

COMMUNITY NEWS

INDEPENDENT LIVING

SEPTEMBER 28- OCTOBER 4, 2026

Join us for a one of a kind show.

September 30, 2026

2:00 PM in Wesley Hall

Featuring: Ric and Jeanne Averill

Professional traveling entertainers with local ties to our community.



Farmer's Market
Thursday, October 1st

Shop local and Support local.

Each month we feature a variety of local, fresh products for our residents to choose from. Stop by the Farmer's Market located in the Manchester courtyard.



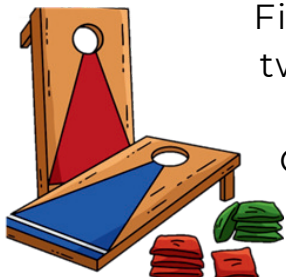
Vaccination Clinic provided by
Hy-Vee Pharmacy
October 6th and 8th
1:00 - 5:00 PM in Parlor 206

Influenza and COVID vaccines for the 2026–2027 season will be available. 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.

Cornhole Tournament

Join us for our first

Aldersgate Cornhole Tournament
Oct. 9th at 2:00 PM in Wesley Hall



Find a friend & join the fun as a two-person team, or let us pair you with a teammate.

Compete for a chance to win prizes awarded to the top three teams!

Upcoming Events

Lou's Volunteer Meeting:

Monday, Sept. 28
11:00 AM - Lou's Place

Topeka Symphony
Saturday, Oct. 3rd

6:30 PM
Departing from
Manchester

James Hintz Music
Oct. 6th

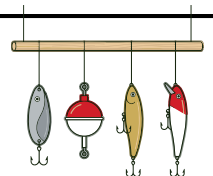
2:00 PM
Wesley Hall

New Theatre Trip
Oct. 14th

Sign up at front desk

Fishing Event
Oct. 16th

10:30 AM
Sign up at front desk



Curious Minds
Conversation
Oct. 20th

2:00 PM
Speaker: Merrill Ewert

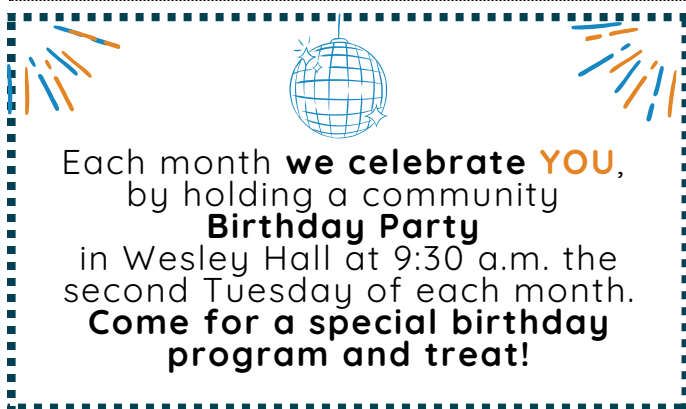
Weekly Schedule of Events

Monday, September 28, 2026 Morning 8:30 AM Exercise @ Wesley Hall 10:00 AM Exercise @ Wesley Hall	Afternoon 1:00 PM Craft Time @ Craft Room 1:15 PM Upwards @ Rec Room 2:00 PM Pitch @ Parlor 203 4:00 PM Worship @ Wesley Hall
Tuesday, September 29, 2026 Morning 9:30 AM Exercise @ Craft Room 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 (Understanding the Human Brain) 6:00 PM Bridge @ Parlor 203
Wednesday, September 30, 2026 Morning 8:30 AM Exercise @ Wesley Hall 10:00 AM Exercise @ Wesley Hall	Afternoon 1:00 PM Ping Pong @ Rec Room 2:00 PM Pinnacle @ Parlor 203 2:00 PM Ric Averill Show @ Wesley Hall
Thursday, October 1, 2026 Morning 9:00 AM Dillon's bus outing..\$\$\$ 9:30 AM Farmer's Market @ Manchester 10:30 AM Yoga @ Craft Room	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
Friday, October 2, 2026 Morning Free Friday 8:30 AM Exercise @ Wesley Hall 10:00 AM Exercise @ Wesley Hall	Afternoon 1:00 PM Bridge @ Parlor 203 3:00 PM Mexican Train Dominos @ Parlor 206
Saturday, October 3, 2026 Morning 9:15 AM Coffee @ Esther's Place	Afternoon 1:00 PM Baja Rummy @ Parlor 203



Celebrating this week...

Sept. 28th - Judy Bone
Sept. 28th - Shirley Addington
Sept. 29th - Caroll Glozbach
Sept. 30th - Cindy Pfannenstiel
Oct. 2nd - Vernon Brown



**Come join us and
create this fun
Fall Canvas
during weekly
craft time held on
Monday and thursday**



thank you!

I want to thank all of my wonderful friends for the cards, hugs, phone calls and birthday wishes. All of you have been a real blessing putting up with me!

Peggy Rickard

Thank you so very much for the kind birthday wishes, texts, and cards. I am so grateful to live in such a warm, caring, and thoughtful community. God bless you all!

Kandi Wells

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



**Tuesday, Sept. 29nd
2:30 p.m. Wesley Hall**

Understanding the Human Brain

The Director of Neuroscience for the Semel Institute at UCLA, Dr. Whybrow examines how ancient survival instincts interact with the demands of technology and modern society.

The Chaplain's Corner



What Did Jesus Do

Philippians 2:1-13

Christ's pattern of self-limitation tells us something about the way God acts in the world generally. It also gives guidance for our lives as Christians as it answers the question "What would Jesus do?"

Missing Walker:

We have a resident who is missing their walker, we are asking each Manchester resident to check their walkers to see if you have the correct one. If you find one please return to the front desk. Thank you

WeeklyMenu



9/28/26 to 10/4/26

MON

Lunch

Pork & Bean Soup
Taco Salad \$7.5

Chopped lettuce topped with cheese, tomato, onions, olives with seasoned ground beef

BBQ Pulled Pork \$8.5

House smoked pork shredded with BBQ sauce on a bun with a side of mac & cheese

Dinner

Chicken Marsala \$8.5

Chicken thigh cooked in a savory mushroom sauce served with lemon orzo pasta and green beans

TUE

Lunch

Tomato Basil Bisque

Reuben \$7.5

Traditional favorite served with your choice of side

Pesto Chicken

Sandwich \$8.5

Grilled chicken with basil pesto sauce served with parmesan chips

Dinner

Shepherd's Pie \$8.5

Our traditional casserole served with a side salad & a roll

WED

Lunch

Beef & Vegetable Soup

Tuna Melt \$7.5

Tuna salad served open faced on bread with kettle chips.

French Dip

Sandwich \$8.5

Slow roasted beef sliced thin on a hoagie bun with melted provolone & aujus served with side of choice

Dinner

Honey Chicken \$8.5

Marinated chicken thighs served with an oven baked sweet potato & Harvard beets

THU

Lunch

Cheeseburger Chowder
BLT \$7.5

Traditional favorite served with your choice of side

Oven Fried Chicken \$8.5

Breaded chicken served with mashed potatoes & cream

gravy and buttered corn

Dinner

Grilled Pork Chop with
Apple Chutney \$8.5

Marinated & grilled pork chop served with a baked potato and peas

FRI

Lunch

Southwest Vegetable Soup

Mushroom Swiss Burger

\$8.5

Served on a bun with your choice of side

Beef Soft Taco \$7.5

Served with refried beans and spanish rice

Dinner

Chopped Steak \$8.5

served with mashed potatoes & onion gravy and a side of broccoli

SAT

Lunch

Potato Bacon Soup

Hot Ham & Swiss \$7.5

Served on a bun with your choice of side

Apple Pecan Chicken Salad

\$8.5

Served on a croissant with

your choice of side

Dinner

Shrimp Scampi \$8.5

Sauteed shrimp served with Linguini pasta, garlic breadstick

\$10

JOIN US FOR OUR SUNDAY BUFFET

"Fresh Salads and Desserts included"

- Chicken Fried Steak

- Mashed Potatoes & Gravy

- Mixed Vegetable

- Lemon & Herb Chicken

- Wild Rice

- Glazed Carrots

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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