

BROOKSIDE CHATTER

Brookside Buzz

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Issue: July 18, 2022

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Rosanna Moser on Tuesday, July 19th, Barb Nortz on Wednesday, July 20th, Wendy Meleshchuk on Thursday, July 21st, and Helen Younts on Friday, July 22nd



Ambrose & Erma Andre on Tuesday, July 19th

What's New This Week

Monday, July 18th

10:00 am...Tops Grocery Shopping and Banking
6:30 pm... "Down Home" to Entertain

Tuesday, July 19th

10:00 am...Walmart Shopping
6:15 pm...Leave for Lewis Co. Parade

Wednesday, July 20th

2:00 pm...Nolt's

Thursday, July 21st

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

Sunday, July 24th

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



Some people look for a beautiful place. Others make a place beautiful. -H. I. Khan-

Summer afternoon, to us in the north country those are always the two most beautiful words in the English language. -H. James-

On call this week – Jake Krop

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.

July 18th, is "National Caviar Day." A delicacy for most people.

July 19th, is the 93rd "All Star Game." It's being held at Dodger Stadium in Los Angeles this year.

July 20th, is the 53rd Anniversary of U.S. Astronauts Neil Armstrong and Edwin "Buzz" Aldrin Jr's Landing on the moon. This day is known as "Moon Day." Also it is "Ugly Truck Day," do you know anyone with a ugly truck?

July 21st, is "National Junk Food Day." Don't we all love our junk food. Today is a good day to eat it.

July 22nd, is "Hammock Day." Everyone loves a hammock. They are so comfortable and relaxing.

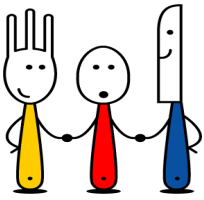
July 23rd is "Gorgeous Grandma Day." So all you grandmas this is your day to celebrate. It's also the "Ice Cream Cone's Birthday." It first came about in 1904 at St. Louis World's Fair.

July 24th, is "Instant Coffee's Birthday." It first came out in 1938. I think there are still a few people who drink instant coffee. It is also "National Tell an Old Joke Day." The purpose of this day is to tell funny jokes that we recall from years ago.



Brookside Senior Living Community Activities Calendar For the Week of July 18, 2022

MONDAY July 18th	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	   
TUESDAY July 19th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 10:00 AM...Walmart (* note new time) 1:00 PM...Pitch 2:00 PM...Kinney's, ride along or bring list to office 2:30 - 4:00 PM...Wellness Clinic in the Beauty Salon 6:15 PM...Leave for Lewis Co. Parade 7:00 PM...Game Night	    
WEDNESDAY July 20th	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 7:00 PM...Euchre	  
THURSDAY July 21st	Beauty Salon Open...call 315-523-5048 for appointment 9:45 AM...Breathing Exercises w/Bob Niblett 10:00 AM...Tops Grocery Shopping and Banking (* note new time) 10:30 AM... Rosary in the 200 Wing Lounge 7:00 PM...Dominoes	 
FRIDAY July 22nd	Beauty Salon Open...call 315-523-5048 for appointment 9:00 AM...Exercise Class (Stronger Seniors) 10:00 AM...Exercise Class (Stronger Seniors, Stretch DVD w/Anne Pringle Burnell)	
SATURDAY July 23rd	3:00 PM...Social Hour	
SUNDAY July 24th	11:00 AM...Rev. Evan Zehr's Service, in the activity room 11:00 AM...Deacon Ken Seymour's Catholic Communion in the parlor 7:00 PM...Golf	



Brookside Dinner Menu

For the Week of July 18, 2022

Alternate choice for the week is: Alt. – French Onion Soup w/Ham Sandwich Dressing selections are on the tables.

MONDAY– 7/18	TUESDAY– 7/19	WEDNESDAY– 7/20	THURSDAY– 7/21
Stuffed Zucchini w/ Sausage or Ham Slice w/Raisin Sauce Raspberry Fluff Salad or Applesauce or Cottage Cheese Corn Veggie Blend Coffee Cake or Apricots	Hot Beef Sandwich or Chicken Tenders w/ Honey Mustard Sauce Pear Salad or Applesauce or Cottage Cheese Spinach Puff Wax Beans Fruited Jell-O or Mandarin Oranges	BBQ Pork Chops w/Baked Potato & Coleslaw or Macaroni & Cheese Mixed Veggie Salad or Applesauce or Cottage Cheese Peas Baked Apples Apple Cake or Mixed Fruit	Chicken Patty w/L. T. & O. w/Fries on Bun or No Bun or Reuben Casserole Broccoli Salad or Applesauce or Cottage Cheese Mixed Veggies Brussel Sprouts Vanilla Ice Cream or Peaches
FRIDAY– 7/22	SATURDAY– 7/23	SUNDAY– 7/24	<i>Enjoy Your Meals!</i>
Battered Fish w/FF or Meat Lovers Pizza Coleslaw or Applesauce or Cottage Cheese Roast Zucchini Carrots Black Forest Cake or Watermelon	Salisbury Steak or Sweet & Sour Pork over Rice Applesauce w/ Cinnamon or Applesauce or Cottage Cheese Rice Pilaf Broccoli Beets Molasses Cookie or Pears	Roast Turkey or Stuffed Sole Tossed Salad or Applesauce or Cottage Cheese Mashed Potatoes w/Gravy Squash Green Bean Casserole Brownie Sundae or Pineapple	<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

Carpy will not be returning to Brookside. He will be moving to N. Carolina to be near his daughter.

Congregate Residents: Please remember to clean out the lint traps in the dryers when you are finished with them. Please don't leave it for the next person. Garbage pick up is on Monday, Wednesday and Friday at 9:30 am. Please do not put any garbage out on any other day. If there is a day change, a memo will be sent out.

The Village Band has resumed their concerts in the village. They are held on Wednesday's at 7:00 pm, at the Veteran's Memorial Park. The dates are July 27th and August 3rd.

Monday, July 18th, at 10:00 am, we will go to Tops shopping, then do the banking. At 6:30 pm, Down Home will be here to entertain.

Tuesday, July 19th, at 10:00 am, we will go to Walmart, 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. At 6:15 pm, we will leave for the Fair Parade. Please bring your chair to the front entrance by 10:00 am, so I can take them up to our sitting place at Phyllis Lyndaker's. Please sign up.

Wednesday, July 20th, at 2:00 pm, we will go to Nolt's. Ride along or bring list to the office.

Thursday, July 21st, from at 10:00 am, we will go to Tops Shopping, then do the banking.

Plan Ahead, Mark Your Calendar...
Friday, July 29th, Monthly Birthday Party
Tuesday, August 2nd, Resident Coffee Hour
Thursday, August 4th, Hot Dog Roast
Tuesday, August 9th, Resident Council Meeting
Friday, August 12th, Trip to Wagner's Sunflower farm in Oneida (sign up)
Friday, August 19th, Picnic at Whitaker (sign up)
Wednesday, August 31st, Monthly Birthday Party

All The Difference...

A man walked his dog every Sunday morning around a lake near his house. Every week, he saw an elderly woman sitting at the edge of the water. One day he walked over and saw that the woman was wiping down a small turtle with a sponge. The man walked up to her. "If you don't mind, what are you doing with that turtle?" The woman smiled and explained to him that she was cleaning its shell. "I do this every Sunday morning to help the turtles." "But don't most turtles live their entire lives with algae and other gunk on their shells?" the man asked. The woman agreed that this was true. "Well, you're very kind to do this, but are you really making a difference if most turtles don't have anyone around to clean their shells?" The woman laughed and looked down at the small turtle on her lap. "Young man, if this little turtle could talk, he would say I'm making all the difference in the world."

"Only Box..." (A great idea)

A young woman of modest means, returning with her husband from an enjoyable summer vacation, was asked by an envious neighbor how, on her limited income, she could afford such outings. "We owe all to our "only box," she replied. "What is an only box?" the curious neighbor inquired. "It's a little box we set up on the mantel every year right after vacation," the young woman explained. "And all through the year drop into it all the small pieces of money that would otherwise be spent for things that were "only a dime" or "only a quarter," or "only a half dollar," and so on. And that's how we save our vacation money."