

BROOKSIDE CHATTER

Brookside Buzz

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Editor: Sherry Turck



Rosanna Moser on Wednesday, July 27th and Elizabeth Archer on Saturday, July 30th



John & Kathy Bast on Saturday, July 30th and Charlie & Kathy Crowther on Sunday July 31st

What's New This Week

Monday, July 25th

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



Tuesday, July 26th

10:00 am...Walmart Shopping

7:00 pm...Golf



Wednesday, July 27th

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

12:00 Noon...29th Anniversary Dinner



Thursday, July 28th

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

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



Friday, July 29th,

2:00 pm...Monthly Birthday Party



Sunday, July 31st

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

11:00 am...Catholic Communion Service (in parlor)



Whether it's the best of times or the worst of times, it's the only time we've got. -A. Buckwald-

The simplest things are often the truest. -R. Bach-

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.

July 25th, is “National Hot Fudge Sundae Day.”

July 26th, is “New York’s Admission to The United States Day.” Our nickname is “The Empire State”, our state bird is the “Bluebird”, our flower is the “Rose”, and our tree is the “Maple Tree.”

July 27th, is the 18th “Annual National Day of the Cowboy.” Don’t we all wish we were a cowboy every now and then? It is also Bugs Bunny’s Birthday. He first came about in 1940. This makes him a senior citizen at 82. We will celebrate our 29th Anniversary today at dinner.

July 28th, is the 14th “Annual Auntie’s Day.” So all you aunties out there make sure you have a great day. Also it is “Milk Chocolate Day.” If you have any milk chocolate be sure to enjoy it today. It is also “National Lasagna Day.” We will enjoy some at dinner.

July 30th, is “Father-in-Law Day.” So all you fathers in law, have a great day.

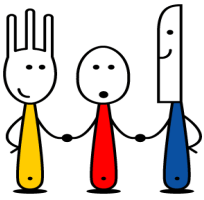
July 31st, is “Shredded Wheat’s Birthday. It first came around in 1893. That makes it 129 years old. That’s pretty good since its still a favorite of a lot of people. It is also “National Mutt Day.” So if you have a mutt, give them a big hug today, and give them a treat.

Have a **Safe** & Happy Week!



Brookside Senior Living Community Activities Calendar For the Week of July 25, 2022

MONDAY July 25th	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 July 26th	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 7:00 PM...Golf	   
WEDNESDAY July 27th	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 7:00 PM...Euchre	  
THURSDAY July 28th	Beauty Salon Open...call 315-523-5048 for appointment 9:00 - 11:00 AM...Knitting (in the Parlor) 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 29th	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) 2:00 PM...Monthly Birthday Party	
SATURDAY July 30th	3:00 PM...Social Hour	
SUNDAY July 31st	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 25, 2022

Alternate choice for the week is: Alt. – Turkey & Rice Soup w/Lebanon Bologna & Cheese Sandwich. Dressing selections are on the tables.

MONDAY– 7/25	TUESDAY– 7/26	WEDNESDAY– 7/27	THURSDAY– 7/28
<p>Shepard's Pie or Strawberry Balsamic Chicken Salad</p> <p>Pistachio Salad or Applesauce or Cottage Cheese</p> <p>Corn Broccoli</p> <p>Éclair Cake or Grapefruit</p>	<p>Cheeseburger w/FF on bun or No Bun or Salmon w/Dill Butter</p> <p>Tossed Salad or Applesauce or Cottage Cheese</p> <p>Carrots Cauliflower</p> <p>Strawberry Cake w/ Whipped Topping or Fresh Fruit</p>	<p>Marinated Steaks w/ Miller's Brine</p> <p>Red, White & Blue Cheesecake Salad or Applesauce or Cottage Cheese</p> <p>Mashed Potatoes w/Gravy Summer Blend</p> <p>Tops Marble Cake w/Ice Cream</p> <p>Brookside's 29th Anniversary!</p>	<p>Lasagna or Grilled Ham w/Baked Sweet Potato</p> <p>Pasta Salad or Applesauce or Cottage Cheese</p> <p>Mixed Blend</p> <p>Blueberry Yogurt or Mandarin Oranges</p>
FRIDAY– 7/29	SATURDAY– 7/30	SUNDAY– 7/31	<i>Enjoy Your Meals!</i>
<p>Fried Shrimp w/Cocktail Sauce or Breakfast Casserole</p> <p>Coleslaw or Applesauce or Cottage Cheese</p> <p>Hash Browns Asparagus Baked Apples</p> <p>Rice Krispie Treat or Fresh Fruit</p>	<p>Sweet & Sour Pork over Rice or BBQ Hot Dogs on Roll or No Roll</p> <p>Cottage Cheese w/ Peaches or Applesauce or Cottage Cheese</p> <p>Rice Peas</p> <p>Chocolate Pudding or Pears</p>	<p>Chicken Cordon Bleu w/ Cheese Sauce or Lamb w/Mint Jelly</p> <p>Tossed Salad or Applesauce or Cottage Cheese</p> <p>Baked Potato w/SC Beets Green Beans</p> <p>Strawberry Shortcake over Angel Food Cake or Peaches</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: 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 25th, at 10:00 am, we will go to Tops shopping, then do the banking.

Tuesday, July 26th, 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.

Wednesday, July 27th, from 8:00 am – 3:00 pm, be sure to test your Lifenet system. Just push your button and when they answer, let them know that you are just testing. At 12:00 Noon, we will be having our 29th Anniversary dinner, in the dining room.

Thursday, July 28th, from at 10:00 am, we will go to Tops Shopping, then do the banking. From 9-11:00 am, knitting will be done in the parlor.

Friday, July 29th, at 2:00 pm...Monthly Birthday Party. Join us for some fun in the activity room.

Plan Ahead, Mark Your Calendar... **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

The Two Seeds...

Two seeds were planted close together in a field. The first seed wanted to get out of the ground and grow. Whatever happened along the way, she was eager to see the world around her. She grew healthy and tall. Her fruit was picked and taken to markets and homes around the valley, and she continued to grow and produce fruit for years to come, giving joy to families around the community.

The other seed? Unlike the first seeds joyous approach to the possibilities ahead, he sat in the ground worrying. He was worried about what would happen when he sprouted from the soil. Would he be pulled up by his roots and thrown away? Would the bright sun burn his stem? Because he was so full of worries, he turned upside down and didn't grow. Staying just below the surface, he thought he was safe. One day a hen came by pecking at the ground for food. It found the seed and devoured it. The lesson? Playing it safe sometimes can be dangerous.

Which seed are you?

Finish What You Start...

An old Chinese fable tells the story of a man called Leyangsti. His wife was very virtuous, and her husband loved and respected her dearly. One year, Leyangsti traveled to a distant university to study classics with a talented teacher, leaving his wife home alone. One day, when his wife was weaving on the loom, Leyangsti entered the house. Surprised, his wife asked why he had come back so soon. "I missed you," said Leyangsti. His wife got angry. She grabbed a knife and cut down what she had woven on the loom, leaving Leyangsti puzzled. "Why did you do that?" he asked. His wife declared, "If something is stopped halfway, it is just like cloth cut from the loom. The cloth will only be useful if it's finished. Now it is nothing but a mess, and so it is with your studies." Leyangsti was greatly moved by his wife's words. He turned around immediately and went back to the university, not returning home to his beloved wife until he had finished his studies.