

Spring Forward - March 8th



"Music was my joy, my home, the one place I felt happy and secure."

-- Lawrence Welk --



"The most important thing is to enjoy your life - to be happy - it's all that matters."

-- Audrey Hepburn --



Transportation - Van Service
We offer Van Service Monday's, Wednesday's and Friday's at 9:00AM and 10:30AM, with a return time, no later than 12:00PM (Noon). Please schedule your appointment at the front desk with Christa. No other appointment time will be available for this service. Doctor's appointments will be given priority over Van Service.

Medical Appointments

Transportation for medical appointments are available Monday thru Friday, 8:30AM to 3:00PM, with a return time, no later than 4:00PM unless prior arrangements have been made. Earlier appointments for procedures etc. must be approved. For any questions, call Rhonda at (785) 478-9440 Ext. 4883.

New Activities and Events

We have exciting news for the weekly calendar!

New activities and events will be added, which will include more exercise and wellness programs, shopping trips, restaurant outings and fun educational outings and so much more.

We always welcome your suggestions.



Our new calendar is color coded to represent different activities, events, entertainment etc. We focus on Physical, Intellectual, Social, Emotional and Spiritual.

- Health/Exercise**
- Resident Led Activities**
- Religion/Spiritual 54**
- Entertainers/Special Vendors**
- Special Events/Activities**
- Life Enhancement/ Directed Activities**
- Arts & Crafts**
- Highlighted Activities/Outings**

Sign Up Required at the Manchester - Front Desk/ Main Lobby

Happy Birthday!

Mary Coverdale
March 9th

Sybil Wiegman
March 10th

Bill Weigel
March 14th



The first fact about the celebration of birthdays is that it is a good way of affirming defiantly, and even flamboyantly, that it is a good thing to be alive.

-Gilbert K. Chesterton-
"Our Birthday"
1935

Aldersgate Village Life Community

7220 SW Asbury Drive
Topeka, Kansas 66614
(785) 478-9440



National Popcorn Lover's Day

National Popcorn Lover's Day - Thursday, March 12th, 2026



Popcorn Dates Back Thousands of Years. Biblical accounts of "corn" stored in the pyramids of Egypt are misunderstood. The "corn" from the bible was probably barley. The mistake comes from a changed use of the word "corn," which used to signify the most-used grain of a specific place. In England, "corn" was wheat, and in Scotland and Ireland the word referred to oats. Since maize was the common American "corn," it took that name - and keeps it today. It is believed that the first use of wild and early cultivated corn was popping. The oldest ears of popcorn ever found were discovered in the Bat Cave of west central New Mexico in 1948 and 1950. Ranging from smaller than a penny to about 2 inches, the oldest Bat Cave ears are about 4,000 years old.

(Popcorn.org)

Please join us to celebrate "National Popcorn Lover's Day", on Thursday, March 12th at 3:00pm in the main lobby for the Popcorn Social.

Lou's Place

Lou's Place has a great variety of items, from your favorite snacks to household items, such as paper towels, dish soap and so much more.

Come and enjoy our daily specials. Enjoy a bowl of soft serve ice cream for only \$1.00. Available Daily.

Monday - Donuts \$1.00
Wednesday - Biscuits & Gravy \$2.00
Thursday - Danish \$1.25
Friday - Cinnamon Rolls \$1.25

HOURS

Monday - Friday
8:30am to 3:00pm



EXERCISE

Exercise

March 9th @ 8:30 AM
March 11th @ 8:30 AM
March 13th @ 8:30 AM
(Wesley Hall)

Video Exercise

March 9th @ 10:00 AM
March 11th @ 10:00 AM
March 13th @ 10:00 AM
(Wesley Hall)

Tia Chi w/Deb

March 10 @ 1:00 PM
(Wesley Hall)

Cardio Drum w/Music

March 11th 2 @ 2:00 PM
(Craft Room)

Yoga w/Brenda

March 12th @ 10:30 AM
(Craft Room)



HEALTH & WELLNESS

Blood Pressure Clinic

March 9th @ 11:00 AM
(Room 226)



For your overall health well-being, include cardio and strength training, a balanced diet rich in whole foods, and at least 7 hours of quality sleep. Effective stress management, which includes meditation, breathing and staying hydrated. Prioritizing social connections, limiting screen time, and maintaining regular routine health examinations for further support for your long-term physical and mental health.

Exercise at least 30 minutes, 3 to 5 days per work. Reduce Sedentary Time, limit sitting time and move throughout the day.

Focus on whole foods, fruits, vegetables and lean proteins to obtain a balance diet. Limit processed foods and be mindful of portion sizes.

Drink water consistently throughout the day to support energy and digestion.

Have a consistent schedule. Go to bed and wake up at the same time every day. Keep your bedroom cool, dark, and quiet.

Manage your stress by practicing meditation and deep breathing.

Maintain strong relationships and connect with family and friends.

Schedule regular screenings and vaccinations. Floss daily and reduce or eliminate alcohol or tobacco.

Hilltoppers Quarterly Meeting

This is a friendly reminder that that the Hilltoppers will meet on Friday, March 13th, 2026 at 10:00am for our quarterly meeting and luncheon in WESLEY HALL. Flier's have been distributed in your mailbox's last week.

Reservations for the luncheon **MUST** be made at the front desk of Manchester no later than 4:00pm on Monday, March 9th. 2026.

Cardio Drumming w/Music

Please come join Rhonda for Cardio Drum w/Music on Wednesday, March 11th at 2:00pm in the Craft Room.



This is going to be a fun exercise with music that we all love to hear and sing to.

View from You!

Snap a picture and share it with us - let's see the world through your eyes!

Photos can be sent to:
rkelly@aldersgatevillage.org



Photo Taken By: Vicki Turley

Upcoming Events

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|------------------------|---|-----------|
| March 9 th | Blood Pressure Clinic (Room 226) | 11:00 AM |
| March 9 th | Topeka Festival Singers (Bus/Van) | 6:00 PM |
| March 11 th | Michael's Craft Store (Bus) | 12:45 PM |
| March 12 th | Popcorn Social (Main Lobby) | 5 3:00 PM |
| March 13 th | Hilltoppers Quarterly Meeting (Wesley Hall) | 10:00 AM |

NEWSLETTER COMMENTS, SUGGESTIONS

Contact Rhonda at (785) 478-9440 Ext. 4883 - Email: rkelly@aldersgatevillage.org