LOU'S - 8:30 AM TO 3 PM		
	COFFEE & CHAT		8:30 AM	LOU'S PLACE
	BIRTHDAY COFFEE		9:30 AM	WESLEY HALL
	BIBLE STUDY		11:00 AM	PARLOR 206
	TAI CHI		1:00 PM	WESLEY HALL
	BRIDGE REFRESHER		2:00 PM	PARLOR 206
	ICE CREAM SOCIAL	FREE	2:00 PM	LOU'S PLACE
	MAH JONGG		2:00 PM	CRAFT ROOM
	BRIDGE		6:00 PM	PARLOR 203
WED. 4TH		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
	VETERAN'S LUCHEON		11:00 AM	ESTHER'S PLACE
	PING-PONG		1:00 PM	REC ROOM
	PITCH		3:00 PM	REC ROOM
	PINOCHLE		2:00 PM	PARLOR 203
THUR. 5TH		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
	CARD MAKING W/ TABBI		2:00 PM	CRAFT ROOM
FRI. 6TH		LOU'S- 8:30 AM TO 3:00 PM		
	EXERCISE		8:30 AM & 10:00 AM	WESLEY HALL
	FREE FRIDAY		8:30 AM – 4:00 PM	CRAFT ROOM
	CINNAMON ROLLS \$		8:30 AM	LOU'S PLACE
	VAN SERVICE \$		9:00 AM & 10:30 AM	MAIN LOBBY
	MATS GROUP		1:00 PM	CRAFT ROOM
	BRIDGE		1:00 PM	PARLOR 203
	MEXICAN TRAIN DOMINOS		3:00 PM	PARLOR 206
SAT. 7TH		LOU'S CLOSED		
	COFFEE HOUR		9:15 AM	ESTHER PLACE
	GENEALOGY GROUP		10:00 AM	PARLOR 206
	BAJA RUMMY		1:00 PM	PARLOR 203
SUN. 8TH		LOU'S CLOSED		
	TRANSPORTATION TO SUSANNA WESLEY		9:00 AM	MAIN LOBBY
	AUDREY VOCAL MUSIC		3:00 PM	MAIN LOBBY

Weekly Menu



3/2/26 to 3/8/26

MON

Lunch

Tuscan Chicken Soup
Chicken Caesar Wrap \$7.5

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

Honey Apple Pork \$8.5
Slow cooked pork loin with apples served with steamed potatoes & green beans

Dinner

Lemon Pepper Chicken 8.5
Savory chicken served with Creamy tomato penne pasta and zucchini & onions

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 house made potato salad

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

Salmon with Tomato Relish \$12

6oz. Salmon fillet grilled and served with a garlic tomato relish, dauphinoise potatoes & roasted vegetable towers

Dinner

Chicken Tacos \$8.5

2 soft tacos with refried beans & Spanish rice

THU

Lunch

White Bean Chili

Turkey Club \$7.5

Turkey, bacon, lettuce and tomato with choice of side

Baked Chicken \$8.5

Baked chicken thighs served with mashed potatoes, gravy and asparagus

Dinner

Breakfast for Dinner \$8.5

Belgian waffle bar with scrambled eggs, bacon & sausage links

FRI

Lunch

Beef Orzo Soup

Egg Salad on Rye \$8.5

Served with potato chips & carrot and raisin salad

Chicken Fried Chicken \$8.5

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

Dinner

Cod Puttanesca \$8.5

Seared cod loins topped with a caper, olive & tomato sauce served with roasted red potatoes & steamed peas

SAT

Lunch

Potato Soup

5 Chicken Wings \$8.5

Served with your choice of sauce and one side

Beef Pot Roast \$8.5

Traditional braised pot roast with baked potato & roasted root vegetables

Dinner

Ham & Potatoes Au Gratin \$8.5

Thin sliced potatoes mixed with cheese sauce and ham served with steamed corn

\$10

JOIN US FOR OUR SUNDAY BUFFET

"Fresh Salads and Desserts included"

- Maple Glazed Ham
- Baked Sweet Potatoes
- Dinner Rolls

- Lasagna
- Cauliflower Au Gratin
- Parm Green Bean

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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