

September 15<sup>th</sup> – 21<sup>st</sup>, 2025

## Independent Living Weekly News

### Wheatland Pest Control

Friday, Sept. 19<sup>th</sup>, 9:00 AM -

12:00 PM: This week is  
**Baywater Circle, Home Plus,  
and Add-ons.**

See Concierge or call  
785-506-5959

if you need to be added.

### Reminder

#### Notice of Price Adjustment

Due to ongoing rising costs,  
we are adjusting the prices of  
our daily specials beginning  
this Monday **September 15<sup>th</sup>.**  
Please review the updated  
prices posted in Lou's. We  
appreciate you're  
understanding and continued  
support.

### Banana Split

September 16 @ 2:00 PM in  
Lou's Place.

Get ready for the ultimate  
treat: the legendary **Banana  
Split** for just **\$2.00!**

Soft served ice cream nestled  
between a perfectly ripe banana,  
topped with rich chocolate syrup,  
sweet strawberry, and velvety  
pineapple drizzle. Add whipped  
cream, and crunchy nuts. You've  
got a dessert that's pure joy.



### Golf Cart Rides

Tuesday, Sept. 16<sup>th</sup>, 9:00 -

11:00 AM. Take a ride  
around our beautiful campus  
ponds. Weather permitting.  
Sign up at the front desk.

### Exercise

**NO Exercise Classes on  
September 17<sup>th</sup>! See you  
guys back on Friday  
September 19<sup>th</sup>.**

### Happy Hour

September 19<sup>th</sup> @ 2:00 PM  
in Esther's Place

🍷🌟 **Wine & Cheese Happy  
Hour Extravaganza!** 🌟🧀  
**Unwind. Indulge. Connect.**

Join us for a delightful escape  
into the world of wine and  
cheesy appetizer.

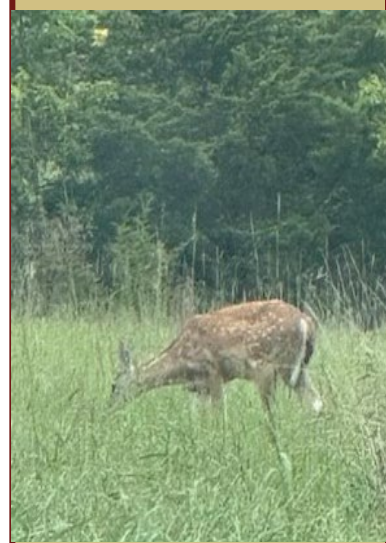
**Keith Kleins (Vocal Music)  
September 24<sup>th</sup> @ 1:00 PM  
in Wesley Hall.**

🎤🌟 **Feel the Power of the  
Human Voice!** 🌟🎵

Vocal music is more than  
sound—it's pure expression.  
From soaring sopranos to  
beatbox rhythms, it tells  
stories with nothing but  
breath, heart, and voice.

### Emails

If you're not receiving our  
newsletter or other important  
updates and would like to get  
them emailed, please make  
sure Tabbi has your current  
contact emails.



### Campus Snapshot

Deer, turkey, and so  
much more —  
foxes, owls,  
raccoons, and even  
bobcats.

This is your  
backyard, not a  
nature documentary.

Thanks, Christa, for  
your photo of our  
campus baby!

**Keep your photos  
rolling!**



**Thank you** all for the thoughtful cards and kind words shared in the halls. Your warm wishes were truly appreciated and made my day all the more special.

**Anna Bennett**

THANKS

### Thank you

For all the cards, and special birthday wishes. Truly a special day being here at Aldersgate! **Ron Schultz**

### Thank you

I truly appreciate the kind gestures and well wishes they made my day extra special and reminded me how fortunate I am to be part of such a wonderful community. **Vicki Means**

### Resident Assembly

**September 23<sup>rd</sup> @ 9:30**

**AM** in Wesley Hall. Join us to hear updates, share feedback, and stay connected.

### Out to Shop

**Wednesday, Sept. 25<sup>th</sup>,** we will head to **Target.**

We will load the bus @ 12:45 PM in main lobby and return @ 3:00 PM. Sign up at the front desk.

### Book Club

**September 25<sup>th</sup> @ 2:00 PM in Parlor 206.**

Join us for our current book selection, *Snow Flower and the Secret Fan*, and be among the first to receive our upcoming read, *Me Before You*.

### Fall Parade and Cookout!

**September 26<sup>th</sup> @ 10:30**

**AM.** Fall Parade & Grilled Hamburger and Brats to follow! Join us for a festive fall celebration. Fun, food, and community you won't want to miss it!

**No Exercise Classes!**

### Card Making

🎨🌟 Calling All Creators & Crafters! 🌟🎨

Do you have a creative spark and a love for making beautiful things? Join us in a heartwarming mission to design and craft handmade cards for our Card Rack for Sale! Whether you're a seasoned card maker or just love doodling and decorating, your talents can help make a difference. Every card sold supports the Good Samaritan Fund, helping those in need right here in our community.

What We're Looking For:

Birthday cards 🎂

Thank you cards 🙏

Get well soon cards 🌸

Seasonal & holiday cards

Inspirational messages 🌟

📍 Where: Craft Room

🕒 When: **Wednesday & Thursday @ 2:00 PM**

Supplies Provided – Just Bring Your Creativity!

### Recycle Bags

**Lou's Place is now open!** Stop by today to pick up your recycling bags—available by the box or as single bags.

### Vaccination Clinic

Hy-Vee Pharmacy will provide an on-site vaccination clinic on **Monday, September 22<sup>nd</sup> and Tuesday, September 23<sup>rd</sup>.** Pharmacists will be available to administer the Influenza Vaccine and the 2025-2026 Pfizer COVID Vaccine for all residents wishing to participate.

Pick up your consent form from the front desk, there is only one form to complete, whether you receive one of the vaccines or both.

Let Marcia know at 785-286-7453 if you would like us to email a copy of the consent form for printing.

If your insurance has changed in the last year, please contact Resident Services to update this information. If this is the first time that you are participating in our on-site clinic, we will need to make a copy of your insurance cards.

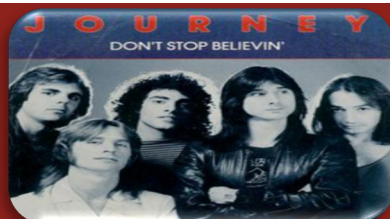
### Free Friday

Free Friday is coming up on **October 3<sup>rd</sup>!** If you have items to contribute, please drop them off with Tabbi so she can add them to the tables.

### Trivia Question:

Who sang "Don't Stop Believin'" in 1981?

**Answer:** Journey



### This Week's Trivia Question:

What was the name of George Michael's debut solo studio album, released in 1987?

### This Week's Featured Events

Cookies Social: Monday-Friday @ 1:30 PM- 3:00 PM  
 Sept. 16<sup>th</sup> Banana Splits @ 2:00 PM (Lou's Place)  
 Sept. 17<sup>th</sup> NO Exercise  
 Sept. 19<sup>th</sup> Happy Hour @ 2:00 PM (Esther's Place)

### Upcoming Events

Sept. 23<sup>rd</sup> Resident Assembly @ 9:30 AM (Wesley Hall)  
 Sept. 24<sup>th</sup> Keith Kleins @ 1:00 PM (Wesley Hall)  
 Sept. 25<sup>th</sup> Book Club @ 2:00 PM (Parlor 206)  
 Sept. 26<sup>th</sup> Fall Parade & Cookout @ 10:30 AM (Outside)  
 Oct. 3<sup>rd</sup> FREE Friday (Outside Craft Room)

## Sports Section



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

Sept. 16 <sup>th</sup>	VS Mariners	6:40 PM
Sept. 17 <sup>th</sup>	VS Mariners	6:40 PM
Sept. 18 <sup>th</sup>	VS Mariners	1:10 PM
Sept. 19 <sup>th</sup>	VS Blue Jays	6:40 PM*
Sept. 20 <sup>th</sup>	VS Blue Jays	6:10 PM
Sept. 21 <sup>st</sup>	VS Blue Jays	1:10 PM

\* Apple TV

### Football Games

Sept. 20 <sup>th</sup>	Kansas VS W. Virginia	TBA
Sept. 21 <sup>st</sup>	Chiefs VS Giants	3:25 PM NBC
Sept. 27 <sup>th</sup>	KSU VS UCF	TBA

### Upcoming Shopping Days

Sept. 25 <sup>th</sup>	Target
Oct. 8 <sup>th</sup>	Fairlawn Plaza



Peg Howard- 15<sup>th</sup>  
 Larry Montgomery- 18<sup>th</sup>

Cathy Abrams- 16<sup>th</sup>  
 Cicely Glaze- 20<sup>th</sup>

## Wednesday Night Movie

### Parlor 206 Grumpy Old Men



John and Max are elderly neighbors in a cold Minnesota town. They both live alone in their homes since their wives have died, and exchange stories about how their friends are now dying when they are not busy insulting each other. They have a contemptuous rivalry that goes back over 50 years.

### Newsletter Additions

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



# WEEKLY PROGRAM

MON. 15 <sup>TH</sup>		LOU'S PLACE 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. 16 <sup>TH</sup>		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
	BIBLE STUDY		11:00 AM	PARLOR 206
	TAI CHI		1:00 PM	WESLEY HALL
	BRIDGE REFRESHER		2:00 PM	PARLOR 203
	ICE CREAM SOCIAL \$	BANANA SPLITS	2:00 PM	CRAFT ROOM
	MAH JONGG		2:00 PM	REC ROOM
	BRIDGE		6:00 PM	WESLEY HALL
WED. 17 <sup>TH</sup>		LOU'S PLACE 8:30 AM TO 2 PM		
	EXERCISE	CANCELED	8:30 AM & 10:00 AM	WESLEY HALL
	BISCUIT & GRAVY \$		8:30 AM	LOU'S PLACE
	HEARING AID CLINIC		10:00 AM	ROOM 226
	OUT TO SHOP		12:45 PM	MAIN LOBBY
	PING-PONG		1:00 PM	REC ROOM
	PINOCHLE W/ JUDY		2:00 PM	PARLOR 203
	PAINTING/CARD MAKING		3:00 PM	CRAFT ROOM
	MOVIE & POPCORN	GRUMPY OLD MAN	6:00 PM	PARLOR 206
THUR. 18 <sup>TH</sup>		LOU'S PLACE 8:30 AM TO 3 PM		
	DANISH \$		9:00 AM	LOU'S PLACE
	VETERANS GROUP		10:00 AM	PARLOR 203
	RUMMIKUB		1:00 PM	PARLOR 203
	UPWARDS		1:30 PM	REC ROOM
	CARD MAKING		2:00 PM	CRAFT ROOM
FRI. 19 <sup>TH</sup>		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
	CROCHET-KNITTING-QUILTERS		1:00 PM	CRAFT ROOM
	BRIDGE		1:00 PM	WESLEY HALL
	HAPPY HOUR		2:00 PM	ESTHER'S PLACE
	MEXICAN TRAIN DOMINOS		3:00 PM	PARLOR 203
SAT. 20 <sup>TH</sup>		LOU'S CLOSED		
	COFFEE HOUR		9:15 AM	ESTHER PLACE
	BAJA RUMMY		1:00 PM	PARLOR 203
	YOGA W/ MISHA		2:00 PM	WESLEY HALL
	BINGO		3:00 PM	WESLEY HALL
SUN. 21 <sup>ST</sup>		LOU'S CLOSED		
	TRANSPORTATION TO SUSANNA WESLEY		9:00 AM	MAIN LOBBY

# Weekly Menu

9/15/25 to 9/21/25

*Aldersgate Village*  
LIFE PLAN COMMUNITY

MON

## Lunch

**Beef Noodle Soup**  
**Chicken Salad**  
**Sandwich \$7.5**

Chicken salad on bread  
served with one side

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

## Dinner

**Meatloaf \$8.5**

Served with mashed  
potatoes and green beans

TUE

## Lunch

**Tomato Soup**

**Grilled Cheese \$7.5**

Choice of bread with  
American cheese and one  
side item

**Chicken Tenders \$8.5**  
Served with choice of side  
and roasted vegetables

## Dinner

**Hot Ham and Cheese**  
**\$8.5**

Shaved ham, melted  
cheese and 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

**Pan Seared Chicken \$8.5**

Served with a tomato  
hollandaise sauce, garlic  
potatoes and peas

THU

## Lunch

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

**Beef Stroganoff \$8.5**  
Seasoned beef in a savory  
cream sauce over egg  
noodles and vegetable  
blend

## Dinner

**Breakfast Bar \$8.5**  
Assorted breakfast entrees  
and sides. Buffet only

FRI

## Lunch

**White Chicken Chili**  
**Pulled Pork Sandwich**  
**\$7.5**

House smoked pork with  
BBQ sauce on a bun with  
one side item

**Tilapia \$8.5**  
Served with rice Pilaf and  
Coleslaw

## Dinner

**Burger Night \$8.5**  
Served with your choice of  
side

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

**Philly Cheesesteak \$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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