

# BROOKSIDE CHATTER

**Brookside Buzz**

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**Issue: August 8, 2022**

**Editor: Sherry Turck**



Ann McConnell on Sunday, August 7th, James Dunn on Tuesday, August 9th and Roger Schwartzentruber on Saturday, August 13th



No Anniversaries this week!

## What's New This Week

### Monday, August 8th

10:00 am...Tops Grocery Shopping and Banking  
6:30 pm... "Lowville Village Band" to play for you



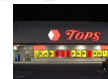
### Tuesday, August 9th

9:45 am...Walmart Shopping  
7:00 pm...Golf



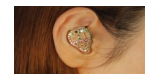
### Thursday, August 11th

9 - 11:00 am...Knitting (in the parlor)  
9:45 am...Tops Grocery Shopping and Banking  
1 - 3:30 pm...Watertown Hearing (in the parlor)



### Friday, August 12th

9:00 am...Leave for "Wagner's Sunflower Farm"



### Sunday, August 14th

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



August 8th, is "National Zucchini Day," and "Sneak Some Zucchini on to Your Neighbors Porch Night." Someone always seems to do that sometimes, but zucchini is good.

August 9th, is "National Rice Pudding Day." Also it is "Smokey Bear's" 78th Birthday. He first was introduced in 1944.

August 10th, is "Middle Child's day." So if you are a middle child go out and celebrate, this is your day! Also it is "Spoil Your Dog Day." If you have a dog go ahead and spoil him/her a little extra today.

August 11th, is "Daughter's Day." So for all of us daughters, lets hope we have a great day. It is also "Family Day." Get together with your daughter and the rest of the family and have a great day.

August 12th, is "Vinyl Record Day." Vinyl went to the wayside for a while, but it's making a comeback recently.

August 13th, is "National Left-Handers' Day." All you left handed people this is your day, so celebrate.

August 14th, is the "Anniversary of V-J Day. (victory over Japan) The year was 1945. Do you remember that year?"

Have a **Safe** & Happy Week!

To the world you may be one person, but to one person you may be the world. -Dr. Seuss-

It takes no more time to see the good side of life than to see the bad. -J. Buffett-

### **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.*



## Brookside Senior Living Community Activities Calendar For the Week of August 8, 2022

<b>MONDAY</b> <b>August 8th</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 6:30 PM...Lowville Village Band to play for you	  
<b>TUESDAY</b> <b>August 9th</b>	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 10:00 AM...Walmart (* note new time) 1:30 PM...Resident Council Meeting 2:00 PM...Pitch (following the meeting) 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	   
<b>WEDNESDAY</b> <b>August 10th</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 7:00 PM...Euchre	 
<b>THURSDAY</b> <b>August 11th</b>	<b>Beauty Salon Open...call 315-523-5048 for appointment</b> 9 – 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 1:30 - 3:30 PM...Watertown Hearing (in the Parlor) 7:00 PM...Dominoes	   
<b>FRIDAY</b> <b>August 12th</b>	<b>Beauty Salon Open...call 315-523-5048 for appointment</b> 9:00 AM...Leaving for “Wagner’s Sunflower Farm” w/lunch out 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 13th</b>	3:00 PM...Social Hour	
<b>SUNDAY</b> <b>August 14th</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 8, 2022

Alternate choice for the week is: Alt. – Stuffed Pepper Soup w/Ham & Cheese Sandwich. Dressing selections are on the tables.

MONDAY– 8/8	TUESDAY– 8/9	WEDNESDAY– 8/10	THURSDAY– 8/11
Baked Ziti or Ranch Seasoned Roast Pork Loin w/Sweet Potato & Applesauce  Cottage Cheese Salad or Applesauce or Cottage Cheese  Buttered Spinach Wax Beans  Pineapple Delight or Pears	Hot Turkey Sandwich or Grilled Chicken Salad w/ Craisins, & Almonds w/ Raspberry Vinaigrette Dressing  Fruit Salad or Applesauce or Cottage Cheese  Green Beans California Blend  Banana Split or Mandarin Oranges  <b>Nat. Banana Split Day!</b>	Bacon Quiche or Stuffed Shells w/Meatballs  Spinach Salad or Applesauce or Cottage Cheese  Peas Corn on Cob or off cob  Pistachio Pudding or Fresh Fruit	Olive Garden Chicken & Pasta or Meat Lover's Pizza  Heavenly Hash Salad or Applesauce or Cottage Cheese  Buttered Squash Broccoli  Peanut Butter Pie or Peaches
FRIDAY– 8/12	SATURDAY– 8/13	SUNDAY– 8/14	<i>Enjoy Your Meals!</i>
Parmesan Crusted Fish w/ FF or Macaroni & Cheese  Coleslaw or Applesauce or Cottage Cheese  Side of Mac & Cheese Mixed Veggies  No Bake Cookie or Tropical Fruit	Meatloaf or Kielbasa w/Sauerkraut on Bun or No Bun  Tossed Salad or Applesauce or Cottage Cheese  Seasoned Potato Wedges French Style Green Beans Cauliflower  Maple Walnut Ice Cream or Mixed Fruit	Roast Pork w/Applesauce or Beef Tips w/Mushrooms over Noodles  Fruit Salad in Pudding or Applesauce or Cottage Cheese  Buttered Noodles Beets Glazed Carrots  Lemon Meringue Pie or Pineapple  <b>National Lemon            Meringue Pie Day!</b>	<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

Margaret Searl passed away on Thursday, July 21st. Our condolences to Margaret's family, please keep them in your prayers.

The doors are locked starting at 5:00 pm, even though the RA is here until 5:15 pm. If you leave before 5, please take your key with you.

Office for the aging is coming to Brookside to do a "Walking with Ease Class." It will be Monday, Wednesday & Friday at 1:00 pm, starting Aug. 8th. If interested, you must call 315-376-5313 to sign up. They have proven results that these techniques work. Different techniques for individual needs. (\*note phone # correction)

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.

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 8th, at 10:00 am, we will go to Tops shopping, then do the banking.

Tuesday, August 9th, 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.

Thursday, August 11th, at 10:00 am, we will go to Tops Shopping, then do the banking. From 1-3:30 pm, Watertown Hearing will be here in the parlor.

Friday, August 12th, at 9:00 am, we will leave for Wagner's Sunflower farm with lunch out. (for the ones who signed up.

Plan Ahead, Mark Your Calendar... **Monday, August 15th**, "Down Home" to entertain.

**Friday, August 19th**, Picnic at Whitaker (sign up)

**Wednesday, August 31st**, Monthly Birthday Party

**Friday, September 2nd**, Trip to "Croghan Heritage Farm"

**Tuesday, September 6th**, Resident Coffee Hour

**Tuesday, September 13th**, Resident Council Meeting

**Monday, September 19th**, "Down Home" to entertain

### The Bamboo Tree...

A man was frustrated with his life, despite all his hard work and effort. He met a hermit and shared his story. "Give me one good reason not to just give up," he said. The hermit pointed toward two plants. "You see that fern and bamboo there? When I planted their seeds, I took very good care of them both. I gave them water, light, and fertilizer. The fern grew quickly, but the bamboo didn't grow more than an inch in the first year, an inch in the second, or for a few more years. In the last six months, the tree grew a hundred feet tall. The little tree was growing underground, developing a root system strong enough to support it in the fifth year and beyond. If the tree hadn't developed a strong enough root system to support it in the fifth year and beyond. If it hadn't developed a strong foundation, it wouldn't have sustained its life as it grew." The hermit concluded, "All this time that you have been struggling, you were growing strong roots." Get out and grow more now.

Moral of the story....don't ever give up, some things take much longer than others.

Ideas are like stars; you will not succeed in touching them with your hands. But like the seafaring men on the desert of waters, you choose them as your guides, and following them to reach your destiny.