

BROOKSIDE CHATTER

Brookside Buzz

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Tom and Nancy Knapp on Thursday May 11th



What's New This Week

Monday, May 8th

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

Tuesday, May 9th

9:45 am... Walmart Shopping

1:30 pm ... Resident Council Meeting

7:00 pm... Game Night

Wednesday, May 10th

1:45 pm...Ladies Bible Study

2:00 pm ... Nolt's

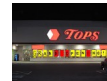
Thursday, May 11th

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

1:30-3:30 pm... Watertown Hearing

Friday, May 12th

2:30 pm... Mother/Daughter Tea



To love yourself as you are is a miracle , and to seek yourself is to have found yourself , for now . And now is all we have , and love is who we are. -Anne Lamott-

Scars have the strange power to remind us that our past is real. -C. McCarthy-

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,

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.

Monday

May 8th, is National No Socks Day! So take off your shoes and go barefoot in the grass!! Even if its just for a few minutes!

Tuesday

May 9th, is National Women's Check-Up Day! So call your doctor and get yourself checked out!

Wednesday

May 10th, is National Clean Up Your Room Day! Yup! Today you have to clean your room.

Thursday

May 11th, is National Eat What You Want Day!! Oh Boy!!

Friday

May 12th, is Military Spouses Appreciation Day. The spouses of Military also make great sacrifices in support of their loved ones. This is a great day of recognition.

Saturday

May 13th, is National Train Day. Trains have connected people since ancient Greece but they are becoming part of our history.

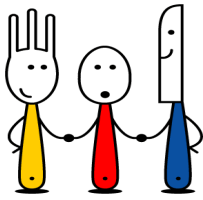
Sunday

May 14th, is Mothers Day!! Everyone should appreciate their mother!!



Brookside Senior Living Community Activities Calendar For the Week of May 8, 2023

MONDAY May 8th	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	  
TUESDAY May 9th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:45 AM...Walmart Shopping 1:30 PM ... Resident Council Meeting 2:00 PM...Kinney's, ride along or bring list to the office 7:00 PM...Game Night	  
WEDNESDAY May 10th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises) 10:00 AM...Exercise Class (Easy Does it w/Craig Maracci) 1:00 PM...Pinochle 2:00 PM... Nolt's 1:45 PM...Ladies Bible Study 7:00 PM...Euchre	  
THURSDAY May 11th	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 1:30-3:30 PM ...Watertown Hearing 7:00 PM...Dominoes	 
FRIDAY May 12th	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) 2:30PM... Mother /Daughter Tea	 
SATURDAY May 13th	3:00 PM...Social Hour	
SUNDAY May 14th	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 May 8, 2023

Alternate choice for the week is: Cabbage Soup w/ Chicken Salad Dressing selections are on the tables.

MONDAY- 5/8	TUESDAY- 5/9	WEDNESDAY- 5/10	THURSDAY- 5/11
<p><u>Beef Tips with Broccoli</u> Or <u>Breaded Lemon Chicken</u></p> <p><u>Apple Sauce Jello Salad</u> or <u>Applesauce</u> or <u>Cottage Cheese</u></p> <p><u>Red Skin Mashed Potatoes</u> <u>Cauliflower</u> <u>Corn</u></p> <p><u>Chewy Coconut Brownie Bars</u> Or <u>Pineapple</u></p>	<p><u>Bacon Egg and Cheese Biscuit Bake</u> Or <u>Ham Salad Cold Plate</u> (Ham salad on a bed of lettuce , with crackers cheese muffins and berries) <u>Fruit Salad</u> or <u>Applesauce</u> or <u>Cottage Cheese</u></p> <p><u>Fried cabbage</u></p> <p><u>Ice Cream</u> Or <u>Peaches</u></p>	<p><u>Hamburger</u> or <u>BBQ Hot Dog</u></p> <p><u>Antipasto Salad</u> or <u>Applesauce</u> or <u>Cottage Cheese</u></p> <p><u>Salt Potatoes</u> <u>Baked Beans</u></p> <p><u>Watermelon</u></p>	<p><u>Sweet and Sour Chicken over Rice</u> or <u>Crab Patty</u></p> <p><u>Broccoli Salad</u> or <u>Applesauce</u> or <u>Cottage Cheese</u></p> <p><u>Squash Baked Potato w/ Sour Cream</u></p> <p><u>Cupcakes</u> or <u>Pears</u></p>
FRIDAY- 5/ 12	SATURDAY- 5/13	SUNDAY- 5/14	<i>Enjoy Your Meals!</i>
<p><u>Fried Shrimp w/ French Fries</u> <u>Creamy Beef and Shells</u></p> <p><u>Coleslaw</u> or <u>Applesauce</u> or <u>Cottage Cheese</u></p> <p><u>Waxed beans</u> <u>Buttered Beets</u></p> <p><u>Cookie Bar</u> or <u>Mangos</u></p>	<p><u>Roasted Pork Loin w/ Baked Potato and Sour Cream</u> or <u>Chicken Divan</u></p> <p><u>Cottage Cheese with Peaches</u> or <u>Applesauce</u> or <u>Cottage Cheese</u></p> <p><u>California Blend</u></p> <p><u>Hot Butterscotch Sunday</u> <u>Mandarin Oranges</u></p>	<p><u>Mother's Day Dinner!!</u></p> <p><u>Roasted Turkey w/ Cranberry Sauce</u></p> <p><u>Spring Salad Mix</u> or <u>Applesauce</u> or <u>Cottage Cheese</u></p> <p><u>Mashed potatoes and Gravy</u> <u>Glazed Carrots</u> <u>Corn Casserole</u></p> <p><u>Strawberry Shortcake over A Biscuit</u> or <u>Grapefruit</u></p>	<p><i>Substitutions available for special dietary needs. See the cook in advance for any special needs.</i></p> <p><i>Choose one entrée, one salad, one dessert and as many other sides as desired. Bread is on the tables.</i></p> 

Residents' Corner

“ Thank you so much for the birthday greeting cards, flowers and gifts for my 100th birthday! This is a wonderful place to live! “ -Lucy Sauter-

Save up for customer appreciation day at Nolt's Country Store on June 2nd and June 3rd ! They will give you 15% off everything you can fit into one of their tote bags. (All maple products excluded)

Attention all Residents! Please submit a recipe of choice to the activities department! The kitchen will cook one resident recipe once a month starting in June!

Monday, May 8th 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 May 9th 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. Deputy Keith Bush will be the guest speaker following the meeting. **At 2:00 pm,** we will go to Kinney's, ride along or bring list to the office.

Wednesday, May 10th at 1:45 pm, Ladies Bible Study will be held in the parlor. **At 2:00 pm,** we will go to Nolt's, ride along or bring list to office.

Thursday May 11th from 9-11:00 am, At 9:45 am, we will go to Tops for grocery shopping & banking. Ride along or bring list to the office.

Friday, May 12th at 2:30 pm, The mother/Daughter Tea will be held in the dining room.

Plan Ahead, Mark Your Calendar...**Monday, May 15th,** “Down Home” to Entertain
Tuesday, May 16th, Heaven's Bound Glory to Entertain
Friday, May 19th, Don Henry's “Old Men & a She” to Entertain
Friday, May 26th, Monthly Birthday Party
Tuesday, May 30th, Resident Supper
Tuesday, June 6th, Resident Coffee Hour
Thursday, June 8th, Watertown Hearing
Tuesday, June 13th, Resident Council Meeting

A Mother's Hands

A Young man applied to a job at a big company. During the interview the hiring manager noticed that he had excellent grades all through college and graduate school. “ Did you have any scholarships?” he asked. No, Sir” He replied. “Did your father pay for your education?” The Manager asked. “ No, Sir. My Father passed away when I was one years old. My mother washed clothes to make money for my schooling.” The manager asked the young man to show him his hands, which were smooth and soft.” Did you ever help your mother wash the clothes?” “No Sir .” The Boy replied. “My mother always wanted me to study. Plus she said she could wash clothes faster than me.” The manager said, “When you get home today , I want you to do something for me. Go and wash your mother's hands, and come back and see me tomorrow morning.” The young man was puzzled, but he wanted the job. When he went home he asked his mother to let him wash her hands. His mother was confused too, but she held out her hands for him. It was the first time he noticed that his mother's hands were so wrinkled, with many bruises. Some of her joints were so stiff that his mother winced when he washed them. This was the first time the youth realized that the bruises on the mother's hands were the price that she had paid for his education and his future. That night the mother and son talked for a very long time. After his mother went to sleep, the young man quietly washed all the remaining clothes she'd set aside. The next morning he returned to the manager's office. The manager asked, “ Did you do what I asked?” The boy nodded. “ I washed my mother's hands and also washed all her remaining clothes.” The manager smiled. “What did you learn ?” The young man said, “ I learned appreciation. Without my mother, I wouldn't be successful today. I also learned the importance and value of family relationships.”

The manager said, “This is what I am looking for – someone who understands the suffering of others, someone who can appreciate the help of others and doesn't make money the only goal in his life. You are hired.”

“Mothers are like buttons. They hold everything together.” — unknown