

BROOKSIDE CHATTER

Brookside Buzz

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Lucille Sauter on April 28th, and Doris Bingle on May 4th

Monday, April 28th

10:00am... Tops Grocery Shopping and Banking
1:30 pm... Walk with Ease Class
2:00 pm...Bingo

Tuesday, April 29th

9:35 am... Walmart Shopping
2:00 pm...Shopping at Nolt's
2:00 pm... Aaron Karppala (Live Music)
7:00 pm...Golf

Wednesday, April 30th

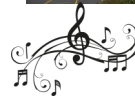
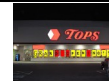
9:00 am... Exercise Class (Stronger Seniors Chair Exercises)
10:00 am... Exercise Class (Easy Does it w/ Craig Maracci)
1:30 pm...Walk with Ease Class
2:30 pm... Resident Birthday Party
7:00 pm...Euchre

Thursday, May 1st

9:35 am...Tops Shopping and Banking

Friday, May 2nd

9:00 am... Exercise Class (Stronger Seniors)
10:00 am... Exercise Class
1:30 pm... Walk with Ease Class
7:00 pm...Euchre



Spring adds new life and new beauty to all that is.
-Jessica Harelson

Monday, April 28th, is National Blueberry Pie Day! Celebrate the wonder of nature's only blue fruit baked into a doughy, buttery pastry.

Tuesday, April 29th, is International Dance Day! You can dance the Tango, the Jitterbug, or The Boot Scoot and Boogie with Ann Mc Connell!

Wednesday, April 30th, is National Croissant Day! Did you know the croissant originated in Austria and not France? It was introduced to France by Marie Antoinette.

Thursday, May 1st, is Global Love Day! This holiday was created by the Love Foundation, an organization that hopes to inspire and encourage all nations to unite under the practice of unconditional love.

Friday, May 2nd, is Baby Day! A baby's smile can light up a room, instill a sense of joy and inspire us to be better. These adorable, soft beings deserve all the love, support and attention that they need.

Saturday, May 3rd is National Textiles Day! If you're wearing clothes, then you're wearing textiles. We can give recognition to the fact that our clothes, bedding, rugs and curtains play an important role in our daily life.

Sunday, May 4th is International Respect For Chickens Day! That's right! Have respect for your chickens!

These amazing animals are the direct descendants of dinosaurs and are the most widely domesticated animal in any human population.






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.




Brookside Senior Living Community Activities Calendar For the Week of April 28th, 2025

MONDAY April 28th	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 and Banking 1:30 PM... Walk w/ Ease Calss 2:00 PM... Bingo 7:00 PM... Dominoes	  
TUESDAY April 29th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:35 AM... Walmart Shopping 2:00 PM... Shopping at Nolt's 2:00 PM... Aaron Karppala 7:00 PM...Golf	  
WEDNESDAY April 30th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercise) 10:00 AM.. Exercise Class (Easy Does it w/ Craig Maracci) 1:00 PM.. Pinochle 1:30 PM... Walk w/ Ease Class 2:30 PM... Resident Birthday Party 7:00 PM...Euchre	  
THURSDAY May 1st	Beauty Salon...Call 315-523-5048 for an appointment 9:35 PM... Tops Shopping and Banking 10:30 PM...Rosary 7:00PM....Dominoes	  
FRIDAY May 2nd	Beauty Salon...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) 1:30 PM... Walk w/ Ease Class 7:00 PM.. Euchre	 
SATURDAY May 3rd	3:00 PM...Social Hour	
SUNDAY May 4th	11:00 AM...Rev. Evan Zehr's Service in the activity room. 2:00 pm...Tom Yousey will conduct the Catholic Service	

Brookside Dinner Menu

For the Week of April 28th, 2025

Alternate choice for this week is: Ham Wrap w/ Chips.

MONDAY- 4/28	TUESDAY- 4/29	WEDNESDAY- 4/30	THURSDAY- 5/1
BBQ Ribs Or Crispy Parmesan Chicken w/ Cream Sauce Cottage Cheese w/ Peaches Applesauce Or Cottage Cheese Country Blend Baked Potatoes Coconut Lush Or Mandarin Oranges	Crab Patties w/ Buttered Noodles Or Scalloped Potatoes w/ Ham Mandarin Orange Salad Applesauce Or Cottage Cheese Brussel Sprouts Corn White Cake w/ Peanut Butter Frosting Or Pineapple	Veggie Soup & Egg Salad Sandwich Or Turkey Pot Pie Applesauce w/ Cinnamon Applesauce Cottage Cheese Mixed Veggies Asparagus Ice Cream Cookie Sandwich Or Fresh Fruit	Chili Meatloaf Potato casserole Or Cinnamon Apple Pork Chops w/ Rice Pilaf Raspberry Fluff Salad Applesauce or Cottage Cheese Green Beans Harvard Beets Cinnamon Roll Poke Cake Or Grapefruit
FRIDAY- 5/2	SATURDAY- 5/3	SUNDAY- 5/4	<i>Enjoy Your Meals!</i>
Parmesan Crusted Haddock Or Marry Me Chicken Coleslaw Applesauce Or Cottage Cheese French Fries Carrots Peas Churro Cream Cheese Cookies Or Apricots	Stuffed Shells w/ Meatballs Or Pulled Pork on a Bun 3-Bean Salad Applesauce or Cottage Cheese Spinach Puff French Style Green Beans Mixed Fruit Parfait Or Peaches	Stuffed Sole Or Roast Beef w/ HS Tossed Salad Applesauce Or Cottage Cheese Mashed Potatoes w/ Gravy Fresh Broccoli Squash Blackberry Pie Or Fresh Fruit	<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 table at your request.</i></p> 

Residents' Corner

Attention Brookside!!- Adirondack Floor Care will be here on Thursday, June 5th to clean chairs in the activity room along with a few hallways. They will return again on June 3rd, 6th and the 10th from 8:00am to 4:00pm on each day to clean apartment carpets. If you have not resided at Brookside for a year, your carpet will not be cleaned at this time. The office will call and let you know when you have been scheduled. Please use caution on the days that the common areas are being cleaned as the floors may be slippery.

Mother/Daughter Tea- The Mother/Daughter Tea Party will be held on Friday, May 9th @ 2:00pm. Finger foods will be served. If you plan to attend, please R.S.V. P. by Monday, May 5th, by calling the office . The number is (315)- 376-4333. Invitations have been sent to your daughter(s) and daughter(s) in-law(s). They have been asked to R.S.V.P. by Monday, May 5th. We look forward to seeing you for a very special afternoon.

Resident Coffee Hour Menu- For May 6th...Cheesy Croissant Casserole

Alzheimer's Community Forum- On Monday, April 28th, at 11:30am-2:00pm, Double Play Community Center will host a listening session on Alzheimer's disease, dementia and memory loss. This will help the Alzheimer's Association know how to best serve the community. Lunch will be served . Please sign up ahead of time . They will need to know how many lunches to prepare. Call (315)-472-4201 or visit <https://bit.ly/4atggl> , to register.

Plan Ahead, Mark Your Calendar... Tuesday, May 6th...Resident Coffee Hour
Tuesday, May 6th.... Friends of God
Friday, May 9th....Mother's Day Tea Party
Friday, May 9th....Poetry Café w/ Writer, Kimberly Cavanagh

Welcome to Allen's Alley

Stuff

“Never let yesterday use up too much of today.”

My wife and I are often asked how we got rid of 47 years of accumulation so that we could move from a 10-room house to a 5-room house. Our 200 year old home had untold nooks and crannies, and all were full of stuff: stuff handed down from our parents, gifts from our families, things we had bought and no longer used but had to save, even clothes we were going to grow into (smaller) and other stuff we hadn't touched in years.

We moved from our large Elm Street home 12 years ago into a patio home at Brookside Adult Retirement Community. It was a challenge my wife attacked without trepidation but with enthusiasm. Her philosophy was...if in doubt, throw it out... anything not used in two years was sorted for a lawn sale...our kids were encouraged to help themselves. She knew we'd be moving into less space, and she had to have a plan.

Stuff often equals clutter, and stuff can make you vulnerable. It's painful to live with clutter. So we had to shut off our sensitivity to make her plan work. When we clutter bust, we open up our feelings about the things in our life and the space. It may feel uncomfortable initially, because we haven't ever been open to the idea. As we got older and began thinking about the letting-go process, it became easier. We discovered a feeling of freedom that comes with moving on. No doubt, some stuff would get left behind. Memories would move with us.

A home is meant for living. You feel much better living with just the things you love to use. Your home becomes a living space. You're learning a new habit. You're learning to notice when something is no longer part of your life. You're learning to give yourself permission to let go of what you love and can't use. It's time Aunt Tilly's antique end table that she gave us at our wedding, becomes a joy for someone else.

Anyone growing older, who has owned a house, knows the amount of time and energy, and effort to accomplish that task. Smaller homes are less expensive and easier to clean if there isn't too much clutter.

As is the case with all possessions, the more we own, the more they own us. More of our mental energy is held hostage by possessions. The same is absolutely true with our largest, most valuable assets. As you approach retirement, you might want to consider buying small and freeing your mind.

When you remove the stuff, you get your life back. Your life is your greatest asset. It's what brings you one of your greatest joys. Start uncovering today!