

# BROOKSIDE CHATTER

**Brookside Buzz**

5701 Brookside Circle, Lowville, New York, 13367

Office Telephone: 315-376-4333

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

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

**Issue: March 13, 2023**

**Editor: Sherry Turck**



Linda Grimes on Monday, March 13th, Justin Feisthamel on Wednesday, March 15th and Mary Rhubart on Thursday, March 16th

No Anniversaries this week!

## What's New This Week

### Monday, March 13th

10:00 am...Tops Grocery Shopping & Banking

### Tuesday, March 14th

9:45 am... Walmart Shopping

1:30 pm...Resident Council Meeting

2:00 pm...Pitch (following the meeting)

7:00 pm...Game Night

### Wednesday, March 15th

2:00 pm...Nolt's Country Store

7:30 pm...Crystal Light Mennonite Singers to sing

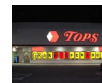
### Thursday, March 16th

9 - 11 am...Knitting (in the library)

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

### Friday, March 17th "St Patrick's Day"

5:00 pm...Resident Council Pot Luck Supper



March is an example of how beautiful new beginnings can be. -N. Sishra-

God give us all a life and says, "OK what are you going to do with it?" -A. Cooper-

There are no limitations on what's possible. -J. Alba-

### **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.*

March 13th, is the "Earmuffs Birthday." Where would we be in the north country, without them in the winter?

March 14th, is the "Baseball Cap's Birthday," Where would men (and some ladies), be without baseball caps? Also today is "Pi Day." 3-14, and the ratio of the circumference to the diameter of a circle is 3.14.

March 15th, is "National Peanut Lover's Day." All you peanut lovers, this is your day, go ahead and eat peanuts. The bird's love them too.

March 17th, is St. Patrick's Day." Everyone is Irish on this one day a year.

March 18th, is the birthday of "The Pillsbury Dough Boy." The year was 1961. He made things a little easier in the kitchen.

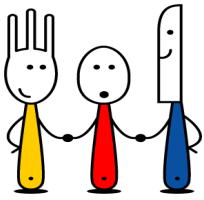
March 19th, is "Certified Nurse's Day." All nurses need a lot of credit and recognition for what they do. Hospitals wouldn't be the same without them. If you see or know one, give them a big high 5 and thank you. Also it is "National Poultry Day." Poultry is a great love of quite a few people.

Have a **Safe** & Happy Week!



## Brookside Senior Living Community Activities Calendar For the Week of March 13, 2023

<b>MONDAY</b> <b>March 13th</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 & Banking 2:00 PM...Bingo	
<b>TUESDAY</b> <b>March 14th</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 (following the meeting) 2:00 PM...Kinney's, ride along or bring list to office 7:00 PM...Game Night	
<b>WEDNESDAY</b> <b>March 15th</b>	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 2:00 PM...Nolt's Country Store 7:00 PM...Euchre (in the 200 wing lounge) 7:30 PM...Crystal Light Mennonite Singers here to sing	
<b>THURSDAY</b> <b>March 16th</b>	<b>Beauty Salon <u>Open</u>...call 315-523-5048 for an appointment</b> 9:00 AM... Knitting (in the library) 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>March 17th</b> <b>Happy St. Patrick's Day!</b> 	<b>Beauty Salon <u>Open</u>...call 315-523-5048 for an appointment</b> 9:00 AM...Exercise Class (Stronger Seniors) 10:00 AM...Exercise Class (Stronger Seniors, Stretch DVD w/Anne Pringle Burnell) 5:00 PM...Resident Council Pot Luck Supper	
<b>SATURDAY</b> <b>March 18th</b>	3:00 PM...Social Hour	
<b>SUNDAY</b> <b>March 19th</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 March 13, 2023

Alternate choice for the week is: Beef Vegetable Soup w/Egg Salad Sandwich. Dressing selections are on the tables.

MONDAY- 3/13	TUESDAY- 3/14	WEDNESDAY- 3/15	THURSDAY- 3/16
<p>Marinated Chicken Breast or Cabbage Rolls</p> <p>Broccoli Salad or Applesauce or Cottage Cheese</p> <p>Baked Potato w/Sour Cream Peas &amp; Carrots</p> <p>Coffee Cake or Citrus Fruit</p>	<p>Sweet &amp; Sour Shrimp over Rice or Turkey &amp; Cheese Sub w/Chips</p> <p>Layered Lettuce Salad or Applesauce or Cottage Cheese</p> <p>Stir Fry Veggies</p> <p>Chocolate Pudding or Apricots</p>	<p>Honey Garlic Glazed Pork Loin w/Parsley Potatoes or Chicken Cordon Bleu Casserole</p> <p>Spinach Salad or Applesauce or Cottage Cheese</p> <p>Green Beans Beets</p> <p>Peanut Butter Cheesecake or Grapes</p>	<p>Philly Cheese Steak Lasagna or Baked Ham</p> <p>Garden Salad or Applesauce or Cottage Cheese</p> <p>Fried Cabbage Corn</p> <p>Mint Chip Ice Cream or Pineapple</p>
FRIDAY- 3/17	SATURDAY- 3/18	SUNDAY- 3/19	<i>Enjoy Your Meals!</i>
<p>Spaghetti w/Meat Sauce or Baked Haddock w/Sweet Potato &amp; Tartar Sauce</p> <p>Coleslaw or Applesauce or Cottage Cheese</p> <p>Roasted Zucchini Mixed Veggies</p> <p>Chef's Choice Cookie or Grapefruit</p>	<p>Macaroni &amp; Cheese or Cantonese Chicken</p> <p>Green Pea Salad or Applesauce or Cottage Cheese</p> <p>Side of Mac &amp; Cheese Stewed Tomatoes Cauliflower</p> <p>Carrot Cake Bars or Mandarin Oranges</p>	<p>Roast Pork or Oven Roasted Turkey w/ Stuffing</p> <p>Cranberry Raspberry Jell- O Molded Salad or Applesauce or Cottage Cheese</p> <p>Mashed Potatoes w/Gravy Sonoma Blend</p> <p>Coconut Cream Pie or Mixed Fruit</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. Bread is on the tables.</i></p>

## Residents' Corner

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

**Patio Home Residents:** 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, March 13th, 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.

**Tuesday, March 14th, at 9:45 am** we will go to Walmart shopping, ride along or bring list to the office. **At 1:30 pm**, the resident council meeting will be held in the activity room. Steve Virkler, from the "Office of the Aging," will be the guest speaker. **At 2:00 pm**, we will go to Kinney's. Ride along or bring list to the office.

**Wednesday, March 15th, at 2:00 pm**, we will go to Nolt's Country Store. Ride along or bring list to office. **At 7:30 pm**, Crystal Light Church Singers will be here to sing .

**Thursday, March 16th, from 9-11 am**, Knitting will be held in the library. **At 9:45 am** we will go to Tops for grocery shopping & banking. Ride along or bring list to the office.

**Friday, March 17th, at 5:00 pm**, The Resident Council Pot Luck supper will be held in the activity room. Please bring a dish to pass if you can. The resident council will be providing corned beef, potatoes, carrots and cabbage. A basket will be passed for a donation if you are unable to bring a dish. Please sign up so the kitchen knows how much food to prepare for.

**Plan Ahead, Mark Your Calendar...****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

**Tuesday, April 4th**, Resident Monthly Coffee Hour

**Tuesday, April 11th**, Resident Council Meeting

**Thursday, April 13th**, Watertown Hearing

**Monday, April 17th**, "Down Home" to Entertain

**Wednesday, April 19th**, Shopping Trip to Utica

**Friday, April 21st**, Monthly Birthday Party

**Tuesday, April 25th**, Resident Supper

### One Year to Live...

A man named Anthony, who was 40 years old when doctors told him he had a brain tumor and had only a year to live. He had next to no money at the time, and nothing to support his wife when he was gone. Anthony had never written a novel, but he thought he had the talent to be a writer. In order to leave at least some money to his wife, he slid a sheet of paper into a typewriter and began writing his first novel. He had no idea if he could write anything worth being published, but he couldn't think of anything else to do.

"It was January 1960," Anthony said later, "and according to the diagnosis, I had a winter, a spring, and a summer ahead of me. That year, when the leaves began to fall, I would have died too." Writing as fast as he could. Anthony managed to write five and a half novels before the end of the year- -as many as E.M. Forester produced in his entire lifetime, and more than J.D. Salinger wrote in the first half of his life. Then something surprising happened- - Anthony Burgess didn't die. His cancer regressed, and then vanished completely. Throughout the rest of his long life, he wrote more than 70 works, including *Enderby*, *Earthly Powers*, and his most famous, *A Clockwork Orange*, which became a movie directed by Stanley Kubrick. Without the death sentence he'd received, he might not have written anything.

Lots of us are just like him, We have a great talent hiding inside, waiting to be called forth. Sometimes it takes a dire emergency for us to spring into action. Ask yourself what you would do if you were in Burgess' shoes and found out that you had only one year to live. What would change in your life? How would you live your final year? What would you try to achieve?

Thinking about the brevity of life can be a useful exercise for all of us. You may be surprised by the thoughts it brings to your mind, the unused talents you possess, and the motivation to accomplish more than you ever believed you could.