

Sept. 8th -14th, 2025

Independent Living Weekly News

Wheatland Pest Control
Friday, Sept. 12th, 9:00 AM - 12:00 PM: This week is **Ingleside and Add-ons**. See Concierge or call 785-506-5959 if you need to be added.

Ed Farris
September 9th @ 1:00 PM
in Wesley Hall.
Timeless tunes and endless vibes! From rock to motown, classic country to jazz—these are the sounds that move generations. Tap your foot, sing along, and feel the magic of music that never fades.

Kevin McFarland
September 9th @ 3:00 PM
in Wesley Hall.
Catch the Buzz! Enjoy hearing breaking news to trending stories, here's what's making headlines around the world—history in the making!

Village Birthday Coffee
September 9th @ 9:30 AM in Welsey Hall.
Let's Celebrate September Birthdays!

Golf Cart Rides
Tuesday, Sept. 9th, 9:00 -11:00 AM. Take a ride around our beautiful campus ponds. Weather permitting. Sign up at the front desk.

 **Lou's Place Grand Reopening!** 

Join us Wednesday **September 10th** for biscuits & gravy and check out our new and improved store!



Campus Snapshots
Campus Buzz Alert!
You never know what wonders you'll spot around here—from curious bobcats to bouncing grasshoppers, and flowers that look straight out of a postcard. Nature's putting on a show. Don't miss it! Thanks **Judy Bone** for sharing your photos. Keep your photos coming.

Notice of Price Adjustment
Due to ongoing rising costs, we are adjusting the prices of our daily specials beginning on **September 15th**. Please review the updated prices posted in Lou's. We appreciate you're understanding and continued support.

Out to Shop.
House 2 Home
Wednesday September 10th pick-up 12:45 PM.
Join us for a fun session on the latest home décor trends—perfect for DIY lovers or anyone looking to add a personal touch.

Trivia Question:
What was the theme song
for 1982 film, Rocky III?
Answer: Eye of the Tiger



This Week's Trivia Question:
Who sang "Don't Stop
Believing" in 1981?

Reminder

While Lou's Place is temporarily closed for renovations, our daily specials and shopping services are still available in the Craft Room. If you'd like to place a shopping order while we restock, please contact Julie Hopkins with your list. We're here to help and appreciate your continued support during this transition!


Crochet, Knitting & Quilting for a Cause


Let's explore how we can create and donate our beautiful handmade items to patients in need. Join us **September 12th @ 1:00 PM** in the Craft Room.

Resident Assembly
September 23rd @ 9:30 AM in Wesley Hall. Join us to hear updates, share feedback, and stay connected.

Veterans Group

Join us for a special gathering dedicated to honoring your service and building community. We're excited to welcome special guests from Vets-to-Vets Café, who will be sharing their inspiring stories and resources tailored for veterans.

 **Date:** Sept. 11th

 **Time:** 10:00 AM

 **Location:** Parlor 203

This is a great opportunity to connect, share, and support one another. Whether you're newly transitioned or long retired, your presence matters.

Fall Parade and Cookout!


September 26th @ 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!

Hilltoppers Luncheon Last Call

Save Your Seat for the **September 12th** Quarterly Luncheon! Join us for our quarterly meeting, a great program, delicious bites, and a splash of fall birthday coffee planning.

 **Reserve your spot**
Monday–Friday, 8:30 AM–5:00 PM

 **Deadline: September 8th by 4:00 PM.** Thanks **Denise Larson**

No Exercise Group

September 12th
See you on Monday
September 15th.

Topeka Symphony

Date: September 27th
Time: 7:00 PM

Where: White Concert Hall
If you already have tickets and require transportation, please sign up at the front desk. Tickets will be available at their box office. Thanks

Thank You

All for the birthday cards with best wishes. They made my day so special! You are all such wonderful people!
Virginia Farrier



Thank You

For all the cards and well wishes I received on my birthday!
Dale Buller

Thank You

To all of you who sent me birthday cards. I enjoyed every card and well wishes!
Kay Schram

Thank You Happy Birthday, indeed! Your birthday greetings, both cards, notes and spoken, came together to make my day one of the best. Thank all of you for celebrating that 'once a year' day with me, Blessing to all! **Nadine Chandler**

This Week's Featured Events

Cookies Social: Monday-Friday @ 1:30 PM- 3:00 PM
 Sept. 9th Village Birthday Coffee @ 9:30 AM (Wesley Hall)
 Sept. 9th Ed Farris @ 1:00 PM (Wesley Hall)
 Sept. 9th Kevin McFarland @ 3:00 PM (Wesley Hall)
 Sept. 11th Veterans Group @ 10:00 AM (Parlor 203)
 Sept. 12th No Exercise
 Sept. 12th Crochet, Knitting, Quilting for a Cause
 @ 1:00 PM (Craft Room)
 Sept. 13th Bingo @ 3:00 PM (Wesley Hall)

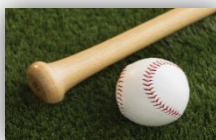
Upcoming Events

Sept. 16th Banana Splits @ 2:00 PM (Lou's Place)
 Sept. 17th NO Exercise
 Sept. 19th Happy Hour @ 2:00 PM (Esther's Place)
 Sept. 23rd Resident Assembly @ 9:30 AM (Wesley Hall)
 Sept. 24th Keith Kleins @ 1:00 PM (Wesley Hall)
 Sept. 26th Fall Parade & BBQ @ 10:30 AM (Outside)

Sports Section

Kansas City Royals Games (Airs on Cox 34)

Sept. 8 th	VS Guardians	5:40 PM
Sept. 9 th	VS Guardians	5:40PM
Sept. 10 th	VS Guardians	5:40 PM
Sept. 11 th	VS Guardians	6:15 PM
Sept. 12 th	VS Phillies	5:45 PM
Sept. 13 th	VS Phillies	5:05 PM
Sept. 14 th	VS Phillies	12:35 PM



Football Games

Sept. 14 th	Chiefs VS Eagles	3:25 PM FOX
Sept. 12 th	Kansas VS Arizona	8:00 PM FOX
Sept. 20 th	KSU VS W. Virginia	TBA

Upcoming Shopping Days

Sept. 25 th	Target
Oct. 8 th	Fairlawn Plaza



Merris Brady- 5th
 John Barret- 11th
 Elinor Stroup- 12th

Janie Gowin- 8th
 Sharon Soudek- 11th
 Dorothy Fastrup- 12th

Newsletter Additions

Email Tabbi at tbaldwin@aldersgatevillage.org or stop by her office and leave a note.

This week's movie: Wednesday Dolphin Tale



One day, while riding his bike to summer school, Sawyer finds a fisherman attempting to help an injured dolphin tangled in a crab trap. The dolphin is taken for treatment to Clearwater Marine Aquarium, run by Dr. Clay Haskett. Starring: Ashley Judd, Nathan Gamble, Kris Kristof, Kris Kristofferson, Cozi Zuehltsdorff, Morgan Freeman

**Based on a
true story!**

WEEKLY PROGRAM

MON 8 TH		CRAFT ROOM 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
	B/P CLINIC		11:00 AM	ROOM 226
	UPWARDS		1:30 PM	REC ROOM
	PAINTING		2:00 PM	CRAFT ROOM
	WORSHIP		4:00 PM	WESLEY HALL
TUE. 9 TH		CRAFT ROOM 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
	VILLAGE BIRTHDAY COFFEE		9:30 AM	WESLEY HALL
	BIBLE STUDY		11:00 AM	PARLOR 206
	TAI CHI		1:00 PM	PARLOR 203
	ED FARRIS		1:00 PM	WESLEY HALL
	BRIDGE REFRESHER		2:00 PM	PARLOR 203
	ICE CREAM SOCIAL \$		2:00 PM	CRAFT ROOM
	MAH JONGG		2:00 PM	REC ROOM
	KEVIN MCFARLAND		3:00 PM	WESLEY HALL
	BRIDGE		6:00 PM	WESLEY HALL
WED. 10 TH		LOU'S PLACE 8:30 AM TO 2 PM		
	EXERCISE		8:30 AM & 10:00 AM	WESLEY HALL
	BISCUIT & GRAVY \$	GRAND REOPENING	8:30 AM	LOU'S PLACE
	OUT To SHOP	HOUSE 2 HOME	12:45 PM	MAIN LOBBY
	PING-PONG		1:00 PM	REC ROOM
	RED CARPET		1:15 PM	WESLEY HALL
	PINOCHLE W/ JUDY		2:00 PM	PARLOR 203
	PAINTING/CARD MAKING		3:00 PM	CRAFT ROOM
	MOVIE & POPCORN	DOLPHIN TALE	6:00 PM	PARLOR 206
THUR. 11 TH		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. 12 TH		LOU'S PLACE 8:30 AM TO 3 PM		
	EXERCISE	CANCELLED	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
	MEXICAN TRAIN DOMINOS		3:30 PM	PARLOR 203
SAT. 13 TH		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. 14 TH		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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