

COMMUNITY NEWS

INDEPENDENT LIVING

OCTOBER 5 - 11, 2026

October Birthday Party

Oct. 6th 9:30 AM in Wesley Hall

Join us for a light breakfast and lots of fun, this month's entertainment features: **Vic Williams and his adventures with his pet crow.**



Musical Performance by James Hintz

Tuesday, October 6th in Wesley Hall
2:00 PM

Join in on the fun and sing along to classic songs you are sure to remember, you can even request one of your favorite songs.



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

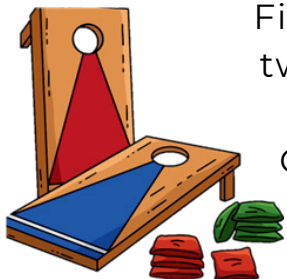
Influenza and COVID vaccines for the 2026–2027 season will be available. To sign up, contact Christa at the concierge desk or Sherri Waters in Resident Services for a consent form, which must be completed before the clinic.

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

Canvas Painting Monday, Oct. 5th

1:00 PM - Craft Room



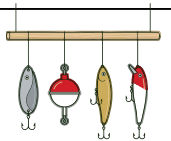
Red Carpet Library Wednesday, Oct. 7th

1:15 PM - Heritage Hall

Fishing Event Friday, Oct. 16th

10:30 AM

Sign up at front desk



Bingo

Saturday, Oct. 10th

3:00 PM - Wesley Hall

GHOST HUNT AT MANCHESTER



Hunting begins Monday.
Find a ghost, return it to the front desk for a treat.

The hunt ends Oct. 30th
Happy Hunting.

Weekly Schedule of Events

Monday, October 5, 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, October 6, 2026 Morning 9:30 AM Birthday Party @ 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 James Hintz Music @ Wesley Hall 2:00 PM Mah Jong @ Rec Room 2:30 PM Curiosity University @ Craft Room (How to turn back your biological clock) 6:00 PM Bridge @ Parlor 203
Wednesday, October 7, 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 Pinnocle @ Parlor 203 2:00 PM Cardio Drumming @ Craft Room
Thursday, October 8, 2026 Morning 9:00 AM Dillon's bus outing..\$\$\$ 10:30 AM Yoga @ Craft Room	Afternoon 1:00 PM Rummikub @ Rec. Room 1:00 PM 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 9, 2026 Morning 8:30 AM Exercise @ Wesley Hall 10:00 AM Exercise @ Wesley Hall	Afternoon 1:00 PM Bridge @ Parlor 203 2:00 PM Cornhole Tournament @ Wesley 3:00 PM Mexican Dominos @ Parlor 206
Saturday, October 10, 2026 Morning 9:15 AM Coffee @ Esther's Place	Afternoon 1:00 PM Baja Rummy @ Parlor 203 3:00 PM Bingo @ Wesley Hall

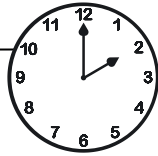


Celebrating this week...

Oct. 9th - Gene Harris

Oct. 11th - Judy Coates

NEW HOURS



Lou's Place will be closing
each day at 2:00 PM



Seeking Volunteers for Lou's Place

Do you have a few hours to spare?
Want to fill your time & make
new friends?

Consider volunteering at
Lou's Place.

Monday 11-2 PM
Thursday 1-2 PM

Contact: Leslie



thank you!

Thank you to everyone
who took time to wish me
a happy birthday.
Cindy Pfannenstiel

Lou's Place Daily Specials

Monday: Danish - \$1.25*

Wednesday: Biscuits & Gravy - \$2.00

Thursday: Danish - \$1.25

Friday: Cinnamon Roll - \$1.25

Daily (Mon-Fri): Ice Cream - \$1.00/\$2.00*

*** updated item and pricing**

Curiosity

Tuesday, Oct. 6th

2:30 p.m. Wesley Hall

Counterclockwise: How to Turn Back Your Biological Clock

Journalist Lauren Kessler takes
aging personally in
"Counterclockwise," a book based
on her yearlong experiment aimed
at improving her biological age
from the inside out

The Chaplain's Corner

**People Who Produce
Matthew 21:33-46**



Jesus challenges us to focus on
the good fruits of the kingdom of
God. We do this as citizens of
heaven who are aligned with the
priorities of Jesus, revealed by
what he said and did.

Weekly Menu

10/5/26 to 10/11/26

Aldersgate Village
LIFE PLAN COMMUNITY

MON

Lunch

Minestrone

Garden Chicken Salad \$7.5

Chopped lettuce topped with
crispy chicken cheese, tomato,
onions, cucumber & egg

Lasagna \$8.5

Italian baked dish with flat
pasta sheets layered with
marinara meat sauce and
melted cheese on top served
with a breadstick

Dinner

Pork Roast Sandwich \$8.5

Roasted pork loin served on a
bun with potatoes & onions and
carrots

TUE

Lunch

Garden Vegetable Soup

Beef Tacos \$7.5

Flour tortillas with taco
meat, cheese, lettuce,
salsa & sour cream

Hamburger \$8.5

Served on a bun with
lettuce, tomato, onion, &
pickle & a choice of side

Dinner

Teriyaki Beef \$8.5

Stir-fried beef with sweet
and savory glaze served
with fried rice and buttered
peas

WED

Lunch

Mushroom Barley

Cran Chicken Salad \$7.5

Creamy chicken salad on
a croissant with your
choice of side

Steak Lunch \$14

Sous Vide Tender Steak,
Demi Glace served with a
baked potato and sauteed
Asparagus

Dinner

Chicken Alfredo \$8.5

Marinated chicken with
creamy alfredo sauce
served over pasta with
garlic bread

THU

Lunch

Green Chile Chowder

Hot Dog \$7.5

Traditional favorite served on
a bun with your choice of side

BBQ Chicken \$8.5

Roasted boneless chicken
glazed with BBQ sauce
served with whipped sweet
potatoes & cheesy corn

Dinner

Cube Steak \$8.5

Seared beef cube steak
served with a mushroom
gravy over mashed potatoes
with a side of broccoli

FRI

Lunch

Beef & Bean Chili

Grilled Cheese \$7.5

2 slices of toast with
American cheese grilled and
served with a choice of side

Fish Sandwich \$8.5

Beer battered fish fillet topped
with cheese and served on a
bun with chips

Dinner

Chicken Enchilada

Casserole \$8.5

Traditional enchilada served
with cilantro lime rice and
black beans

SAT

Lunch

Turkey & Noodle Soup

Reuben \$7.5

The diner favorite served with
your choice of side

Swedish Meatballs \$8.5

Served with buttered egg
noodles, brown gravy, and
country style green beans

Dinner

Turkey Marsala \$8.5

Turkey cutlets bathed in
marsala sauce & served over
mashed potatoes with
creamed spinach

\$10

JOIN US FOR OUR SUNDAY BUFFET

Fresh Salads and Desserts included

- Pork Milanese
- Mixed Vegetables
- Penne Primavera

- Beef Burgundy
- Whipped Potatoes & Gravy
- Dinner Roll

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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