

MAY 18TH, 2026 - MAY 24TH, 2026 - INDEPENDENT LIVING

“A kind word is like a spring day.”



AIDERSGATE VILLAGE PHOTO GALLERY

PHOTO BY: KAREN PICKETT

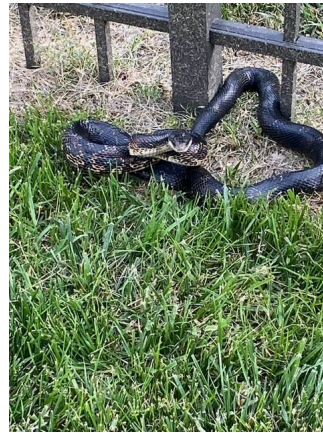


PHOTO BY: RON & CAROL BRADFORD

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



Health & Wellness

EXERCISE

MAY 18TH @ 8:30AM
MAY 20TH @ 8:30AM
MAY 22ND @ 8:30AM
(WESLEY HALL)

VIDEO EXERCISE

MAY 18TH @ 10:00AM
MAY 20TH @ 10:00AM
MAY 22ND @ 10:00AM
(WESLEY HALL)

TAI CHI

MAY 19TH @ 1:00PM
(WESLEY HALL)

CARDIO DRUM W/MUSIC

MAY 20TH @ 2:00PM
(CRAFT ROOM)

YOGA W/BRENDA

MAY 21ST @ 10:30AM
(CRAFT ROOM)

HEARING AID CLINIC

MAY 20TH @ 9:30AM
(ROOM 226)



BEAUTY SHOP HOURS

SUNDAY	CLOSED
MONDAY	CLOSED
TUESDAY	8:30AM
WEDNESDAY	9:00AM
THURSDAY	9:00AM
FRIDAY	9:00AM

**CALL (785) 478-9440 EXT. 4777
FOR APPOINTMENT!
CLOSED AS NEEDED!**

WE LOVE OUR CRAFTS!



NEWSLETTER COMMENTS AND/OR SUGGESTIONS!
Contact Rhonda at (785) 217-7353 or rkelly@aldersgatevillage.org

UPCOMING EVENTS

**MAY
22ND**

**MEMORIAL DAY PARTY
ENTERTAINMENT BY: ADAM SHOEMAKER
STARTS AT 2:00PM
WESLEY HALL**

**MAY
28TH**

**MANCHESTER BBQ
STARTS AT 4:30PM
LOU'S PLACE PATIO**

**JUNE
3RD**

**NEW DINNER THEATRE
RESTAURANT
BUS LEAVES AT 10:00AM**

**JUNE
4TH**

**HILLTOPPERS BLOCK BBQ PARTY
STARTS AT 4:30PM
BLOOMSBURY CT.**

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

****SIGN-UP REQUIRED** \$\$\$ TRANSPORTATION FEE**

MONDAY MAY 18TH

- 8:30 **Stretch & Flex Exercise**
(Wesley Hall)
- 10:00 **Video Exercise**
(Parlor 206)
- 10:00 **Entertainment by:**
Melodears Choir
(Wesley Hall)
- 1:00pm **Grief & Loss**
Parlor 203
- 1:15 **Upwards**
(Rec Room)
- 4:00 **Worship**
(Wesley Hall)

THURSDAY MAY 21ST

- 10:00 **Yoga**
(Craft Room)
- 11:00 **Bus Outing: \$**
Sky Diner
- 1:00 **Rummikub**
(Parlor 203)
- 1:15 **Upwards**
(Rec Room)
- 2:00 **Card Making**
(Craft Room)
- 2:00 **Veteran's Group**
Esther's Place

TUESDAY MAY 19TH

- 11:00 **Bible Study**
(Parlor 206)
- 1:00 **Tai Chi**
(Wesley Hall)
- 2:00 **Bridge Refresher**
(Parlor 203)
- 2:00 **Mah Jong**
(Rec Room)
- 2:30 **Curiosity University**
"Actress Marion Ross:
My Days...Happy &
Otherwise"
(Wesley Hall)
- 6:00 **Bridge**
(Parlor 203)

FRIDAY MAY 22ND

- 8:30 **Stretch & Flex Exercise**
(Wesley Hall)
- 10:00 **Video Exercise**
(Wesley Hall)
- 1:00 **Bridge**
(Parlor 203)
- 2:00 **Memorial Day Party**
Wesley Hall
- Entertainment By:**
Aaron Shoemaker
- 3:00 **Mexican Train Dominoes**
(Parlor 206)

WEDNESDAY MAY 20TH

- 8:30 **Stretch & Flex Exercise**
(Wesley Hall)
- 9:30 **Hearing Aid Clinic**
(Room 226)
- 10:00 **Video Exercise**
(Wesley Hall)
- 1:00 **Ping Pong**
(Rec Room)
- 1:30 **Red Carpet Library**
(Heritage Hall)
- 2:00 **Pinochle**
(Parlor 203)
- 2:00 **Cardio Drumming w/Music**
(Craft Room)

SATURDAY MAY 23RD

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

SUNDAY MAY 24TH

Daily Activity Sheets
will be emailed or
located at the front
desk with any
changes/corrections.

Thank You!

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

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

ADDITIONAL INFORMATION

FARMER'S MARKET

June 4th, 2026

Farmer's Market will be on the first (1st) Thursday of the month starting June 4, 2026. Residents are welcome to set up a booth as well, please see Rhonda for more information.

BOOK CLUB

June 28th, 2026

Are you a member of the Aldersgate Book Club? Please contact Rhonda. Leslie, our New Life Enhancement Coordinator, will be leading the book club moving forward. We would like to get some information from you!

EVENT TICKETS

This is just a friendly reminder that if you sign up for an event that requires tickets to be purchased in advance, they are not refundable. You have the option to find someone else to take your place. There will be a deadline on the sign up for ticket purchases. After the date noted - no refunds will be issued. This does not include event cancellations.

We have two vehicles going to the New Theater Restaurant on Wednesday, June 3rd, 2026. If you were on the waiting list, your tickets were purchased. This is going to be a great show!

TRANSPORTATION

if you are needing to make an appointment, please call the front desk to schedule. If the appointment is less then 3 business days, please contact the Director of Transportation.

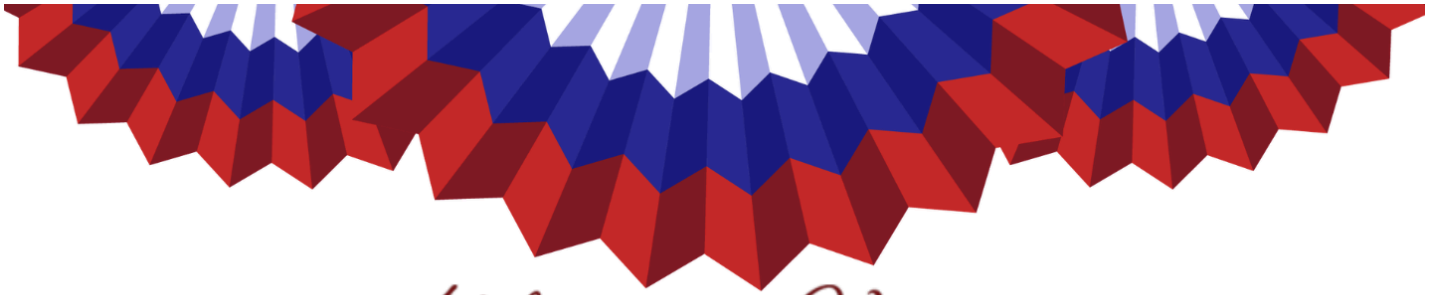
Main Phone #: (785) 478-9440

Director of Transportation:
(785) 217-7353

Transportation # for Pickups Only:
(785) 221-0425

RESIDENTS WITH WALKERS

We are asking you to please clean out your walker prior to using transportation. This helps the driver store your walker appropriately in the van/bus.



Aldersgate Village
LIFE PLAN COMMUNITY

MEMORIAL DAY



HAPPY HOUR

FRIDAY, MAY 22, 2026

2:00PM

(WESLEY HALL)

Entertainment by:

Aaron Shoemaker





REMEMBER & HONOR OUR MILITARY!

WEAR YOUR FAVORITE MILITARY
CLOTHING TODAY AND SUPPORT OUR
SOLDIERS HERE AT ALDERSGATE VILLAGE!

FRIDAY, MAY 22ND



Weekly Menu

5/18/26 to 5/24/26

Aldersgate Village
LIFE PLAN COMMUNITY

MON

Lunch

Shrimp & Sausage Gumbo

Garden Chicken Salad \$7.5
Chopped lettuce topped with
crispy chicken cheese,
tomato, onions, cucumber &
egg

Manicotti w/ Meat Sauce \$8.5

Two cheese manicotti topped
with our meat sauce served
with a breadstick and green
beans almondine

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

Cheeseburger \$8.5

4 oz. beef patty with your
choice of cheese served
with fries and red cabbage
coleslaw

Dinner

Teriyaki Beef \$8.5

Stir-fried beef with fried rice
and sugar snap peas

WED

Lunch

Mushroom Barley

Cran Chicken Salad \$7.5
Creamy chicken salad on
a croissant with your
choice of side

Build a Pizza \$8.5

Pizza with your choice of
toppings or Chicken
Bacon Ranch served with
a tossed salad

Dinner

Chicken Pesto \$8.5

Marinated chicken thighs
served over pasta with
zucchini parmesan

THU

Lunch

Green Chile Chowder

BLT \$7.5

Traditional favorite served
with your choice of side

BBQ Chicken \$8.5

Roasted 8 cut chicken glazed
with bbq sauce served with
whipped sweet potato and
cheesy corn

Dinner

Cube Steak \$8.5

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

FRI

Lunch

Beef & Bean Chili

Grilled Cheese \$7.5

2 slices of Texas 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

Minestrone

Reuben \$7.5

The diner favorite served with
your choice of side

Swedish Meatballs \$8.5

Served with mashed potatoes,
brown gravy and country style
green beans

Dinner

Turkey Marsala \$8.5

Turkey cutlets bathed in
marsala sauce & served over
egg noodles with creamed
spinach

\$10

JOIN US FOR OUR SUNDAY BUFFET

Fresh Salads and Desserts included

- Pork Milanese
- Whipped Potatoes
- Penne Primavera

- Beef Burgundy
- Mixed Vegetables
- 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:

Matt Mitzel

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(785) 478-9440 ext.4772