

# BROOKSIDE CHATTER

**Brookside Buzz**

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**Editor: Sherry Turck**



Richard Hartness on Sunday, February 26th



No Anniversaries this week!

## What's New This Week

### Monday, February 20th "President's Day"

10:00 am...Tops Grocery Shopping

6:30 pm... "Down Home" to Entertain

### Tuesday, February 21st

9:45 am... Walmart Shopping

7:00 pm...Golf

### Wednesday, February 22nd

8:00 am – 3:00 pm...Test Your Lifenet System

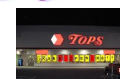
### Thursday, February 23rd

9 - 11:00 am...Knitting (in the parlor)

9:45 am...Tops Grocery Shopping and Banking

### Friday, February 24th

2:00 pm...Monthly Birthday Party



The great thing about getting older is that you don't lose all the other ages you've been. - M. L'Engle -

If you must look back, do so forgivingly. If you will look forward, do so prayerfully.  
But the wisest course would be to be present in the present gratefully. -J. G. -

### **On call this week – Mervin Roggie**

If you are in need of assistance from **5:15 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.*

February 20th, is "President's Day." Banks, Post Offices and all Federal Buildings are closed. Also it is "Northern Hemisphere Hoodie-Hoo Day." At noon the sponsor, Well Cat Holidays, encourages people in the Northern Hemisphere to go outside and yell "Hoodie-Hoo!" to chase away winter and make ready for spring, one month away.

February 21st is the "Anniversary of the Introduction of Alka Seltzer." What a great invention to get over an upset stomach.

February 22nd, is "Ash Wednesday", and Lent begins.

February 23rd, is "Single-tasking Day." This day reminds people to finish one project before moving onto another and that multi-taskings not productive and can be stressful.

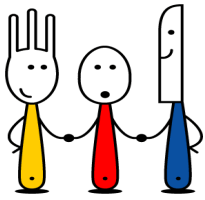
February 26th, is the "Birth Anniversary of Johnny Cash." ( 1932 - 2003) A country legend. What song comes to mind when you think of him? He sure had a bunch of them. Also it is "Blue Jeans Day." This is the birth anniversary of Levi Strauss ( 1829 –1902) creator of the first reinforced jeans. We all love our blue jeans, where would we be without them? It is also " Pistachio Day." Do you like pistachios? They are very good for you.

Have a **Safe** & Happy Week!



## Brookside Senior Living Community Activities Calendar For the Week of February 20, 2023

<b>MONDAY</b> <b>February 20th</b> <b>“President’s Day”</b>	9:00 AM...Exercise Class (Stronger Seniors, Class Exercises) 10:00 AM...Exercise Class (Strength Improvement w/Betty Switks) 10:00 AM...Tops Grocery Shopping 2:00 PM...Bingo 6:30 PM... “Down Home” to Entertain	  
<b>TUESDAY</b> <b>February 21st</b>	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:45 AM...Walmart 1:30 PM...Resident Council Meeting 2:00 PM...Pitch 2:00 PM...Kinney’s, ride along or bring list to office 7:00 PM...Golf	   
<b>WEDNESDAY</b> <b>February 22nd</b>	8:00 AM - 3:00 PM...Test your Lifenet System 9:00 AM...Exercise Class (Stronger Seniors Chair Exercises) 10:00 AM...Exercise Class (Easy Does it w/Craig Maracci) 1:00 PM...Pinochle 1:45 PM...Ladies Bible Study 7:00 PM...Euchre	   
<b>THURSDAY</b> <b>February 23rd</b>	<b>Beauty Salon <u>Open</u>...call 315-523-5048 for appointment</b> 9 - 11:00AM...Knitting (in the Parlor) 9:45 AM...Tops Grocery Shopping and Banking 10:30 AM...Rosary in the 200 Wing Lounge 7:00 PM...Dominoes	  
<b>FRIDAY</b> <b>February 24th</b>	<b>Beauty Salon <u>Open</u>...call 315-523-5048 for appointment</b> 9:00 AM...Exercise Class (Stronger Seniors) 10:00 AM...Exercise Class (Stronger Seniors, Stretch DVD w/Anne Pringle Burnell) 2:00 PM... Monthly Birthday Party	
<b>SATURDAY</b> <b>February 25th</b>	3:00 PM...Social Hour	
<b>SUNDAY</b> <b>February 26th</b>	10:15 AM...Deacon Ken Seymour’s Catholic Communion in the parlor 11:00 AM...Rev. Evan Zehr’s Service, in the activity room 7:00 PM...Golf	



# Brookside Dinner Menu

For the Week of February 20, 2023

Alternate choice for the week is: Taco Soup w/Cornbread. Dressing selections are on the tables.

MONDAY- 2/20	TUESDAY- 2/21	WEDNESDAY- 2/22	THURSDAY- 2/23
Savory Onion Pork Chops or Roast Beef w/Horseradish Sauce  Applesauce Salad or Applesauce or Cottage Cheese  Mashed Potatoes w/Gravy Carrots Corn  Choc. Cake w/PB Frosting or Tropical Fruit	Goulash or BLT Salad  Cottage Cheese w/ Peaches or Applesauce or Cottage Cheese  Peas Wax Beans  Fruited Jell-O or Grapes	Marinated Chicken Breast w/Buttered Noodles or Lemon Pepper Fish  Broccoli Salad or Applesauce or Cottage Cheese  Fried Potatoes Mixed Veggies  Vanilla Pudding or Pineapple  <b>"Ash Wednesday"</b>	Cheeseburger Deluxe on Bun or No Bun or Hot Dogs On Roll or No Roll  Pasta Salad or Applesauce or Cottage Cheese  Baked Beans Baked Apple  Chocolate Chip Cookies or Citrus Fruit  <b>"Winter Picnic"</b> National Banana Bread Day!
FRIDAY- 2/24	SATURDAY- 2/25	SUNDAY- 2/26	<b>Enjoy Your Meals!</b>
Chicken Riggies or Parmesan Crusted Haddock w/Tartar Sauce  Coleslaw or Applesauce or Cottage Cheese  French Fries Catalina Blend Veggies  Chef Choice Ice Cream or Mixed Fruit  <b>French Fry Friday!</b>	Beef Stroganoff over Noodles or Chef Salad w/Salami  Fresh Fruit Salad or Applesauce or Cottage Cheese  Calico Beans Cauliflower  Pineapple Upside Down Cake or Strawberries	Baked Ham or Salmon w/Dill Butter  Spring Lettuce w/Apples. Craisins & House Dressing Salad or Applesauce or Cottage Cheese  Mashed Potatoes w/Gravy Green Beans Corn Casserole  Cherry Cream Pie or Apricots	<i>Substitutions available for            special dietary needs. See            the cook in advance for any            special needs.</i>  <i>Choose <u>one entrée</u>, <u>one            salad</u>, <u>one dessert</u> and as            many other sides as desired.            Bread is on the tables.</i>

## Residents' Corner

Starting Monday, February 20th, we will be having a Jelly Bean Counting Contest. Put your name and your count on the paper and place in the provided container. You may put in more than one guess. It will end on Friday, March 17th, and we will see who the winner is. Have Fun and Good Luck!

Correction to Anne Carson's telephone number, it is 315-322-5058. Please make the correction on your resident phone directory. Sorry about that.

Congregate residents: When using the dryers, **do not dry only 1 or 2 items**, please make sure you have a full load, it is more energy efficient and everyone will have the chance to use the dryers. Thank you.

Patio Homes, now that Winter is upon us, please pick up your front door mats, so they do not get tangled and eaten up in the snowblowers. Also, please close your garage door when you go out. This is so your water pipes will not freeze. Thank you for your cooperation.

**Monday, February 20th, at 10:00 am**, we will be going to Tops for grocery shopping & banking. Ride along or bring list to the office. **At 2:00 pm**, Bingo will be played in the activity room. **At 6:30 pm**, "Down Home" will be here with some good entertainment.

**Tuesday, February 21st, at 9:45 am** we will go to Walmart shopping, ride along or bring list to the office. **At 2:00 pm**, we will go to Kinney's. Ride along or bring list to the office.

**Wednesday, February 22nd, at 1:45 pm**, Ladies Bible Study in the parlor. **At 2:00 pm**, we will go to Nolt's. Ride along or bring list to the office.

**Thursday, February 23rd, at 9:45 am**, we will go to Tops for grocery shopping & banking. Ride along or bring list to the office.

**Friday, February 24th, at 2:00 pm**, join us in the activity room for our monthly birthday party. You do not have to have a birthday this month to attend, anyone can attend.

**Plan Ahead, Mark Your Calendar ...** **Tuesday, February 28th**, Resident Supper

**Tuesday, March 7th**, Monthly Resident Coffee Hour

**Tuesday, March 7th**, Attend Dress Rehearsal Play at LACS

**Thursday, March 9th**, **NO** Watertown Hearing

**Tuesday, March 14th**, Resident Council Meeting

**Friday, March 17th**, Resident Council Pot Luck Supper

**Monday, March 20th**, "Down Home" to Entertain

**Friday, March 24th**, "Bailey-Wix" to Entertain

**Tuesday, March 28th**, Resident Supper

**Friday, March 31st**, Monthly Birthday Party

### The Queen....

With the passing of Queen Elizabeth recently, here's a little tale about her.

Queen Elizabeth II was elegant and reserved, but she did have a sense of humor, as this story from "The Week" illustrates:

One day the queen was out walking at the Balmoral estate in Scotland with Richard Griffin, one of her royal protection officers. As they walked, they came across two American tourists out for a hike. The queen stopped to say hello to them and chat a little. It was obvious to Griffin that they didn't recognize her highness.

They chatted, and the tourists asked whether she had ever she had met Queen Elizabeth. The Queen of England replied, "Well, I haven't, but Dick here meets with her quite regularly."

Another time, when Saudi Arabia's King Abdulla, then crown prince, visited Balmoral, the queen offered him a tour of the estate. The prince climbed into the front seat of a Land Rover, and to his surprise, the queen got into the driver's seat, turned on the ignition, and set off. He was shocked, as women are not allowed to drive cars in the prince's homeland of Saudi Arabia.

No matter how big or famous you get, most people are still down to earth, and like to do every day things. They also have a sense of humor.