

BROOKSIDE CHATTER

Brookside Buzz

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Issue: March 20, 2023

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Doris Lehman on Monday, March 20th, Pat Roch on Wednesday, March 22nd, Elveira Roggie on Friday March 24th, Ann Carson on Saturday, March 25th and Belva Moser on Sunday March 26th

No Anniversaries this week!

What's New This Week

Monday, March 20th "1st Day of Spring"

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

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

Tuesday, March 21st

9:45 am... Walmart Shopping

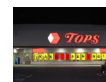
7:00 pm...Golf

Thursday, March 23rd

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

Friday, March 24th

2:00 pm... "Bailey - Wix" to Entertain



Live Your Life every day with no regrets, it'll be totally worth it. -D. M.-

The most important words that have helped people in life, are when things have gone right or when things have gone wrong, are to "Accept Responsibility." -B. King-

When you find an idea that you just can't stop thinking about, that's probably a good one to pursue. -J. James-

On call this week – Quintin 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 20th, is the "1st day of Spring." The days are longer, and we start feeling antsy for warmer weather and more sunshine.

March 21st, is "Worldwide Quilting Day." We have a lot of quilters here at Brookside, who all do a great job.

March 22nd, is "As Young as you Feel Day." Sometimes we all feel young sometimes we don't. Also, it is "National Goof - Off Day." If you feel like goofing off today, go ahead and do it. Also it is "World Day for Water." This day celebrates clean water and brings attention to those who don't have enough of it.

March 24th, is "American Diabetes Association Alert Day." This day is to keep everyone up to date on Diabetes.

March 25th, is "Little Red Wagon Day." This day is sponsored by Radio Flyer, maker of little red wagons. Also it is "National Medal of Honor Day." The medal of honor is the highest military honor awarded to members of the armed forces. Do you know of anyone who has received one?

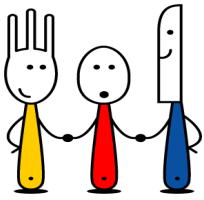
March 26th, is "Make Up Your Own Holiday Day." You can make this day any day you want. Go ahead and have some fun.

Have a **Safe** & Happy Week!



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

<p>MONDAY March 20th 1st Day of Spring!</p> 	<p>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 6:30 PM... “Down Home” to Entertain</p>	   
<p>TUESDAY March 21st</p>	<p>9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:45 AM...Walmart Shopping 1:00 PM...Pitch 2:00 PM...Kinney’s, ride along or bring list to office 7:00 PM...Golf</p>	  
<p>WEDNESDAY March 22nd</p>	<p>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 7:30 PM...Crystal Light Mennonite Singers here to sing</p>	   
<p>THURSDAY March 23rd</p>	<p>Beauty Salon <u>Open</u>...call 315-523-5048 for an appointment 9:45 AM...Tops Grocery Shopping and Banking 10:30 AM...Rosary in the 200 Wing Lounge 7:00 PM...Dominoes</p>	 
<p>FRIDAY March 24th</p>	<p>Beauty Salon <u>Open</u>...call 315-523-5048 for an appointment 9:00 AM...Exercise Class (Stronger Seniors) 10:00 AM...Exercise Class (Stronger Seniors, Stretch DVD w/Anne Pringle Burnell) 2:00 PM... “Bailey - Wix “ to Entertain</p>	 
<p>SATURDAY March 25th</p>	<p>3:00 PM...Social Hour</p>	
<p>SUNDAY March 26th</p>	<p>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</p>	



Brookside Dinner Menu

For the Week of March 20, 2023

Alternate choice for the week is: French Onion Soup w/Turkey & Cheese sandwich. Dressing selections are on the tables.

MONDAY- 3/20	TUESDAY- 3/21	WEDNESDAY- 3/22	THURSDAY- 3/23
Chicken Strata or Shake & Bake Pork Chop w/Garlic Mashed Potatoes Fruit Salad or Applesauce or Cottage Cheese Summer Blend Veggies Salted Caramel Poke Cake or Pineapple	Hamburger Deluxe w/ LTO on Bun or No Bun or French Toast w/Bacon Tossed Salad or Applesauce or Cottage Cheese French Fries Baked Beans Oatmeal Raisin Cookie or Mixed Berries	Turkey Pot Pie or Stuffed Shells w/Sausage Strawberry Spinach Salad or Applesauce or Cottage Cheese Fried Cabbage Mandarin Blend Veggies Brownies or Mandarin Oranges	Cheeseburger Mac or Western Egg Bake w/ Ham, Peppers & Onions Apple Salad or Applesauce or Cottage Cheese Fried Potatoes Beets Cream Puffs or Pears
FRIDAY- 3/24	SATURDAY- 3/25	SUNDAY- 3/26	<i>Enjoy Your Meals!</i>
Grilled Salmon w/Honey Glaze or Meatball Sub w/Chips Coleslaw or Applesauce or Cottage Cheese Lima Beans Peas Butter Pecan Pudding or Grapefruit	Chicken Divan or Welsh Rarebit (Tuna on Rye Bread w/Tomato & Swiss Cheese 3 - Bean Salad or Applesauce or Cottage Cheese Wax Beans Broccoli Strawberries over Angel Food Cake or Peaches	Roast Beef w/Horseradish Sauce or Bacon Wrapped Pork Caesar Salad or Applesauce or Cottage Cheese Mashed Potatoes w/Gravy Maple Glazed Carrots Corn Chocolate Chip Pie or Mangos	<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

Be sure to take a guess on how many jelly beans are in the Jelly Bean jar. Pick a number and drop it in the box. The contest will end on Friday, March 17th. The winners will be announced.

Monday, March 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 6:00 pm,** join "Down Home" in the activity room for some good entertainment.

Tuesday, March 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, March 22nd, at 1:45 pm, Ladies Bible Study will be held in the parlor.

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

Friday, March 24th, at 2:00 pm, "Bailey - Wix" will be here to entertain in the activity room.

Plan Ahead, Mark Your Calendar... **Tuesday, March 28th,** Resident Supper
Wednesday, March 29th, Peg Nuspliger & Group to Entertain
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

True Peace...

A King offered a reward to the artist who could best illustrate the nature of peace. Several artists brought paintings of sunsets and quiet meadows, but two paintings captured his attention.

One showed a beautiful calm lake surrounded by mountains. The other one also showed a lake surrounded by mountains, but strong gale winds had whipped the lake into a tempest and dark clouds threatened a down pour of torrential rain.

The king's family was shocked when he chose the second painting instead of the first. How could such a stormy scene tell a story of peace? The king explained: "The first painting is beautiful, but it doesn't show where true peace can be found." Then he pointed to the second painting. "If you peer closely, tucked into a crevice of that mountain, is a small nest where a mother bird sits upon her tiny blue eggs. This painting is a picture of true perfect peace because it is tucked within the storms of life. That is where we find real true peace."

The Deepest Secret...

The creator of the world wanted to hide from humans the knowledge that they create their own reality, keeping it secret until they were ready to understand the truth. He asked the animals of the world for their ideas.

The eagle said, "Give it to me. I will take it to the moon and hide it there." No the creator said. "One day they will go to the moon and find it."

The salmon said, "Give it to me and I will drop it at the bottom of the ocean." "No, they will dive deep into the ocean and discover it there too."

The buffalo said, "Give it to me. I will bury it in the plains." The creator replied, "No. They will cut into the earth and find it even there.

Then he asked the grandmother who lives deep in the center of the world. She said, "Put it inside of them. They will never find it there." The creator nodded. "It is done." -The Hopi Indian Nation-