

April 15th-April 21st

## Community News

**Wheatland Pest Control** will be here on April 19th. Please see Julie Hopkins or call 785-506-5959 for any questions or add-ons.

### A Note of Thanks

Dear Friends, Thank you for the lovely cards and messages for my birthday. You all made it special!

*Joyce Cibulski*

Thank you everyone for the lovely cards. I much appreciate being remembered on my birthday!

*Mary Cullers*

### Van Service

Effective April 19<sup>th</sup> the 10:30 a.m. van service on Friday will be dedicated to specific shopping locations which will rotate every week. This is an opportunity to do some shopping at some of the following retail locations...Target, Ross, Kohls, Westridge Mall, TJ Maxx, etc. This will be van service only, we will be providing transportation, dropping off and picking up. Please sign up at the front desk.

### Severe Weather Preparedness

Jake Henry with the Shawnee Country Severe Weather Preparedness team will be here on April 16<sup>th</sup> at 3:30 p.m. to present some severe weather and other natural disaster safety tips everyone should practice.

### Low Vision Presentation

A representative with Nanopac, a leader in assistive technology solutions, will be here on April 23<sup>rd</sup> at 3:00 p.m. to discuss a range of products and services tailored to various disabilities such as low vision and blindness among others.



## Donated Solar Eclipse Glasses

There are organizations that are collecting used eclipse glasses that are in good condition and will be sending them to Latin America where there will be a solar eclipse in October. If you would like to donate to this cause, please drop off your gently used Solar Eclipse glasses to the front desk. We are celebrating Earth day this month. What a wonderful item to repurpose for a good cause.

## Wednesday Night Movie

Sound of Music, filmed in 1965 a classic Musical/Romance starring Julie Andrews who plays the role of Maria, the Austrian abbey who becomes a governess in the home of a widowed naval captain with seven children and brings a new love of life and music into the home.

## Walking Trail

As the weather warms up many folks find themselves eager to get out and explore the new walking trail around the ponds. Just some helpful ideas and reminders to maximize your experience and keep you safe.

- Hydration, be sure to take your water.
- Cell phone for emergencies
- Comfortable/Sturdy walking shoes
- The buddy system, 2 is always better than one.

## This Week's Featured Events

May Day Baskets on April 14th @ 2:00 pm  
Shawnee County Severe Weather Preparedness April 16<sup>th</sup> @ 3:30 pm  
Garden Plant Shopping/Outing April 18<sup>th</sup> @ 2:00 pm  
Container Gardening April 19<sup>th</sup> @ 10:00 am

## Special Recognitions...



*Jerry Shields April 20<sup>th</sup>*

*Congrats!*

March Madness bracket winners

*Jack Medlin- Sweet 16 & Elite 8*

*John Marye - Final Four*

*Jerry Shields- Championship*

## Important Deadlines-Please Sign up for these following events to secure your spot:

**John Brown Museum & Lunch Outing- April 25th @ 8:45 am  
(Lunch is Dutch Treat)**

**Topeka Symphony-April 27th @ 6:30 pm**

**Topeka Civic Theatre (The Book of Wil) -May 2nd @ 5:45 pm**

## Empowering Health-Navigating Allergy Season

**Can allergies go away with time?** The short answer is yes. Even if you develop allergies as an adult, you may notice they start to fade again when you reach your 50s and beyond. This is because your immune function is reduced as you get older, so the immune response to allergens also becomes less severe.

Some allergies you have as a child may also go away when you're a teen and well into your adulthood, perhaps making only a few appearances throughout your life until they disappear permanently.

**Treatments** Here are some possible treatments for allergies, whether you have a mild seasonal allergy or a severe food or contact allergy:

- **Take antihistamines.** Take a nonsedating antihistamine, such as cetirizine (Zyrtec), loratadine (Claritin), fexofenadine (Allegra) before you're exposed to an allergen to prevent symptoms.
- **Get a skin-prick test.** This test can help you see what specific allergens trigger your reactions. Once you know what you're allergic to, you can try to avoid that allergen or reduce your exposure as much as possible.
- **Consider getting allergy shots (immunotherapy).** The shots can gradually build up your immunity to your allergy triggers within a few years of regular shots.
- **Tell the people around you about your allergies.** If your symptoms can be severe or life threatening, they'll know how to treat you if you have an allergic reaction.

## Food Trivia



- Honeybee workers must visit how many flowers to make one pound of honey?
- Honey is also the only food that will never rot. How long can it last?
  - An average hive has how many worker bees?



## WEEKLY SCHEDULE

WEEKLY SCHEDULE				
Mon. 15th		Lou's Place 8:30-2 pm		
	Donuts & Coffee w/ Gwen		8:30 AM	Lou's Place
	Exercise with Christen		8:30 AM	Wesley Hall
	Van Service		9:00/10:30 AM	Front Entrance
	Exercise w/ Christen		10:00 AM	Wesley Hall
	Grief & Loss Support Group		1:00 PM	Parlor 203
	Upwords		1:00 PM	Recreation Room
	Worship		4:00 PM	Wesley Hall
Tue. 16th		Lou's Place 8:30-2 pm		
	Bible Study		11:00 AM	Parlor 206
	Tai Chi w/ Debbie		1:00 PM	Wesley Hall
	Bridge Refresher Course		2:00 PM	Parlor 203
	Ice Cream Social		2:00 PM	Lou's Place
	Shawnee County Severe Weather Preparedness		3:30 PM	Wesley Hall
	Bridge		6:00 PM	Parlor 203
Wed. 17th		Lou's Place 8:30-2 pm		
	Biscuits & Gravy in Lou's		8:30 AM	Lou's Place
	Exercise with Christen		8:30 AM	Wesley Hall
	Van Service		9:00/10:30 AM	Front Entrance
	Exercise w/ Christen		10:00 AM	Wesley Hall
	Hearing Aid Clinic		10:00 AM	Parlor 203
	Pinochle w/ Judy		2:00 PM	Parlor 203
	Movie Night & Popcorn	The Sound of Music	6:00 PM	Main Lobby
Thur. 18th		Lou's Place 8:30-2 pm		
	Coffee Chat		9:00 AM	Lou's Place
	Rummikub		1:00 PM	Parlor 203
	Upwords		1:00 PM	Recreation Room
	Garden Plant Shopping		2:00 PM	Front Entrance
	Crossword Challenge		3:00 PM	Main Lobby
	Tulips at Twilight		6:30 PM	Front Entrance
Fri. 19th		Lou's Place 8:30-11 am		
	Exercise w/ Dee		8:30 AM	Wesley Hall
	Cinnamon Rolls & Coffee		8:30 AM	Lou's Place
	Container Gardening		10:00 AM	Lou's Patio
	Van Service		9:00 AM	Front Entrance
	Shopping Van Service	Target	10:30 AM	Front Entrance
	Bridge		1:00 PM	Parlor 203
	Mats for a Mission		2:00 PM	Craft Room
Sat. 20th		Lou's Place Closed		
	Coffee Hour		9:15 AM	Esther's Place
	Baja Rummy		1:00 PM	Parlor 203
	Yoga w/ Misha		2:00 PM	Fitness Room
Sun. 21st		Lou's Place Closed		
	Transportation to S. Wesley		9:00 AM	Front Entrance
	May Day baskets w/ Addyson		2:00 PM	Craft Room

# Weekly Menu

*Aldersgate Village*  
LIFE PLAN COMMUNITY

4/15/24 to 4/21/24

MON

## Lunch

**Chicken Noodle Soup**  
**Harvest Chicken Salad \$7.5**  
Served on a croissant with choice of side

**Chicken Alfredo \$8.5**  
Served with garlic bread and yellow squash

## Dinner

**Tuna Noodle Casserole \$8.5**  
Classic dish with pasta, tuna in a mushroom cream sauce and a dinner roll

TUE

## Lunch

**Cheeseburger Soup**  
**Ham Salad \$7.5**  
Ham, mayo, celery, with one side item.

**Chicken Tenders \$8.5**  
Served with one side item

## Dinner

**Roasted Pork Loin \$8.5**  
Served with mushroom pilaf and yellow squash



WED

## Lunch

**Pasta Fagioli**  
**BBQ Pork \$7.5**  
Smoked pork, bbq sauce on a bun with one side

**Build a Pizza \$8.5**  
Your choice of topping or Veggie Pizza with a tossed salad

## Dinner

**Lasagna \$8.5**  
Served with garlic bread and spinach

THU

## Lunch

**Cream of Broccoli**  
**Turkey Sub \$7.5**  
Classic sub with one side item

**Brisket Mac and Cheese \$8.5**  
Tender smoked brisket on top of creamy mac and cheese with one side item

## Dinner

**Breakfast Bar \$8.5**  
Assorted breakfast entrees and sides

FRI

## Lunch

**Garden Vegetable Soup**  
**Chicken Pesto \$7.5**  
Grilled sandwich with pesto, mozzarella with one side

**Ham and Potato Casserole \$8.5**  
Served with okra and tomatoes

## Dinner

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

SAT

## Lunch

**Tomato Rice Soup**  
**Grilled Cheese \$7.5**  
Grilled cheese with choice of side

**Curry Chicken \$8.5**  
Creamy curry chicken over rice with cauliflower

## Dinner

**Tater Tot Hot Dish \$8.5**  
Served with your choice of side.

**\$10**

## JOIN US FOR OUR SUNDAY BUFFET

"Fresh Salads and dessert included"

- Roast Beef
- Baked Ham
- Dinner Roll

- Mashed Potatoes
- Broccoli
- 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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