

# BROOKSIDE CHATTER

**Brookside Buzz**

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**Editor: Sherry Turck**



Louise Beyer on Saturday, August 6th



No Anniversaries this week!

## What's New This Week

### Monday, August 1st

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



### Tuesday, August 2nd

8:30 am...Resident Coffee Hour

10:00 am...Walmart Shopping

7:00 pm...Game Night



### Wednesday, August 3rd

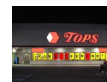
2:00 pm...Nolt's



### Thursday, August 4th

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

5 - 7:00 pm...Hot Dog Roast



### Sunday, July 31st

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

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



I have learned how to live in the present and be grateful for what's working rather than look for the "what's not working." -A. MacGraw-

Life is better when we don't try to do everything. Learn to enjoy the slice of life you experience, and life turns out to be wonderful. -L. Babuta-

### **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.*

August 1st, is the Universal Birthday for Shelter for Dogs. This program helps to keep strays from running around the neighborhoods and find homes for them.

August 2nd, is the "Twins Day Festival", held in Twinsburg, Ohio. This festival is the largest annual gathering of twins and multiples.

August 3rd, is "National Mustard Day." This day is sponsored by the National Mustard Museum in Middleton, WI. Where would we be without mustard? We use it in so many different recipes and on hamburgers & hot dogs.

August 4th, is "National Friendship Day." Also it is "Sister's Day." Go ahead and celebrate both.

August 6th, is "Wiggle Your Toes Day." Go ahead and take off your shoes and wiggle those toes.






August 7th, is "National Lighthouse Day." If you've ever taken a trip down the coast or even around a lake, I'm sure you've seen one and how beautiful and helpful they are.

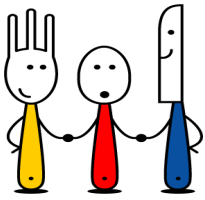


Have a **Safe**  
& Happy Week!



## Brookside Senior Living Community Activities Calendar For the Week of August 1, 2022

<b>MONDAY</b> <b>August 1st</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>August 2nd</b>	8:30 AM...Resident Coffee Hour 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...Game Night	    
<b>WEDNESDAY</b> <b>August 3rd</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 2:00 PM...Nolt's 7:00 PM...Euchre	  
<b>THURSDAY</b> <b>August 4th</b>	<b>Beauty Salon Open...call 315-523-5048 for appointment</b> 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 5 - 7:00 PM...Hot Dog Roast 7:00 PM...Dominoes	  
<b>FRIDAY</b> <b>August 5th</b>	<b>Beauty Salon Open...call 315-523-5048 for appointment</b> 9:00 AM...Exercise Class (Stronger Seniors) 10:00 AM...Exercise Class (Stronger Seniors, Stretch DVD w/Anne Pringle Burnell)	
<b>SATURDAY</b> <b>August 6th</b>	3:00 PM...Social Hour	
<b>SUNDAY</b> <b>August 7th</b>	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 August 1, 2022

Alternate choice for the week is: Alt. – Tomato Soup w/Tuna Salad Soup Sandwich. Dressing selections are on the tables.

MONDAY– 8/01	TUESDAY– 8/02	WEDNESDAY– 8/03	THURSDAY– 8/04
Sausage Gravy over Biscuits or Grilled Ham w/Baked Potato & SC  Mandarin Orange Fruit Salad or Applesauce or Cottage Cheese  French Green Beans Corn  Ice Cream Sandwich or Fresh Fruit  <b>Nat. Ice Cream Sand. Day!</b>	Taco Salad w/SC & Salsa or Cinnamon Apple Pork Chops w/Buttered Noodles  Applesauce Jell-O Salad or Applesauce or Cottage Cheese  Brussel Sprouts Yellow Squash  Texas Brownie or Watermelon  <b>Nat. Watermelon Day!</b>	Swiss Mushroom Chicken w/Rice Pilaf or Zucchini Pizza Casserole  Cottage Cheese w/Pears or Applesauce or Cottage Cheese  Peas Cauliflower  Chocolate Cupcake w/PB Frosting or Fresh Fruit	Roast Pork or Cabbage Rolls  Tossed Salad or Applesauce or Cottage Cheese  Mashed Potatoes w/ Gravy Wax Beans Broccoli  Rice Krispie Treat or Mixed Fruit
FRIDAY– 8/05	SATURDAY– 8/06	SUNDAY– 8/07	<i>Enjoy Your Meals!</i>
Fish Sandwich w/Sweet Potato Fries or Spaghetti w/Meat Sauce  Coleslaw or Applesauce or Cottage Cheese  Beets Brussel Sprouts  Oatmeal Choc. Chip Cookies or Mangos	Chicken Divan or BBQ Pulled Pork Sandwich w/Coleslaw & Potato Wedges on Bun or No Bun  Fruit Salad or Applesauce or Cottage Cheese  Corn Casserole Fresh Veggies w/Ranch Dressing  Coconut Cream Pudding or Pineapple	Roast Beef w/Horseradish Sauce or Stuffed Sole  Tossed Salad or Applesauce or Cottage Cheese  Loaded Potato Casserole Carrots Mixed Veggies  Apple Pie or Mandarin Oranges	<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

Office for the aging is coming to Brookside to do a "Walking with Ease Class." It will be Monday, Wednesday & Friday at 11:00 am, starting Aug. 1st. If interested, you must call **315-346-5313** to sign up. They have proven results that these techniques work. Different techniques for individual needs.

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 last date is August 3rd.

There will be an ice cream social on Sunday, August 14th, from 1- 4:00 pm at the "Pine Grove Community Church." 6853 Austin Rd. Glenfield, NY. Free ice cream will be provided by Stewarts. Music will be provided by "Bailey-Wix."

**Monday, August 1st, at 10:00 am,** we will go to Tops shopping, then do the banking.

**August 2nd, at 8:30 am,** we will have our monthly coffee hour. We will be serving Tops Donuts. Please sign up by Monday, August 1st. **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, August 3rd, at 2:00pm,** we will go to Nolt's. Ride along or bring list to the office.

**Thursday, August 4th, at 10:00 am,** we will go to Tops Shopping, then do the banking. **From 5 - 7:00 pm,** we will be having our Hot Dog Roast in the courtyard. (weather permitting)

**Plan Ahead, Mark Your Calendar...**  
**Monday, August 8th,** Lowville Village Band to perform  
**Tuesday, August 9th,** Resident Council Meeting  
**Thursday, August 11th,** Watertown Hearing here  
**Friday, August 12th,** Trip to Wagner's Sunflower farm in Oneida (sign up)  
**Monday, August 15th,** "Down Home" to entertain.  
**Friday, August 19th,** Picnic at Whitaker (sign up)  
**Wednesday, August 31st,** Monthly Birthday Party  
**Tuesday, September 6th,** Resident Coffee Hour  
**Tuesday, September 13th,** Resident Coffee Hour  
**Monday, September 19th,** "Down Home" to entertain

### Just What We Thought...

- Indecision is the key to flexibility.
- If you find something you like, buy a lifetime of it. (they'll stop making it.)
- You can't tell which way the train went, by looking at the track.
- Be kind, everyone you meet is fighting a tough battle.
- This is as bad as it can get, but don't bet on it.
- There is no substitute for genuine lack of preparation.
- By the time you can make ends meet, someone will move the ends.
- Happiness is merely the remission of pain.
- Nostalgia isn't what it used to be.
- It's hard to be nostalgic when you can't remember anything.
- The facts, although interesting, are irrelevant.
- The world gets a little better every day and worse in the evening.
- Someone who thinks logically is a nice contrast to the real world.
- Everything should be made as simple as possible, but no simpler.
- Friends may come and go but enemies accumulate.
- If you can smile when things go wrong, you have someone else in mind to blame.

Life is full of beauty. Notice it. Notice the bumblebee, the flower, the small child, and the smiling faces. Smell the rain and feel the wind. Live your life to the fullest potential, and fight for your dreams. -Ashley-