

COMMUNITY NEWS

INDEPENDENT LIVING

SEPTEMBER 21-27, 2026



RESIDENT ASSEMBLY

The Aldersgate Community holds a **Resident Assembly** every fourth Tuesday of the month **9:30 a.m. in Wesley Hall**.

This important gathering brings Independent Living residents and staff together to learn about upcoming projects, events, and other topics of community interest. It is also an opportunity to ask questions, hear updates from staff, department leaders, and to gain a better understanding of the programs, services, and initiatives that make Aldersgate a vibrant place to live. We encourage all residents to attend.

Vaccination Clinic with Hyvee October 6th and 8th 1-5 PM @ Parlor 206

Influenza and COVID vaccines for the 2026–2027 season will be available for residents. To sign up, contact Christa at the concierge desk or Sherri Waters in Resident Services for a consent form, which must be completed before the clinic.



Upcoming Events

Resident Assembly

Tuesday, Sept. 22
9:30 AM - Wesley Hall

Red Carpet Library

Wednesday, Sept. 23
1:15 PM
outside of Wesley Hall

Out to Eat

Joy Wok Super Buffet

Thursday, Sept. 24
Departing @ 10:45 A.M.

Fall Parade & BBQ

Friday, Sept. 25th
10:30 A.M.

Aldersgate Annual Fall Parade

Friday, September 25 - 10:30 AM

Grab a chair in the front Manchester courtyard or sit on your porch to watch the fun.

The parade will travel through all areas of the campus for residents, staff and guests to enjoy.

After the parade there will be a **BBQ** for everyone located under the tent in Trent parking lot.



Weekly Schedule of Events

Monday, September 21, 2026 Morning 8:30 AM Exercise @ Wesley Hall 10:00 AM Exercise @ Wesley Hall	Afternoon 1:00 PM Craft Time @ Craft Room 1:00 PM Grief and Loss @ Parlor 203 1:15 PM Upwards @ Rec Room 2:00 PM Pitch @ Parlor 203 4:00 PM Worship @ Wesley Hall
Tuesday, September 22, 2026 Morning 9:30 AM Exercise @ Craft Room 9:30 AM Resident Assembly @ Wesley Hall 10:15 AM Scenic Tour @ Manchester lobby 10:00 AM Bunco @ Parlor 203 11:00 AM Bible Study @ Parlor 206	Afternoon 1:00 PM Tai Chi @ Wesley Hall 2:00 PM Bridge Refresher @ Parlor 203 2:00 PM Mah Jong @ Rec Room 2:30 PM Curiosity University @ Wesley Hall (The Dilemma of Modern Medicine) 6:00 PM Bridge @ Parlor 203
Wednesday, September 23, 2026 Morning 8:30 AM Exercise @ Wesley Hall 10:00 AM Exercise @ Wesley Hall	Afternoon 1:00 PM Ping Pong @ Rec Room 1:15 PM Red Carpet Library @ Heritage Hall 2:00 PM Pinnacle @ Parlor 203 2:30 PM Cardio Drumming @ Craft Room
Thursday, September 24, 2026 Morning 9:00 AM Dillon's bus outing...\$\$\$ 10:30 AM Yoga @ Craft Room 10:45 AM Out to Eat @ Joy Wok	Afternoon 1:00 PM Rummikub @ Rec. Room 1:00PM Baja Rummy @ Esther's Place 1:00 PM Exercise @ Craft Room 1:15 PM Upward @ Rec Room 2:00 PM Card Making @ Craft Room 2:00 PM Craft Time @ Craft Room 3:00 PM Book Club @ Library
Friday, September 25, 2026 Morning 8:30 AM Exercise @ Wesley Hall 10:30 AM Fall Parade and BBQ	Afternoon 1:00 PM Bridge @ Parlor 203 2:00 PM 9-5 Theme Party @ Wesley Hall 3:00 PM Mexican Train Dominos @ Parlor 206
Saturday, September 26, 2026 Morning 9:15 AM Coffee @ Esther's Place	Afternoon 1:00 PM Baja Rummy @ Parlor 203



Celebrating this week...

Sept. 20th - Cicely Glaze

Sept. 20th - Candi Wells

Sept. 22nd - Peggy Rickard

Sept. 26th - Priscilla Ewert

Sept. 27th - Catherine Pretsch



My 90th birthday celebration was extra special because of all the cards with greetings from my friends here.

Thank you to everyone!

Elinor Stroup



**Autumn Begins
Tuesday, Sept. 22nd**

*"Autumn: the season
that teaches
us to let go."*

Move More, Feel Better!

Regular exercise can help improve strength, balance, flexibility, and overall well-being.

**Remember, walking counts
as exercise too!**

With the Fall season upon us, take advantage of the cooler temperatures and beautiful changing scenery by enjoying a walk in the crisp autumn air.

Be sure to also check out the many exercise classes available in our community. Classes are offered Monday through Friday, so you're sure to find one that's right for you!



Lou's Place Daily Specials

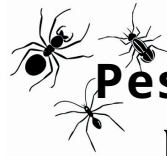
Monday: Donuts - \$1.00

Wednesday: Biscuits & Gravy - \$2.00

Thursday: Danish - \$1.25

Friday: Cinnamon Roll - \$1.25

Daily (Mon-Fri): Ice Cream - \$1.00



Weekly Pest Control Service Rogers Road



**Tuesday, Sept. 22nd
2:30 p.m. Wesley Hall**

Bioethics: The Dilemma of Modern Medicine.

Topics will include current medical ethical issues including the practices of research involving patients as well as healthy subjects, the debates about the beginning and end of life, reproductive technologies, transplantation, and the latest cutting edge research in genetics and genomics.

The Chaplain's Corner



A Righteous Wage Matthew 20:1-16

None of us deserves salvation, but at the end of the day, it's grace that saves us.

Weekly Menu

9/21/26 to 9/27/26

Aldersgate Village
LIFE PLAN COMMUNITY

MON

Lunch

Vegetable Soup

Hot Ham & Cheese \$7.5

Served on a croissant with choice of side

BBQ Pulled Chicken

Sandwich \$8.5

Shredded BBQ Chicken on a bun with a choice of side

Dinner

Chicken Cordon Bleu \$8.5

Breaded & fried chicken breast topped with ham & Swiss cheese served with mixed vegetables

TUE

Lunch

Tomato Soup

Grilled Cheese \$7.5

Served with chips and mixed vegetables

Pork T Sandwich \$8.5

Breaded pork tenderloin on a bun with creamy horseradish and one side

Dinner

Beef Goulash \$8.5

Our traditional casserole served with green beans & a roll

WED

Lunch

Pasta Buffet \$8.5

With your choice of pasta spaghetti, penne, or cavatappi topped with your choice of red sauce, or alfredo sauce, then topped with your choice of meat grilled marinated chicken or meatballs.

Dinner

Pub Style Fish \$8.5

beer battered fish deep fried and served with cheesy Potatoes and coleslaw

THU

Lunch

Lentil & Potato Soup

Sloppy Joe \$7.5

Traditional favorite served with tater tots

Chicken Parmesan \$8.5

Traditional favorite served with penne alfredo

Dinner

Breaded Pork Cutlet \$8.5

served with gravy, parslies potatoes, and roasted cauliflower

FRI

Lunch

Esther's Closed

Join us for BBQ outside

Trent Plaza

Watermelon

Grilled Hamburger

Grilled Bratwurst

Lettuce Tomato Onion & Pickle

Potato Chips

Fresh Baked Cookie

Dinner

Turkey Tetrazzini \$7.5

Casserole with turkey, mushrooms, and spaghetti noodles in a creamy sauce and baked, served with Brussel sprouts with Bacon & onion

SAT

Lunch

Chili Soup

Chicken Strips \$7.5

3 chicken strips served with your choice of side

Philly Cheese Steak \$8.5

Roast beef sliced thin and piled high on our hoagie bun with choice of side

Dinner

Braised Pork \$8.5

Slow roasted pork in a savory sauce served with mashed potatoes and steamed peas

\$10

JOIN US FOR OUR SUNDAY BUFFET

"Fresh Salads and Desserts included"

-Roast Beef

-Baked Potato

-Honey Glazed Carrots

-Fresh Baked Rolls

-Smothered Chicken with Mushroom Sauce

-Rice Pilaf

-California Mixed Vegetable

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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