

July  
21<sup>st</sup> - 27<sup>th</sup>  
2025

## Independent Living

## Weekly News

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**Wheatland Pest Control**  
Friday, July 25<sup>th</sup>, 9:00 AM - 12:00 PM: This week is **Maintenance Shed, Bus Barn, and add-ons.** See Concierge or call 785-506-5959, if you need to be added.

**Resident Assembly**  
Join us on **July 22<sup>nd</sup> @ 9:30 AM** in **Welsey Hall** to hear all the updates firsthand.

**Ice Cream Social**  
**July 22<sup>nd</sup> @ 2:00 PM** Lou's Place. Join us for Brownie Alamode's for just a \$1.50.

**Topeka Big Band**  
**July 22<sup>nd</sup> @ 5:30 PM** in **Wesley Hall.** Join us for an evening of mesmerizing music that will leave you smiling and craving more!

**Recycle Bags**  
Just a reminder that we sell blue recycle bags, by the box or individual bags, in Lou's Place.

**Out to Shop**  
**Wednesday, July 23<sup>rd</sup>,** we will head to **Kohl's/Barnes & Noble.** We will load the bus @ 12:45 PM in main lobby and return @ 3:00 PM. Sign up at the front desk.

**Teaching Kitchen (Berries)**  
**July 23<sup>rd</sup> @ 3:00 PM** in **Esther's** Come learn more about berries and their benefits to healthy living.

**Ric & Jeanne Averill Players (Vocal Music)** **July 23<sup>rd</sup> @ 10:30 AM** in **Wesley Hall.** Join us for an unforgettable morning where our talented family and friends will transport you back in time with some toe-tapping tunes. Expect smiles, laughter, a whole lot of fun as you groove to the music.

**Golf Cart Rides**  
**Tuesday, July 29<sup>th</sup>, 9:00 AM – 11:00 AM.** Take a ride around our beautiful campus ponds. Sign up at the front desk.



### Trivia Question:

In the summer heat, the iron in France's Eiffel Tower expands, making the tower grow more than 6 inches.

Is this statement True or False?

**Answer:**

True

✓ TRUE

✗ FALSE

### This Weeks Trivia Question:

When camping, what name is given to the process of assembling a tent?

### Quick Reference Phone Number:

#### Concierge Services

(785)506-5959

#### Resident Services

(785)845-5306

#### Security

(785)221-6960

#### Esther's Dining

(785)478-9440

Ext. 4772

#### To Schedule

#### Transportation

(785)506-5959

8 AM-5 PM/ M-F

### Movie Changes

Starting this week, we're bringing back the beloved **Saturday Afternoon Movie** tradition!

**Join us for an unforgettable cinematic experience:**

- **Wednesday Evenings @ 6:00 P. M.**
- **Saturday Afternoons @ 3:30 P.M.**

**Location:** Parlor 206

Bring your friends along, savor some tasty snacks, and get cozy for an amazing movie.

We'd love to hear your movie suggestions too!

### Shawnee County Sheriff's Department

**July 30<sup>th</sup> @ 1:00 PM in Wesley Hall.**

**Cool off, Treat Yourself, and Stay Informed!**

Join us for a refreshing break from the heat with a delicious, sweet treats and cold beverages! While you relax, hear directly from the Sheriff's Department about personal safety and security for our Aldersgate Village community-including the latest scams you need to know about. Don't miss this engaging and informative event!

### Location Changes

In the first week of August, we will be making some adjustments to align with other scheduled events. Please keep an eye on the weekly schedule for these changes.

### Thank you

Thank you to all my Aldersgate friends for my good wishes and cards on my b-day. *Judy Bennett*

### Library News

The family of our late Virginia Conrad has donated to our library several books in the "No. 1 Ladies Detective Agency" series. They are about a traditional built Botswana lady who has decided to fix people problems.

You will find them on the shelf behind the desk. Try them out and see what you think. *Judy Corbett*

### DMV

**July 31<sup>st</sup> from 9:00 AM – 2:00 PM in Parlor 206.**

**Need to Renew Your Driver's License or Real ID?**

Take advantage of this convenient opportunity to renew without the long wait at the DMV. Limited appointments are still available. Please visit the front desk to sign up.

### Campus Snapshots

A shoutout to our Tuesday morning Golf Cart Riders for some wonderful moments in nature!

- **Ione Humphery** and her family paused to admire a turtle basking the sun.
- **Babara Spielman** caught a flurry of purple martins swooping and landing at the castle house.
- **Marilyn Arnone** spotted a majestic blue heron attempting to catch its lunch.





Bonnie DeDonder- 21<sup>st</sup>  
 Bob Thomas- 21<sup>st</sup>  
 Joan Arterburn- 23<sup>rd</sup>  
 Marilyn Ervin- 23<sup>rd</sup>  
 Marilyn Arnone- 26<sup>th</sup>  
 Chuck Hale- 26<sup>th</sup>

### This Week's Featured Events

Cookies Social: Monday-Friday @ 1:30 PM- 3:00 PM  
 July 22<sup>nd</sup> Resident Assembly @ 9:30 AM (Welsey Hall)  
 July 22<sup>nd</sup> Brownie Alamode/Ice Cream Social @ 2:00 PM (Lou's)  
 July 22<sup>nd</sup> Topeka Big Band @ 5:30 PM (Wesley Hall)  
 July 23<sup>rd</sup> @ 10:30 AM Ric & Jeanne Averill  
 (Music) (Wesley Hall)  
 July 23<sup>rd</sup> @ 3:00 PM Teaching Kitchen (Berries) (Esther's)  
 July 24<sup>th</sup> Book Club @ 2:00 PM (Parlor 206)  
 July 25<sup>th</sup> Happy Hour @ 2:00 PM (Esther's Place)  
 July 26<sup>th</sup> NO Yoga @ 2:00 PM

### Upcoming Events

July 30<sup>th</sup> Shawnee County Sheriff Department @ 1:00 PM  
 (Wesley Hall)  
 July 31<sup>st</sup> DMV from 9:00 AM to 2:00 PM (Parlor 206)  
 Aug. 2<sup>nd</sup> No Yoga  
 Aug. 6<sup>th</sup> Ed Holm (Vocal Music) @ 2:00 PM (Wesley Hall)  
 Aug. 9<sup>th</sup> Bingo @ 3:00 PM (Wesley Hall)

### Kansas City Royals Games (Airs on Cox 34)

July 21 <sup>st</sup>	VS Cubs	7:05 PM
July 22 <sup>nd</sup>	VS Cubs	7:05 PM
July 23 <sup>rd</sup>	VS Cubs	1:20 PM
July 25 <sup>th</sup>	VS Guardians	7:10 PM
July 26 <sup>th</sup>	VS Guardians	6:15 PM
July 27 <sup>th</sup>	VS Guardians	1:10 PM

### Upcoming Shopping Days

Aug. 13 <sup>th</sup>	God's Store House on 29 <sup>th</sup> ST.
Aug. 27 <sup>th</sup>	Michael's

### Newsletter add ins

Email Tabbi at [tbaldwin@aldersgatevillage.org](mailto:tbaldwin@aldersgatevillage.org) or stop by her office and leave a note, Thanks

### This Week's Movie Showings are:

**Parlor 206**  
**Wednesday Night**  
**@ 6:00 PM**  
**Legally Blonde**



**Starring: Reese Witherspoon.** Elle, a sorority girl who enrolls at Harvard Law School to win back her ex-boyfriend, Warner. Along the way, she overcomes stereotypes against blondes and triumphs as a successful lawyer. Elle discovers how her knowledge of law can help others and successfully defends exercise queen Brooke in a murder trial.  
**Saturday Movie**  
**@ 3:30 PM**  
**13 Going on 30**



**Starring: Jennifer Garner & Mark Ruffalo.** Jenna, an unpopular 13 yr old girl, makes a wish on her birthday to be "thirty, flirty, and thriving." Miraculously, she wakes up the next day 30 yr old women.

# Weekly Program

Weekly Program				
<b>MON 21<sup>ST</sup></b>		LOU'S PLACE 8:30 AM TO 2 PM		
	EXERCISE		8:30 AM & 10:00 AM	WESLEY HALL
	DONUTS & COFFEE \$		8:30AM	LOU'S PLACE
	VAN SERVICE \$		9:00 AM & 10:30 AM	MAIN LOBBY
	GRIEF & LOSS GROUP		1:00 PM	PARLOR 203
	UPWORDS		1:30 PM	REC ROOM
	PAINTING		2:00 PM	CRAFT ROOM
	WORSHIP		4:00 PM	WESLEY HALL
<b>TUE. 22<sup>ND</sup></b>		LOU'S PLACE 8:30 AM TO 3 PM		
	COFFEE & CHAT		9:00 AM	LOU'S PLACE
	GOLF CART RIDES	SIGN-UP	9:00 AM TO 11:00 AM	MAIN LOBBY
	RESIDENT ASSEMBLY		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 203
	ICE CREAM SOCIAL	BROWNIE ALAMODE	2:00 PM	LOU'S PLACE
	MAH JONGG		3:00 PM	REC ROOM
	TOPEKA BIG BAND		5:30 PM	WESLEY HALL
	BRIDGE		6:00 PM	PARLOR 203
<b>WED. 23<sup>RD</sup></b>		LOU'S PLACE 8:30 AM TO 2 PM		
	EXERCISE		8:30 AM & 10:00 AM	WESLEY HALL
	BISCUIT & GRAVY \$		8:30 AM	LOU'S PLACE
	RIC & JEANNE AVERILL	VOCAL MUSIC	10:30 AM	WESLEY HALL
	OUT TO SHOP	KOHL'S/BARNES & NOBLE	12:45 PM	MAIN LOBBY
	PINOCHLE W/ JUDY	CANCELLED	2:00 PM	PARLOR 206
	TEACHING KITCHEN	BERRIES	3:00 PM	ESTHER'S PLACE
	MOVIE & POPCORN	LEGALLY BLONDE	6:00 PM	PARLOR 206
<b>THUR. 24<sup>TH</sup></b>		LOU'S PLACE 8:30 AM TO 3 PM		
	DANISH & COFFEE \$		9:00 AM	LOU'S PLACE
	RUMMIKUB		1:00 PM	PARLOR 203
	UPWORDS		1:30 PM	REC ROOM
	BOOK CLUB		2:00 PM	PARLOR 206
	CARD MAKING W/ TABBI		3:00 PM	CRAFT ROOM
<b>FRI. 25<sup>TH</sup></b>		LOU'S PLACE 8:30 AM TO 3 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
	PUZZLE GAMES		10:30 AM	MAIN LOBBY
	BRIDGE		1:00 PM	WESLEY HALL
	MATS 4 MISSION		1:00 PM	CRAFT ROOM
	HAPPY HOUR		2:00 PM	ESTHER'S PLACE
	MEXICAN TRAIN DOMINOS		3:30 PM	PARLOR 203
<b>SAT. 26<sup>TH</sup></b>		LOU'S PLACE CLOSED		
	COFFEE HOUR		9:15 AM	ESTHER PLACE
	BAJA RUMMY		1:00 PM	PARLOR 203
	YOGA W/ MISHA	CANCELLED	2:00 PM	FITNESS ROOM
	SATURDAY MOVIE	13 GOING ON 30	3:30 PM	PARLOR 206
<b>SUN. 27<sup>TH</sup></b>		LOU'S PLACE CLOSED		
	TRANSPORTATION TO SUSANNA WESLEY		9:00 AM	MAIN LOBBY
	AUDREY (SINGER)		3:00 PM	MAIN LOBBY

# Weekly Menu



7-21-25 to 7-27-25

**MON**

Lunch

**Chicken Noodle Soup**

**Chicken Ceasar Wrap \$7.5**  
Grilled chicken, lettuce, tomato, parmesan served with one side

**Chicken Tenders \$8.5**  
Served with one side item

Dinner

**Meatloaf \$8.5**

Served with mashed potatoes and green beans

**THU**

Lunch

**Beef Vegetable Soup**

**Turkey Ranch Sub \$7.5**  
Classic sub with one side item

**Spaghetti with Meatballs \$8.5**

Seasoned beef in a savory red sauce with a bread stick and vegetable blend

Dinner

**Breakfast Bar \$8.5**

Assorted breakfast entrees and sides

**TUE**

Lunch

**Tomato Soup**

**Grilled Cheese \$7.5**  
Choice of bread with American cheese and one side item

**Sweet & Sour Pork \$8.5**  
Served with fried rice and Asian blend vegetables

Dinner

**Taco Tuesday \$8.5**

Beef soft shell. Served with rice and beans

**FRI**

Lunch

**White Chicken Chili**

**Pulled Pork Sandwich \$7.5**  
House smoked pork with BBQ sauce on a bun with one side item

**Fish and Chips \$8.5**  
Classic breaded fish and fries

Dinner

**Burger Night \$8.5**

Served with your choice of side

**WED**

Lunch

**Baked Potato Soup**

**Tuna Salad \$7.5**  
Served on a soft baked croissant with choice of side

**Build a Pizza \$8.5**  
Your choice of topping or Veggie Pizza with a tossed salad

Dinner

**Chicken Oscar \$8.5**

Served with hollandaise sauce, garlic potatoes and asparagus

**SAT**

Lunch

**Vegetable Orzo Soup**

**Ruben Sandwich \$7.5**  
Grilled to order with choice of side

**Baked Chicken \$8.5**  
Tender chicken served with mashed potatoes, gravy and Peas

Dinner

**Sloppy Joe \$8.5**

Served with your choice of side.



**\$10**

**JOIN US FOR OUR BUFFET**

**"Fresh Salads and dessert included"**

- Swiss Steak
- Chicken Fried Chicken
- Dinner Roll

- Mashed Potatoes
- Green Beans
- Assorted Desserts

**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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