



Aldersgate NEWSLETTER

August 16-22, 2026



Lou's Place Specials
Monday- Donuts- \$1.00
Wednesday-Biscuits and Gravy-\$2.00
Thursday-Danish-\$1.25
Friday- Cinnamon Roll-\$1.25
ICE CREAM EACH DAY \$1.00
Coffee and Chat each morning at Lou's place
8:30 AM



THIS WEEK

**Wednesday Trip to Prairie Band
Casino.**

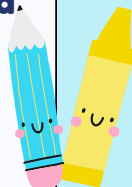
**HYVEE shopping trip: Thursday @
9AM**

**NEW: The third thursday of each
month we will have a bus going to
HYVEE, sign up at the front desk. Bus
will leave at 9 AM. There will be no
Dillons trip on this day.**

Teaching Kitchen: 3 PM @ Esther's

**Come out and watch the Topeka
Police Department K-9 dogs perform!**
Friday @ 1 PM
Wesley Hall

**Learn the history of the unit, watch
the dogs search for evidence, and
interact with them.**



Chaplain's Corner

Crazy Walls
Revelation 7:9-17

**We don't need a "crazy wall" to
understand Revelation. All we need
to do is look into eternity beside
John the Revelator, take comfort
from the peace enjoyed by our
dearly departed saint, and
recognize that we are part of
what's happening right now.**
**On Monday August 17th at the
regular 4:00 p.m. Worship Service
we will remember all our Family,
Friends, and Neighbors passed on
during the first six months of 2026.**
Everyone is welcome.



Pest Control

**Exterior of Manchester and
Trent**





New Game:

Do you play BUNCO?
Maybe you have always wanted to learn to play or you want to start a group? Contact: Leslie to set this new opportunity up.



New Trip:

Join us as we travel to St. Marys
Sign up begins Monday, August 17th

What to expect?

August 26th @ 10:45 AM

We will have lunch at Sugar Creek Country Store, then tour Immaculata Catholic Church

When signing up at the Front desk check out the Sugar Creek menu and write your order down so we can pre- order. Each resident will need to bring money to pay at the store for their order. Transportation fees apply as well.

Birthdays



August 12th- Daniel Neuenswander

August 14th- Dana Hale

August 14th- Rhonda Mason

August 17th- Marilyn Elgin

August 17th- Louise Newbold

August 22nd - Carol Bradford

August 22nd- Kay Schram

Let's Celebrate:

Happy 70th Anniversary

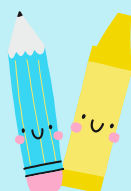
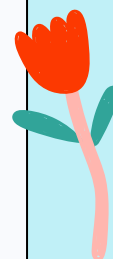
Verne & Joann Dow

Join them at

Esther's for a cake celebration

August 19th

Stop by during lunch.





Village Details



Exercise:

Join a class and get moving!

Monday: 8:30 AM @ Wesley Hall, 10:00 AM @ Wesley Hall

Tuesday: 9:30 AM @ Craft room, Tai Chi 1:00 PM Wesley Hall

**Wednesday: 8:30 AM @ Wesley Hall, 10:00 AM @ Wesley Hall, 2:30 PM Cardio
Drumming @ Craft room**

Thursday: Yoga 10:00 AM @ Craft room, 1:00 PM @ Craft room

Friday: 8:30 AM @ Wesley Hall, 10:00 AM @ Wesley Hall

Audiologist Clinic:

**Stop by residents service room 226, Wednesday
from 9:30-11:00 for a free clinic. Providing hearing
aid adjustments and cleaning.**



Teaching Kitchen:

**This Wednesday @ 3pm Teaching Kitchen will talk about Omega 3 Fats
Meet in Esther's**

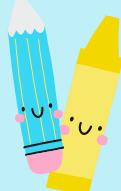
Curiosity University:

**The Personal Presidency: Are we too close to the White House
Wednesday @ 2:30 in Wesley Hall**

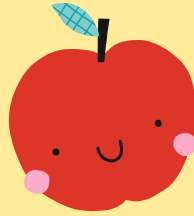


Thank yous

**Thank you for all the beautiful wishes. You all made my day.
Everyone is so nice and kind, I love living at Aldersgate.
Jean Berg**



Monday, August 17



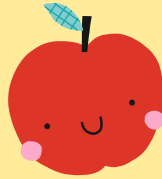
8:30 AM - Exercise @ Wesley Hall
10:00 AM - Exercise @ Wesley Hall
1:00 PM- Painting @ Craft Room
1:00 PM Grief and Loss @ Parlor 203
1:15 PM Upwards @ Rec Room
2 PM-Pitch @ Parlor 203
4 PM Worship @ Wesley Hall

Tuesday, August 18



9:30 AM- Exercise @ Craft Room
10:15 AM- Scenic Tour@ Manchester lobby
11:00 AM- Bible Study @ Parlor 206
2:00 PM- Bridge Refresher @ Parlor 203
2:00 PM - Mah Jong @ Rec Room
2:30 PM- Curiosity University @ Craft Room
6:00 PM- Bridge @ Parlor 203

Wednesday, August 19



8:30 AM - Exercise @ Wesley Hall
10:00 AM - Exercise @ Wesley Hall
9:30 AM - Audiology Clinic @ RM 226
10:45 AM - Praire Band Casino Trip
11:30 AM - Dow Anniversay Cake
celebration @ Esther's place
1:00PM- Ping Pong @ Rec Room
2:00 PM- Pinochle @ Parlor 203
3:00 PM - Teaching Kitchen @ Esther's
5:30 PM- Make a will seminar @ Wesley Hall

Thursday, August 20



9:00 AM - HYVEE bus outing..\$\$\$
10:30 AM- Yoga @ Craft Room
1:00 PM- Rummikub @ Parlor 203
1:00PM-Baja Rummy @ Esther's Place
1:00 PM- Exercise @ Craft room
1:15 PM- Upward @ Rec Room
2:00 PM- Veteran's Group @ Esther's
2:00 PM- Card Making @ Craft Room
2:00 PM- Craft Time @ Craft Room

Friday, August 21



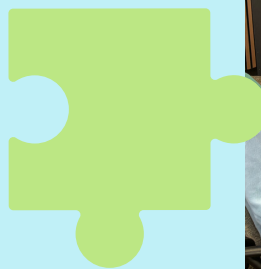
8:30 AM - Exercise @ Wesley Hall
10:00 AM- Exercise @ Wesley Hall
1:00 PM- Bridge @ Parlor 203
1:00 PM - Topeka Police Department K9
show@ Wesley Hall
3:00 PM- Mexican Train Dominos @ Parlor 206

Saturday, August 22



9:15 AM- Coffee @ Esther's Place
1:00 Baja Rummy @Parlor 203

Village Photos



Weekly Menu

8/17/26 to 8/23/26

Aldersgate Village
LIFE PLAN COMMUNITY

MON

Lunch

White Bean Chili Soup

Chicken Caesar Wrap \$7.5
Lettuce, crispy chicken and Caesar dressing in a wrap with one side

Bourbon Chicken \$8.5

Chicken thigh glazed with a sweet sticky & savory sauce served with white rice and green beans

Dinner

Grilled Bratwurst 8.5

grilled bratwurst on a bun served with sauerkraut & potato Chips

TUE

Lunch

Broccoli Soup

Ham Salad Croissant \$7.5
Served with a choice of side

Carolina Pulled Pork \$8.5

House smoked and pulled pork served on a bun with onion rings and cauliflower au gratin

Dinner

Meatloaf \$8.5

Traditional favorite served with mashed potatoes gravy and sliced carrots

WED

Lunch

Turkey Vegetable Soup

Turkey & Swiss Melt \$7.5
Sliced turkey and swiss on grilled wheat bread with O'Brien potatoes

Build your own pizza
your choice of toppings served with a side salad

Dinner

Chicken Tacos \$8.5

2 soft tacos with seasoned chicken, shredded lettuce and cheese served with refried beans & spanish rice

THU

Lunch

Tuscan Bean Soup

Cook Out Buffet
Cheeseburgers and Hotdogs served with potato salad, baked beans, and watermelon

Dinner

Baked Spaghetti

a rich and savory baked casserole dish with traditional meat sauce, spaghetti noodles, and cheese served with garlic bread and a side salad

FRI

Lunch

Beef Orzo Soup

Egg Salad on Rye \$7.5
Served with potato chips & Broccoli salad

Chicken Fried Chicken \$8.5

Breaded & fried chicken served with mashed potatoes, gravy & green beans

Dinner

Lemon Pepper Tilapia \$8.5

Baked tilapia seasoned with lemon pepper and served with roasted red potatoes & steamed peas

SAT

Lunch

Potato Soup

Chicken Strips \$7.5
3 chicken strips served with your choice of side

Roast Beef Hoagie \$8.5

Roast beef sliced thin and piled high on our wheat hoagie bun with sliced cheddar cheese and pasta salad

Dinner

Ham Steak \$8.5

Grilled Ham steaks served with mashed sweet potatoes and buttered corn

\$10

JOIN US FOR OUR SUNDAY BUFFET

"Fresh Salads and Desserts included"

- Boneless Roasted Chicken
- Mashed Potatoes & Chicken Gravy
- Dinner Roll

- Popcorn Shrimp
- Mixed Vegetables
- Roasted Potatoes

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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Make-A-Will Month Educational Program

August is Make-A-Will Month, a reminder that one of the greatest gifts we can give our loved ones is a clear plan for the future. Whether you already have estate planning documents in place or are just getting started, this educational session will provide practical guidance and helpful next steps.

Join Aldersgate Village, Marsha Pope with the Topeka Community Foundation, and local estate planning attorney Scott Taddiken of Stevens & Brand LLP for a conversation about the essentials of estate planning, including wills, powers of attorney, healthcare directives, beneficiary designations, and family conversations that can help avoid confusion and stress later.

The presentation is designed for residents, families, and anyone interested in learning more about planning with confidence and peace of mind.

Date & Time

Wednesday, August 19, 2026

5:30 – 6:30 PM

Light refreshments will be provided.

Topics Include

Getting started
with a will

Important legal and healthcare documents

When estate plans should be updated

Common questions families face

Planning conversations with loved ones

Charitable giving
and legacy planning options

Join us for an informative and practical discussion designed to help you plan ahead and protect the people and causes you care about most.