

BROOKSIDE CHATTER

Brookside Buzz

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Audrey Schweitzer on Tuesday, October 13th & Ruth Widrick on Friday October 16th

No Anniversaries This Week!

What's New This Week

Monday, October 12th

10:00 am...Bank (Drive Thru)

2:00 pm...Bingo (10 residents only, must wear masks)

Tuesday, October 13th

8:00 am...Walmart Shopping (bring a list or ride along, must wear a mask)

9:30 am...Knitting (in the library)

7:00 pm...Game Night

Wednesday, October 14th

2:00 pm...Trip to Nolt's

Thursday, October 15th

7:00 am...Tops for Seniors Only

9:00 am...Quilts



Hope is being able to see that there is light despite all of the darkness..

-Desmond TuTu-

The little things in life? The little moments in life? They aren't so little.

-Jon Zinn-

Do not ruin today with mourning tomorrow. -Catherynne M. Valente-

On call this week – Quintin Roggie

If you are in need of assistance from 5 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.

Due to the Coronavirus pandemic... most things have been cancelled and we are in lock down. We are sorry about this, but this is for your protection to keep you all safe. We will return to normal as soon as we are able. So, please keep yourself safe. Immediate family are allowed back in, from 9 am - 4 pm, and they must follow guidelines and sign in.

October 12th, is "Columbus Day" Banks & Post Offices are closed. Also it is "Chowder Day." Mystic, Conn. started this fall favorite festival with other fall items.

October 13th, is The Colonial American full moon. It is also called the deer rutting season moon. Also it is "Silly Sayings Day." Do you know any silly sayings?

October 16th is Dictionary Day & Learn a New Word Day. We can all learn a new word.

October 17th is the Cadillac's 119th birthday. The year was 1902. Also it is "National Pasta Day."





October 18th is "National Chocolate Cupcake Day." Also it is "National Mammography Day." We ladies know what that's all about. Yearly checkups and testing. Not fun but necessary.

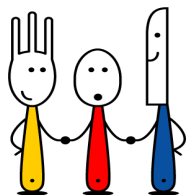
Have a Great & **Safe** Week!

Activities



Brookside Senior Living Community Activities Calendar For the Week of October 12, 2020

| | | |
|---|---|--|
| MONDAY October 12th | 9:45 AM...Exercise Class (under 10) 10:00 AM...Bank (Drive Thru) 2:00 PM...Bingo (10 people, must wear mask) 7:00 PM...Euchre |     |
| TUESDAY October 13th | 8:00 AM...Walmart (must wear mask) 9:30 AM...Knitting (in the library) 1:00 PM...Pitch 2:00 PM...Kinney's (bring list to the office, or ride along, must wear mask) 2:30 - 4:00 PM... Wellness Clinic 7:00 PM...Golf |     |
| WEDNESDAY October 14th | 9:45 AM...Exercise Class (under 10) bring your grocery list to the <u>office by 10:00 am</u>, for tomorrow's pick up. 1:00 PM...Pinochle 2:00 PM...Trip to Nolt's |    |
| THURSDAY October 15th | Beauty Salon Open...call 315-523-5048 (7am-till all appts. done) 7:00 AM...Tops Shopping for Seniors Only 9:00 AM...Quilts 10:30 AM...Rosary in the 200 Wing Lounge (masks & social distancing) 7:00 PM...Dominoes |    |
| FRIDAY October 16th | 9:45 AM...Exercise Class (under 10) |  |
| SATURDAY October 17th | 3:00 PM...Social Hour (10 residents only...must wear mask into activity room) |  |
| SUNDAY October 18th | 11:00 AM...Evan Zehr Service, (Wear Mask & Maintain Social Distancing) 7:00 PM...Golf |  |



Brookside Dinner Menu

For the Week of October 12, 2020

Alternate choices for the week are: Alt. 1 Hot Dog w/Chips or Alt. 2 Baked Chicken Breast. Dressing Selections are on the tables.

| MONDAY- 10/12 | TUESDAY- 10/13 | WEDNESDAY- 10/14 | THURSDAY- 10/15 |
|--|--|--|---|
| <p>Roasted Pork Loin w/ Applesauce or Breaded Fish Filet Sandwich</p> <p>Applesauce Jell-O Salad or Applesauce or Cottage Cheese</p> <p>Seasoned Potato Wedges Spinach w/Bacon Cauliflower</p> <p>Butter Pecan Pudding or Mandarin Oranges</p> | <p>Chicken Tenders w/Sweet Potato Fries & Honey Mustard Sauce or Goulash</p> <p>Fruit Salad or Applesauce or Cottage Cheese</p> <p>Butternut Squash Mandarin Veggie Mix</p> <p>White Chocolate Chip & Craisin Cookie or Grapefruit</p> | <p>Creamy Ham & Broccoli Casserole or Hot Roast Beef Sandwich</p> <p>Tossed Salad or Applesauce or Cottage Cheese</p> <p>Mixed Veggies Beets</p> <p>Brownies or Fresh Fruit</p> | <p>BBQ Ribs or Lemon Pepper Chicken</p> <p>Layered Salad or Applesauce or Cottage Cheese</p> <p>Party Potatoes Wax Beans Broccoli Puff</p> <p>Coffee Cake or Peaches</p> |
| FRIDAY- 10/16 | SATURDAY- 10/17 | SUNDAY- 10/18 | <i>Enjoy Your Meals!</i> |
| <p>Breaded Shrimp w/FF & Cocktail Sauce or Pizza</p> <p>Coleslaw or Applesauce or Cottage Cheese</p> <p>Peas Catalina Mix</p> <p>Choc. Chip Oatmeal Cookie or Mixed Fruit</p> | <p>Turkey Pot Pie or Grilled Ham w/Rice Pilaf</p> <p>Heavenly Hash Salad or Applesauce or Cottage Cheese</p> <p>Corn Stewed Tomatoes</p> <p>Ice Cream or Pineapple</p> | <p>Grilled Steak w/Onions & Mushrooms or Stuffed Sole</p> <p>Tossed Salad or Applesauce or Cottage Cheese</p> <p>Baked Potatoes w/Sour Cream Glazed Carrots Green Beans</p> <p>Mixed Berry Pie or Mangos</p> | <p><i>Bread or rolls are served daily.</i></p> <p><i>Substitutions available for special dietary needs. See the cook in advance for any special needs.</i></p> <p><i>Choose <u>one entrée</u>, <u>one salad</u>, <u>one dessert</u> and as many other sides as desired.</i></p> |

Residents' Corner

Please welcome Ann McConnell, who moved into apt. 209 on Saturday October 3rd. Welcome Ann we hope you enjoy your new home. Please note her phone # in your directory 315-874-4618.

If anyone would like to order a "Brookside Together Shirt," please stop in the office to sign up. This is so we know the proper sizes and numbers to order. Cost is \$9.00 each. Please pay when you order. Orders will be taken until October 19th. Also if you would like to order a box of 50 masks for \$8.98. Come in, or call the office and let Janine know and we will order them for you. Please pay when you order.

Starting Thursday, October 1, 2020, the ban on plastic bags goes back into effect again. Please bring your bags with you when you go shopping. They will charge you for paper bags.

Monday, October 12th, at 10:00 am we will go to the bank at the drive thru.

Tuesday, October 13th, at 8:00 am, we will go to Walmart, bring your list to the office or ride along. (if you go along, you must wear a mask). At 2:00 pm, we will go to Kinney's. Please bring your list to the office, or ride along. (You must wear a mask.)

Wednesday, October 14th, at 2:00 pm, we will go to Nolt's shopping.

Thursday, October 15th, at 7:00 am, we will go to TOPS for seniors only. You may ride along or **bring your list to the office on Wednesday before 10:00 am**. From 9 - 11 am, Watertown Hearing will be here in the parlor for residents only.

This year, the Hand & Hand children **cannot come into Brookside** as they always have in the past for trick or treating. They would still like to come over. If you would like to participate, we will have chairs out front 6 ft. apart and the children can parade past and collect goodies. If you would like to do this, leave your name with Janine in the office so we know how many chairs to put out. Patio Home residents may receive them at their homes if they wish or come over. We will pass out signs to hang on your door. Due to Halloween being on Saturday, we will do this on Friday, October 30th.

The staff Christmas project this year will be the "Shop With a Cop" program. This will assist several families, instead of just one. It is usually funded by several businesses, but with Covid-19, they are unable to donate this year. If you would like to help us with this program, please turn the donations in to the office by Nov. 2nd. The children are selected from different Lewis County schools in the area by their needs. They will shop on Saturday, Dec. 5th.

Plan Ahead, Mark Your Calendar... **Wednesday, October 28th**, trip to Nolt's
Wednesday, November 3rd, take residents to vote
Wednesday, November 4th, shopping trip to Watertown
November 11th, trip to Nolt's
November 12th, Watertown Hearing
November 25th, trip to Nolt's

The Race...

A young boy out riding his bike spotted an older gentleman on a bike about half a mile ahead of him. He was less than a mile from where he had to turn off to get back home, so being full of energy, he decided to overtake him. He pedaled as fast as he could. After a few blocks he was 50 yards behind the old man. Pumping his legs as hard and fast as he could, he steadily gained on the bicycle ahead. Finally, with one last burst of speed, he passed the old man, laughing. "I won! I won!" he called out. The gentleman just smiled and waved.

Then the boy realized something- - he'd been so intent on "winning" that he'd passed his turn and was six blocks further from home than he wanted to be! With a sigh, he turned his bike around to head back.

Remember: Life isn't a competition with others. What matters is reaching your destination.

Don't Quit Too Soon...

During the California gold rush of the 19th century, a man spent six months mining for gold in the mountains without success. Finally, tired and frustrated, he decided to quit. He sold his mining equipment to another prospector. To get used to the gear, he started digging where the first miner had left off. To his surprise, he struck gold on the first day- - just three feet deeper down the shaft the first miner had abandoned. When things start to get hard, you've got to persevere through the adversity. Many people give up on following their dreams because the work becomes too difficult, tedious, or tiresome- - but often, you're closer to the finish line than you may think. If you push just a little harder, you will succeed.