

BROOKSIDE CHATTER

Brookside Buzz

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Editor: Sherry Turck



Eydie Lyndaker on Thursday, October 7th and Marie Swartzentruber on Sunday October 10th



Ed & Mary Kubinski on Wednesday, October 6th

What's New This Week

Monday, October 4th

9:00 am...Tops Grocery Shopping

10:00 am...Bank



Tuesday, October 5th

8:00 am...Walmart Shopping (must wear mask in van)

8:30 am...Resident Coffee Hour

7:00 pm...Golf



Wednesday, October 6th

10:30 am...Leave on Leaf Peeping Tour w/Lunch & Stops



Thursday, October 7th

7:00 am...Tops Shopping for Seniors



Sunday, October 10th

11:00 am...Evan Zehr Service (in activity room)

11:00 am...Catholic Communion Service (in parlor)



It takes no more time to see the good side of life than to see the bad. -J. Buffet-

Peace is the only battle worth waging. -Albert Camus-

On call this week – Quintin Roggie

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.

With the changes from the CDC, we will be starting up some of our activities again. Not all things will resume. Watch your Chatter activity page. Masks are to be worn indoors at all times. Doors are all unlocked during the day. Visitors & caregivers will continue to sign in, wear a mask and take their temperature upon entering. Any questions, contact the office to talk to Jenn or Janine.

October 5th, is "Take a Long Walk Day." Anytime is a good time for a long walk.

October 6th –12th, is Emergency Room Nurse's, Physician's Assistant and Fire Prevention Week. Much needed people, that need to be recognized.




October 8th, is "Face Your Fears Day." It's a hard thing to do, but sometimes we just have to do that.

October 10th, is the 9th Annual Handbag Day. Where would we ladies be without our handbags? We use them to carry everything. Also it is "National Depression Screening Day." There seems to be a lot of need for this type of screening now a days. Especially with COVID –19 going around.

Have a Great & Safe Week!



Brookside Senior Living Community Activities Calendar For the Week of October 4, 2021

MONDAY October 4th	9:00 AM...Tops Grocery Shopping (wear mask) 10:00 AM...Bank 9:45 AM...Exercise Class (wear mask) 2:00 PM...Bingo (wear mask) 3:00 PM...Bring Walmart list and bag to the office by 3:00 pm for shopping tomorrow morning 7:00 PM...Euchre (wear mask)	  
TUESDAY October 5th	8:00 AM...Walmart (wear mask) 9:45 AM...Exercise Class (New DVD, Grow Young Fitness) (wear mask) 1:00 PM...Pitch (wear mask) 2:00 PM...Kinney's, ride along or bring list (wear mask, in van) 2:30 - 4:00 PM...Wellness Clinic 7:00 PM...Golf (wear mask)	   
WEDNESDAY October 6th	9:45 AM...Exercise Class (wear mask) Bring Tops Grocery list and bag to the office before 10:00 AM. 10:30 AM...Leave for Leaf Peeping Tour w/Lunch, Eddie's M M.& Croghan Candy 1:00 PM...Pinochle (wear mask)	 
THURSDAY October 7th	Beauty Salon Open...call 315-523-5048 for appointment 7:00 AM...Tops Senior Shopping (wear mask) 9:45 AM...Breathing Exercises w/B. Niblett (wear mask) 10:30 AM...Rosary in the 200 Wing Lounge (wear mask) 7:00 PM...Dominoes (wear mask)	 
FRIDAY October 8th	Beauty Salon Open...call 315-523-5048 for appointment 9:45 AM...Exercise Class (wear mask)	
SATURDAY October 9th	3:00 PM...Social Hour (wear mask)	
SUNDAY October 10th	11:00 AM...Rev. Evan Zehr Service, in the activity room (wear mask) 11:00 AM...Catholic Communion with Deacon Ken Seymour in the parlor (wear mask) 7:00 PM...Golf (wear mask)	



Brookside Dinner Menu

For the Week of October 4, 2021

Alternate choices for the week are: Alt.1 BLT w/Chips or Alt. 2 Western Egg w/Toast. Salad Dressing selections are on the tables.

MONDAY- 10/04	TUESDAY- 10/05	WEDNESDAY- 10/06	THURSDAY- 10/07
<p>Sloppy Joe w/FF & Coleslaw or Olive Garden Chicken & Pasta</p> <p>Cottage Cheese w/ Peaches or Applesauce or Cottage Cheese</p> <p>French Green Beans Corn Casserole</p> <p>Pumpkin Bar Squares or Mangos</p>	<p>Baked Ham or Gravy over Turkey</p> <p>Broccoli Salad or Applesauce or Cottage Cheese</p> <p>Mashed Potatoes Mixed Veggies Beets</p> <p>Adirondack Bear Claw Ice Cream or Fresh Fruit</p>	<p>Stuffed Peppers or Mandarin Orange Pork Loin</p> <p>Strawberry Spinach Salad or Applesauce or Cottage Cheese</p> <p>Buttered Noodles Broccoli Stir Fried Veggies</p> <p>Chocolate Pudding or Pineapple</p>	<p>Corn Chowder w/Ham & Swiss Sandwich or Grilled Chicken</p> <p>Mandarin Orange Toss Salad or Applesauce or Cottage Cheese</p> <p>Potato Wedges Curried Cauliflower Peas</p> <p>Orange Cupcakes or Pears</p>
FRIDAY- 10/08	SATURDAY- 10/09	SUNDAY- 10/10	<i>Enjoy Your Meals!</i>
<p>Deluxe Pizza or Salmon w/Dill Butter</p> <p>Coleslaw or Applesauce or Cottage Cheese</p> <p>Parsley Potatoes Country Blend</p> <p>Lemon Bars or Fresh Fruit</p> <p>National Pizza Day!</p>	<p>Spaghetti w/Sausage or Shake & Bake Pork Chop</p> <p>Lime Pineapple Salad or Applesauce or Cottage Cheese</p> <p>Cauliflower Carrots</p> <p>Maple walnut Ice Cream w/Maple Syrup or Grapefruit</p>	<p>Meatloaf or Baked Chicken White or Dark</p> <p>Tossed Salad or Applesauce or Cottage Cheese</p> <p>Mashed Potatoes w/Gravy Mexican Corn Broccoli Supreme</p> <p>Pecan Pie or Peaches</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

Masks must be worn whenever you come out of your apartment, in all the common areas.

If you **do not** get your Watertown Daily Times or Journal in your mail, you will have to call the Times office and let them know. The number is **315-782-1012**. They cannot give any information to Brookside, as we are not on your account.

Monday, October 4th, at 9:00 am, Tops grocery shopping. After shopping, at 10:00 am, I will go to the bank. Bring Walmart list to office **before 3:00 pm**, for Tuesday's pick up. **At 2:00 pm**, we will be playing Bingo in the activity room.

Tuesday, October 5th, at 8:00 am, Walmart shopping, ride along, or bring list and bag to the office. At 8:30 am, join us in the activity room for our monthly coffee hour. We will be serving breakfast pizza. **At 2:00 pm**, we will go to Kinney's, ride along or bring your list and bag to the office. (must wear mask in van) **From 2:30 pm - 4:00 pm**, the wellness clinic will be held in the beauty salon.

Wednesday, October 6th, at 10:30 am... We will leave on the leaf peeping tour. We will have lunch out with stops at Eddies Meat Market and Croghan Candy Kitchen. Please sign up.

Thursday, October 7th at 7:00 am, Tops Shopping for Seniors Only. Please have your list and bag to the office by 10:00 am on Wednesday. **At 9:45 am**, Bob Niblett will be here to do his breathing exercise class. Must wear mask,

Plan Ahead, Mark Your Calendar... **Thursday, October 14th**, Flu Clinic
Thursday, October 14th, Watertown Hearing
Wednesday, October 20th, Trip to Burrville Cider Mill
Tuesday, October 26th, Resident Supper
Friday, October 29th, Monthly Birthday/Halloween Party
Tuesday, November 2nd, Monthly Coffee Hour
Thursday, November 11th, Watertown Hearing
Tuesday, November 30th, Resident Supper

Beginning With Eagerness...

As schools have opened up, I watched the little children in my second grade class study and play. Their arrival is always a happy one, with a bright "Good Morning" and a smile from each child. As I watched them, I thought of thousands of grownups I have seen at work. Few faces begin the day with such eagerness and joy. At this age they love to do each task assigned to them. Give them a new word to learn, a new problem to do, a new song to sing. It matters not what it is. They will try, and be happy while trying. Most of them will succeed; a few will fail; but they all approach a new task with anticipation, joy and zest. How blessed they would be, could they stay like this! A small child isn't anxious for the day to be over, as many adults wish each morning. To him each golden minute is life to be lived. A child seems to sense how precious and fleeting time really is. But he doesn't mourn about it. He uses it. Take a few minutes each day and watch little children play and work. You'll find that their eagerness and joyousness are contagious. To be exposed to this is to catch it. And when you do, you'll have learned the secret to happy living. -Mrs. Katherine Benion-

On a Funnier Side.....Very Certain...

On the witness stand, the old mountaineer was as cool as a cucumber and as closed as a clam. The prosecuting attorney was beside himself with anger and patience. "Sir," hissed the lawyer, "do you affirm that this is not your signature?" "Yep," replied the witness. "Is it not your handwriting?" "Nope," said the witness. "Does it resemble your handwriting?" "Nope." "Do you affirm that it doesn't resemble your handwriting?" "Yep." "You take your solemn oath that this writing does not resemble yours in a single particular?" "How can you be so certain?" demanded the lawyer. "Cain't write," replied the witness. The lawyer stunned, shut right up. There's no better proof than that! -Unknown-