

MAY 10TH, 2026 - MAY 16TH, 2026 - INDEPENDENT LIVING

HISTORY OF MOTHER'S DAY

MOTHER'S DAY IS A SPECIAL DAY TO HONOR YOUR MOTHER AND CELEBRATE THE ROLE OF MOTHERS IN SOCIETY. THE MODERN HOLIDAY WAS FIRST CREATED AND CELEBRATED IN THE UNITED STATES IN 1908 AT THE INITIATIVE OF ANN REEVES JARVIS. MANY TRADITIONAL CELEBRATIONS OF MOTHERS AND MOTHERHOOD HAVE EXISTED FOR THOUSANDS OF YEARS. SOME DATE BACK TO ANCIENT GREEK AND ROMAN CIVILIZATIONS.



ALDERSGATE VILLAGE PHOTO GALLERY



PHOTO BY: KAREN PICKETT



PHOTO BY: CHRIS MCCALL

4th Mary Richter

4th Roger Underwood

6th Margaret Boughton

7th Sharon Kress

11th Linda McHenry

13th Paul Mitchell

13th Debra Spires

16th Joanie Underwood

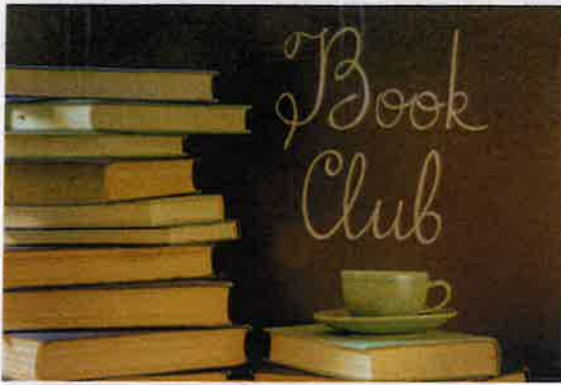
23rd Judy Ross

27th Tom Benortham

28th Carolyn Olson

30th Sandy Hickam





Our next UWF Book Discussion will be on **TUESDAY** May 26 at 6:30PM in Parlor 206 at Manchester Lodge on the Aldersgate Campus. Since Memorial Day is on Monday we'll meet in May on Tuesday. Anyone may join us. This month we'll be reading:

THE HAPPIEST MAN ON EARTH: THE BEAUTIFUL LIFE OF AN AUSCHWITZ SURVIVOR by **EDDIE JAKU**

In this riveting New York Times bestseller, Eddie Jaku shares his powerful memoir as a Holocaust survivor, paying tribute to those lost as he offers inspiring wisdom on living one's best possible life despite the most horrible circumstances.

Contact Linda Holmquist if you need a copy of the book, 620-260-5085.

EXERCISE

MAY 11TH @ 8:30AM

MAY 13TH @ 8:30AM

MAY 15TH @ 8:30AM

(WESLEY HALL)

VIDEO EXERCISE

MAY 11TH @ 10:00AM

MAY 13TH @ 10:00AM

MAY 15TH @ 10:00AM

(WESLEY HALL)

TAI CHI

MAY 12TH @ 1:00PM

(WESLEY HALL)

CARDIO DRUM W/MUSIC

MAY 13TH @ 2:00PM

(WESLEY HALL)

YOGA W/BRENDA

MAY 14TH @ 1:00PM

(CRAFT ROOM)

BLOOD PRESSURE CLINIC

MAY 11TH @ 11:00AM

(ROOM 206)



THE LIFE ENHANCEMENT DEPARTMENT IS STARTING A, "REFER A FRIEND" PROGRAM. BRING A FRIEND TO AN ACTIVITY THAT HAS A *** BY THE ACTIVITY AND YOU WILL RECEIVE A CARD TO BE INITIALED BY THE LIFE ENHANCEMENT TEAM AND GET A FREE BOWL OF ICE CREAM FROM LOU'S PLACE AFTER FIVE REFERRALS.

NEWSLETTER COMMENTS AND/OR SUGGESTIONS!

Contact Rhonda at (785) 217-7353 or rkelly@aldersgatevillage.org

**SUNDAY
MAY 10TH**



**MONDAY
MAY 11TH**

- 8:30 **Stretch & Flex Exercise**
(Wesley Hall)
- 10:00 **Video Exercise**
(Wesley Hall)
- 11:00 **Blood Pressure Clinic**
(Room 206)
- 1:15 **Upwards**
(Rec Room)
- 4:00 **Worship**
(Wesley Hall)

**THURSDAY
MAY 14TH**

- 10:00 **Yoga**
(Craft Room)
- 1:00 **Rummikub**
(Parlor 203)
- 2:00 **Upwards**
(Rec Room)
- 2:00 **Entertainment by:**
James Hintz
(Wesley Hall)

**BUS OUTINGS
SIGN UP
REQUIRED \$\$\$**

Monday, May 11th
10:30am Cane's Chicken

Monday, May 11th
6:30pm Topeka Festival
Singers

Thursday, May 14th
9:30am Seelye Mansion

**TUESDAY
MAY 12TH**

- 11:00 **Bible Study**
(Parlor 206)
- 1:00 **Tai Chi**
(Wesley Hall)
- 2:00 **Bridge Refresher**
(Parlor 203)
- 2:00 **Entertainment by:**
Ed Farris
(Wesley Hall)
- 2:00 **Mah Jong**
(Rec Room)
- 6:00 **Bridge**
(Parlor 203)

**FRIDAY
MAY 15TH**

- 8:30 **Stretch & Flex Exercise**
(Wesley Hall)
- 10:00 **Video Exercise**
(Wesley Hall)
- 1:00 **Bridge**
(Parlor 203)
- 2:00 **Happy Hour**
(Esther's Place)
- 3:00 **Mexican Train Dominoes**
(Parlor 206)

**WEDNESDAY
MAY 13TH**

- 8:30 **Stretch & Flex Exercise**
(Wesley Hall)
- 10:00 **Video Exercise**
(Wesley Hall)
- 1:00 **Ping Pong**
(Rec Room)
- 2:00 **Pinochle**
(Parlor 203)
- 2:00 **Cardiac Drumming w/Music**
(Wesley Hall)

**SATURDAY
MAY 16TH**

- 1:00 **Raja Rummy**
(Parlor 203)

- Health/Exercise**
- Resident Led Activities**
- Religion/Spiritual**
- Entertainers/Special Vendors**
- Special Events/Activities**
- Life Enhancement Directed Activities**
- Arts & Crafts**
- Educational**

UPCOMING EVENTS

MAY 11TH CANE'S CHICKEN RESTAURANT
BUS LOADS AT 10:30AM

MAY 11TH TOPEKA FESTIVAL SINGERS
BUS LOADS AT 6:30PM

MAY 14TH SEELYE MANSION
BUS LOADS AT 9:30AM

MAY 23RD SHAWNEE CHORAL SOCIETY
"A NIGHT ON BROADWAY"
BUS LOADS AT 6:00PM

JULY 22ND NEW DINNER THEATRE
BUS LOADS AT 10:00AM

PLEASE SIGN UP AT THE FRONT DESK MAIN LOBBY
IN THE TRANSPORTATION BOOK!
ALL TICKETS/TRANSPORTATION CHARGES ARE LISTED
ON SIGN-UP SHEET!

Weekly Menu

5/11/26 to 5/17/26



MON

Lunch

Tuscan 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 and served in sauce on a bun with mac & cheese

Dinner

Chicken Scalopini \$8.5

Chicken breast cooked in a savory lemon cream sauce served with pesto red potatoes

TUE

Lunch

Tomato Basil Bisque

Reuben \$7.5

Traditional favorite served with your choice of side

Beef Tacos \$8.5

Two tacos with seasoned ground beef, cheese, lettuce, salsa, sour cream, Spanish rice & refried beans

Dinner

Shepherd's Pie \$8.5

Our traditional casserole served with a side salad & a roll

WED

Lunch

Beef Noodle Soup

Tuna Melt \$7.5

Tuna salad served open faced on sourdough bread with kettle chips.

Steak Sandwich \$8.5

Slow roasted beef sliced thin and served open faced on rye bread with melted provolone, au jus and one side choice

Dinner

Honey Chicken Thigh \$8.5

Marinated chicken thighs served with oven browned potatoes & 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 seasoned peas

Dinner

Grilled Pork Chop \$8.5

Marinated & grilled pork chop served with a mushroom orzo pasta

FRI

Lunch

Southwest Vegetable Soup

Chicken Salad \$7.5

Served on a croissant with your choice of side

Baked Spaghetti 8.5

Ground beef, pasta & tomato sauce served with garlic toast and a side salad

Dinner

Chicken Fried Chicken \$8.5

Breaded & fried chicken breast served over mashed potatoes with cream gravy and glazed carrots

SAT

Lunch

Potato Bacon Soup

Cuban Sandwich \$7.5

Garlic pork, ham, mustard, pickles and swiss grilled together on a hoagie bun served with one side

Roast Turkey \$8.5

Slow roasted turkey served with bread stuffing and green bean casserole

Dinner

Shrimp Alfredo \$8.5

Sauteed shrimp served with penne pasta, com O'brien & a garlic breadstick

\$10

JOIN US FOR OUR SUNDAY BUFFET

"Fresh Salads and Desserts included

- Chopped Steak
- Mashed Potatoes & Gravy
- Broccoli
- Rosemary Lemon pepper chicken
- Wild Rice
- Country green beans

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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