

# BROOKSIDE CHATTER

**Brookside Buzz**

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Issue: August 28th 2023

Editor: Karla Searl



Julia Fields on August 30th, Catherine Roshan Khan on September 2nd



Ron and Janet Roggie on August 28th, Ramon and Beverly Myers on August 30th and Howard and Shirley Davis on September 1st

## What's New This Week

### Monday, August 28th

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

1:00 pm... Walking Class w/ Gwynne Myers

2:00 pm ...Bingo

### Tuesday, August 29th

9:45 am... Walmart Shopping

2:00 pm... Kinney's Shopping

2:30 pm... Piano Player Austin Scharf

7:00 pm...Golf

### Wednesday, August 30th

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

2:00pm... Nolt's Country Store

7:00 pm...Euchre

### Thursday, August 31st

9:45 am...Tops Grocery Shopping and Banking

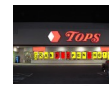
2:30 pm... Monthly Birthday Party

7:00 pm... Dominoes

### Friday, September 1st

1:00 pm...Walking Class w/ Gwynne Myers

1:30pm...Mercers Ice Cream



When it comes to life the important thing is whether you take things for granted or take them with gratitude

-G.K. Chesterton-

**On call this week – Rob Harper** 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.*

**Monday, August 28th** is Princess Diana Day! Let us remember the beautiful “princess for the people”. She was the center of the spotlight when she married Prince Charles. The story of her life entranced the world.

**Tuesday, August 29th** is More Herbs, Less Salt Day! Today is a good day to reassess your sodium intake. Reach for fresh herbs to boost flavor when you cook instead of processed food or the salt shaker.

**Wednesday, August 30th** is National Beach Day! Everyone loves a good day at the beach. Grab your sunblock and flip-flops to visit one of our most cherished natural resources! Enjoy the sun!

**Thursday, August 31st** is National Trail Mix Day! This healthy snack is delicious, lightweight, easy to store and packed w/ both quick and sustainable energy sources! So grab a handful!

**Friday, September 1st** is the kick off of World Alzheimer's Disease Awareness Month! Affecting 6% of people age 65 and older. Stay informed, get involved or donate to a local or national organization.











**Saturday, September 2nd** is National Hummingbird Day. These flashy, amazing creatures bring delight to all bird lovers! Fun fact: They are the only birds that can fly backwards.

**Sunday, September 3rd** is National Pet Rock Day! Maybe your spouse won't let you get a live pet. Pet rocks are the best pet ever! They don't require feeding, walking or treatments. Adopt one today!

Have a safe and happy week!



## Brookside Senior Living Community Activities Calendar For the Week of August 28th, 2023

<b>MONDAY</b> <b>August 28th</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 and Banking 1:00 PM... Walking Class w/ Gwynne Myers 2:00 PM... Bingo	  
<b>TUESDAY</b> <b>August 29th</b>	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:45 AM...Walmart Shopping 2:00 PM...Kinney's, ride along or bring list to the office 2:30 PM... Austin Scharf ( Piano Player) 7:00 PM...Golf	  
<b>WEDNESDAY</b> <b>August 30th</b>	8:00AM– 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 2:00 PM...Nolt's Country Store 7:00 PM...Euchre	   
<b>THURSDAY</b> <b>August 31st</b>	<b>Beauty Salon...Call 315-523-5048 for an appointment</b> 9:45 AM...Tops Grocery Shopping and Banking 9:00 AM ...Knitting (in the Parlor) 10:30 AM...Rosary in the 200 Wing Lounge 2:30 PM...Monthly Birthday Party 7:00 PM...Dominoes	  
<b>FRIDAY</b> <b>September 1st</b>	<b>Beauty Salon...Call 315-523-5048 for an appointment</b> 9:00 AM...Exercise Class (Stronger Seniors) 10:00 AM...Exercise Class (Stronger Seniors, Stretch DVD w/Anne Pringle Burnell) 1:00 PM... Walking Class w/ Gwynne Myers 1:40 PM... Road Trip to Mercers Ice Cream	
<b>SATURDAY</b> <b>September 2nd</b>	3:00 PM...Social Hour	
<b>SUNDAY</b> <b>September 3rd</b>	10:15 AM...Deacon Ken Seymour's Catholic Communion in the parlor 11:00 AM...Rev. Evan Zehr's Service, in the activity room 7:00 PM...Golf	

# Brookside Dinner Menu

For the Week of August 28th 2023

Alternate choice for this week is : Tuna Salad Wrap w/ chips. Dressing selections are on the tables.

MONDAY- 8/28	TUESDAY- 8/29	WEDNESDAY- 8/30	THURSDAY- 8/31
<p>Cubed Steaks Or Bacon and Cheese Quiche</p> <p>Mandarin Orange Tosses Salad Or Applesauce Or Cottage Cheese</p> <p>Prince Edward Blend Loaded Mashed Potato Casserole</p> <p>Vanilla Pudding Or Peaches</p>	<p>BBQ Chicken and Grilled Cheese on Texas Toast Or Salmon w/ Honey Glaze</p> <p>Coleslaw Or Applesauce Or Cottage Cheese</p> <p>Spinach Corn Salt Potatoes</p> <p>Mixed Berry Crisp Or Pears</p>	<p>Sausage Alfredo Pasta Or Taco Bake</p> <p>Pea Salad Or Applesauce Applesauce Or Cottage Cheese</p> <p>Green Beans Beets</p> <p>Texas Brownies Or Fresh Fruit</p>	<p>Maple Glazed Pork Loin w/ Rice Pilaf Or Chicken Parmesan Casserole</p> <p>Tossed Salad or Applesauce or Cottage Cheese</p> <p>Mixed Veggies Turnip</p> <p>Wow Cake Or Grapefruit</p>
FRIDAY- 9/1	SATURDAY- 9/2	SUNDAY- 9/3	<i>Enjoy Your Meals!</i>
<p>Fried Shrimp (w/ Cocktail Sauce) Or Ham and Swiss Sliders</p> <p>Pistachio Pudding Salad or Applesauce or Cottage Cheese</p> <p>Seasoned Fries Stewed Tomatoes Wax Beans</p> <p>Chefs Choice Cookies Or Fresh Fruit</p>	<p>Goulash Or Chicken Patty on a Bun w/ Potato Wedges</p> <p>Broccoli &amp; Tomato Salad or Applesauce or Cottage Cheese</p> <p>Corn Carrots</p> <p>Ice Cream Sandwich Or Pineapple</p>	<p>Ham w/ Pineapple Ring Or Stuffed Sole</p> <p>Cucumber Salad or Applesauce Or Cottage Cheese</p> <p>Baked Sweet Potato Country Blend</p> <p>Cherry Cheesecake Or Mixed Fruit</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

**Walking Class**— Gwynne Myers is holding a new walking class starting on September 11th. The class will be on every Monday and Tuesday from 1:00 pm - 2:00 pm. If you are interested please contact the Office of the Aging to reserve a spot! The number is ( 315) 376- 5313.

**Attention Residents**— maybe fire dept

**Movie Day!** - Back by popular demand, Michael Cannon has donated the 2nd movie featuring Joe Hutton living in the wild! It's title is, Touching the Wild—*Living w/ The Mule Deer of Deadman Gulch*; and will be our feature film in the activity room on Friday, September 8th at 2:30 PM.

**Beauty Salon**— Terry Stocking ( The Hair Dresser) will be **gone from August 25th**—September 1st. She will be back for appointments **on September 7th** . Please plan your hair appointments accordingly.

**Wood Working Tools**— Residents of Brookside are hoping to fill the wood shop w/ useful woodworking tools. If you or anyone you know would like to donate tools, it would be appreciated.

**Bible Study**— Bible Study will be starting on September 6th, from 1:45 - 2:15 in the parlor.

**Note From Audrey Streeter-** “ *When I was away where I didn't know anyone, the cards I received from a good share of the Brookside people and others meant so much— may you be blessed by the kindness you have shown.*”  
-Sincerely, Audrey

**Monday, August 28th at 10:00** we will be going to Tops Grocery Store and Community Bank. Ride along or bring a list.

**Tuesday, August 29th at 9:45** we will go to Walmart. Ride along or bring list to Karla. **At 2:00pm** we will be going to Kinney's. Ride along or bring a list to Karla.

**Wednesday, August 30th at 2:00 pm** we will be going shopping at Nolt's Country Store . Ride along or bring a list to Karla.

**Thursday , August 31st at 9:45 am**, We will be going to Tops Grocery Store. Ride along or bring a list to Karla.  
Friday, September 1st at 1:30 pm, we are riding out to Mercers in Boonville to get ice cream.

**Plan Ahead, Mark Your Calendar...**

**Tuesday, August 29th**, Piano Player Austin Scharf will be performing

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

**Friday, September 1st** , Trip to Mercers Ice Cream

**Tuesday , September 5th** , Resident Coffee Hour

**Wednesday , September 6th**, Peg Nuspliger and her Chorus

**Friday, September 8th**, Movie Day!

### Welcome to Allen's Alley

#### From Our House to Yours

My wife and I recently observed our 60th wedding anniversary. We celebrated four generations with about 50 members of our family around us here at Brookside. It was a wonderful chance to measure our blessings against the legacy left by our parents and grandparents.

Parents always hope that life will be better for their kids. I'm sure everyone finds gains and losses. Sharing their lives on this day of our anniversary gave me time to pause and consider my wishes for them.

I wish and hope they understand that every good time must come to an end and that happiness is not God-given...but that peace can be.

I hope they learn that , while winning is fun, all those who cross the finish line benefit from the contest.

I hope they are awed by the sights and sounds of geese flying overhead in fall and spring.

That they find work that is enjoyable and allows them to grow and continue learning.

That they measure the good times around their family's table as some of the best they will ever have... and I hope they get a chance to sit down together at least once a day.

I hope that they learn early that who they are is a journey into their soul and has nothing to do with a trip around the world.

I hope they allow themselves time to cry— in good times and bad times.

Laugh a lot.

Most of all... learn to forgive...especially themselves.