

# BROOKSIDE CHATTER

**Brookside Buzz**

5701 Brookside Circle, Lowville, New York, 13367

Office Telephone: 315-376-4333

Website: [www.brooksideseniorliving.org](http://www.brooksideseniorliving.org)

Email: [brookside@nnyemail.com](mailto:brookside@nnyemail.com)

**Issue: March 09, 2020**

**Editor: Sherry Turk**



Margaret Searl on Monday, March 9th, Iola Stowell Tuesday, March 10th, Wendy Larabee & Jake Krop on Wednesday, March 11th, Sharon Thayer on Thursday, March 12th, and Linda Grimes on Friday, March 13th  
No Anniversaries this week!

## What's New This Week

### Monday, March 9th

2:00 pm...Bingo

### Tuesday, March 10th

9:30 am...Knitting

1:30 pm...Resident Council Meeting

7:00 pm...Golf

### Thursday, March 12th

9-11:00 am...Knitting

No Watertown Hearing

### Saturday, March 14th

8 -10:00 am...Pancake Breakfast



One's life has value so long as one attributes value to the life of others, by means of love, friendship, indignation and compassion. -Simone De Beauvoir-

Imagine what a harmonious world it could be if every single person, both young and old, shared a little of what he is good at doing. -Quincy Jones-

### **On call this week – Jake Krop**

If you are in need of assistance from 7 pm to 7 am call 315-376-4333. You will reach our answering service, and they will direct your call. In case of an emergency, push your emergency button or dial 911.

### **ADIRONDACK MENNONITE RETIREMENT COMMUNITY, INC.**

#### **MISSION STATEMENT**

*Adirondack Mennonite Retirement Community seeks to share God's love by providing for the older adult, a home and lifestyle that are independent and dignified, secure and sheltering, purposeful and fulfilling, creative and enriched, all within the framework of our Christian heritage. To that end, we will strive to be visionary in our recognition of needs and compassionate in our approach to services.*

March 9th, is Barbie's birthday. She was introduced in 1959. I think we all had a Barbie doll at one time or another. Also it is "False Teeth Day". This day celebrates the patent in 1822 for false teeth received by a New York Dentist. It is also "National Napping Day". This is held annually on the Monday after Daylight Saving Time begins. So go ahead and take that nap.

March 10th, is "National Pack Your Lunch Day". We will have a bag lunch for an entrée' choice.

March 12th, is the Anniversary of the Girl Scouts of the USA. The year was 1912. We all have had some dealings with girl scouts, even if it is only to order cookies from them. The trivia for the day is: According to researchers, singing uses both sides of the brain and takes people's minds off their worries, so it is a stress reducer. Singing also boosts oxygen and blood flow.

March 13th, is Friday the 13th, there are two Friday the 13th, in 2020. The other one is in November. Also, it is Employee appreciation day. If you see any of the employees here at Brookside, be sure to give them a thumbs up. Also, it is the Earmuff's Birthday. The year was 1887.

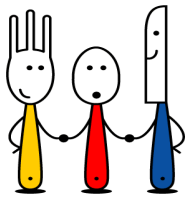
March 14th, is the birthday of the baseball cap. The year was 1860. Everyone loves a baseball cap.

Have a Great Week!



## Brookside Senior Living Community Activities Calendar For the Week of March 09, 2020

<b>MONDAY</b> <b>March 9th</b>	9:45 AM...Exercise Class 10:25 AM...Tops Grocery/Bank 2:00 PM...Bingo 7:00 PM...Euchre	 
<b>TUESDAY</b> <b>March 10th</b>	1:00 PM...Pitch 2:00 PM...Kinney's 2:30 - 4:00 PM... Wellness Clinic 7:00 PM...Golf	  
<b>WEDNESDAY</b> <b>March 11th</b>	9:45 AM...Exercise Class 10:25 AM... Walmart 1:00 PM... Pinochle	  
<b>THURSDAY</b> <b>March 12th</b>	<b>Beauty Salon OPEN.... 7 am-12 noon</b> 9:00 AM...Quilts 9:45 AM...Breathing Exercises 10:30 AM... Rosary 1:00 PM... Bridge <u>No</u> Watertown Hearing 7:00 PM...Dominoes	  
<b>FRIDAY</b> <b>March 13th</b>	<b>Beauty Salon OPEN...3:30 pm - 7 pm</b> 9:45 AM...Exercise Class 10:25 AM...Tops Grocery/Bank 1:00 PM...Wii Bowling	 
<b>SATURDAY</b> <b>March 14th</b>	8 –10:00 AM...Pancake Breakfast 3:00 PM...Social Hour	 
<b>SUNDAY</b> <b>March 15th</b>	If you need a ride to Church, please let us know in advance 7:00 PM...Golf	



# Brookside Dinner Menu

For the Week of March 09, 2020

Alternate choices for the week are: Alternate 1. Ham Sandwich or Alternate 2. Hot Dog on a Roll.  
Dressing Selections are on the tables.

MONDAY- 3/09	TUESDAY- 3/10	WEDNESDAY- 3/11	THURSDAY- 3/12
Stuffed Shells w/Meatballs or Crab Patty w/Sweet Potato  Tossed Salad Cottage Cheese Applesauce  Sweet Potato Broccoli Yellow Squash  Apple Crisp or Grapes	Vegetable Beef Soup w/ Egg Salad Sandwich or Surprise Bag Lunch  Macaroni Salad Cottage Cheese Applesauce  Fresh Veggies w/Ranch  M&M Cookies or Pineapple	Sausage w/Onions & Peppers on Bun or No Bun or Grilled Chicken Bacon Ranch Salad  Broccoli & Cauliflower Salad Cottage Cheese Applesauce  French Fries Stewed Tomatoes  Strawberry Cheesecake or Tropical Fruit	Turkey Sub w/Chips or Shrimp Scampi over Noodles  3- Bean Salad Cottage Cheese Applesauce  Veggie Blend Peas  Hot Fudge Sundae or Tropical Fruit
FRIDAY- 3/13	SATURDAY- 3/14	SUNDAY- 3/15	<i>Enjoy Your Meals!</i>
Fish Sandwich or Sloppy Joe on Bun or No Bun  Mixed Veggie Salad Cottage Cheese Applesauce  Parsley Potatoes Acorn Squash Asparagus  Fresh Fruit or Apricots	Chicken & Biscuits or Braised Pork Chops  Grape Tomatoes w/ Vinaigrette Dressing Cottage Cheese Applesauce  Parsnips Green Beans w/Almonds  Raspberry Bars or Banana	Baked Ham w/Pineapple or Veggie Quiche  Strawberry Spinach Salad Cottage Cheese Applesauce  Baked Potato Harvard Beets Mandarin Blend Vegetables  Turtle Cheesecake or Peaches	<i>Bread or rolls are served daily.</i>  <i>Substitutions available for special dietary needs. See the cook in advance for any special needs.</i>  <i>Choose <u>one entrée</u> and <u>one dessert</u> and as many sides as desired.</i>

## Residents' Corner

Monday, March 9th, at 2:00 pm, join us to try to win a prize at Bingo.

Tuesday, March 10th, at 9:30 pm, join the ladies in the library to do some knitting. Also at 1:30 pm, bring your questions and concerns to the resident council meeting.

Thursday, March 12th, Watertown Hearing will NOT be here.

Saturday, March 14th, from 8 - 10:00 am, we will be having our annual Pancake breakfast. We will be having pancakes, sausage, bacon and scrambled eggs. The prices are Adults - \$9.00, Child 4-8 \$6.00, and 3 and under free. Join us for a great breakfast .

Plan Ahead, Mark Your Calendar...

- Thursday, March 19th, pot luck supper
- Friday, March 20th, movie & popcorn
- Monday, March 23rd, "Down Home" to entertain
- Wednesday, March 25th, monthly birthday party
- Thursday, March 26th, trip to Watertown (weather permitting)
- Tuesday, March 31st, monthly resident supper
- Wednesday, April 1st, monthly resident coffee hour (note day change)
- Friday, April 3rd, movie & popcorn
- Mon. - Thurs., Apr. 6-9, Ecumenical Holy Week Services
- Tuesday, April 21st, trip to Pioneer Café for breakfast (sign up)
- Tuesday, April 28th, monthly Resident Supper
- Thursday, April 30th, monthly birthday party
- Tuesday, May 5, monthly resident coffee hour
- Wednesday, May 13th, trip to Utica
- Tuesday, May 26th, monthly resident supper
- Thursday, May 28th, monthly birthday party

### I'll be at Your Side...

When the daylights gone, and you are on your own. You need a friend, just to be around. I will comfort you, I will take your hand. I will pull you through, I will understand, and you know that.

I'll be at your side, there's no need to worry. Together we'll survive, through the haste and hurry.

I'll be at your side, if you feel like you're alone, and you have nowhere to turn. I'll be at your side. If life's standing still, and your souls confused. You cannot find what road to choose. If you make mistakes you can't find what road to choose. If you make mistakes you can't let me down. I will still believe, I will not turn away.

I'll be at your side, there's no need to worry. Together we will survive. Through the haste and the hurry.

Just pray, as I am always at your side. God

### End of the Day Prayer...

Dear God,

At the end of the day, let me not dwell on my failures or recount my disappointments. Let my heart not be heavy over the day's frustrations, the cold voices and minor vexations. Remind me that there's so much more to life than worry, pain and trivial strife. Let me not be blind to each tiny pleasure. Remind me that each little blessing is something to treasure. Let me hear children's laughter, the voice of a dear friend; and let the warm memories revive me...when a long day ends. And wrap me tight in your arms, some my worries depart; never let me forget your love lest I forget my heart.