

BROOKSIDE CHATTER

Brookside Buzz

5701 Brookside Circle, Lowville, New York, 13367
 Office Telephone: 315-376-4333
 Website: www.brooksideseniorliving.org
 Email: brookside@nnyemail.com
Issue: July 29th 2024 **Editor: Karla Searl**



Charles and Cathy Crowther on July 31st

What's New This Week

Monday, July 29th

10:00 am...Tops Grocery Shopping & Banking
 2:00 pm...Bingo

Tuesday, July 30th

9:35 am...Walmart Shopping
 2:00 pm... Kinney's
 7:00 pm... Golf

Wednesday, July 31st

2:30pm...Monthly Birthday Party
 7:00pm...Euchre

Thursday, August 1st

9:35am...Tops Grocery Shopping and Banking
 7:00 pm...Dominos

Friday, August 2nd

9:00 am...Exercise Class(Stronger Seniors)
 10:00 am... Exercise Class (Stretching)
 7:00 pm...Euchre



Make sur your worst enemy doesn't live between your own two ears.
 -Laird Hamilton

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.

July 29th is Rain Day! Most people do not love rain, but there would be no life on earth with-out it. So, be grateful for rain today! Look out and enjoy the green earth.

July 30th is National Day of Motoring. This is a day to consider the iconic American road trip. If you have wheels, get out and enjoy the landscapes. Check out the sights and explore your world.

July 31st is National Avocado Day! Holy Guacamole! This creamy, delicious, protein rich food can accent so many dishes. It is high in fiber, healthy fats, vitamin C, E, K, B2 & B6.

August 1st is the first day of National Wellness Month. August is the month to prioritize self care, manage stress and create healthy habits.

August 2nd is National Ice Cream Sandwich Day! During the summertime there's nothing better than two delicious cookies with ice cream in the middle.










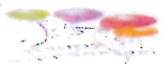






August 3rd is National Watermelon Day! Cool and juicy, watermelon is 92% water. This makes it one of the best ways to beat the heat in the summertime.

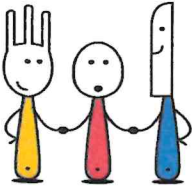
August 4th, is Hooray for Kids Day! Those beautiful innocent souls filled with joy, laughter, curiosity and mischief. Spend the day with some kids or bring out the inner child in yourself.





Brookside Senior Living Community Activities Calendar For the Week of July 29th, 2024


MONDAY July 29th	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 30th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:35 AM...Walmart \\ 2:00 PM...Kinney's 7:00 PM...Golf	   
WEDNESDAY July 31st	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises) 10:00 AM...Exercise Class (Easy Does it w/Craig Maracci) 1:00 PM...Pinochle 2:30 PM...Monthly Birthday Party 7:00 PM... Euchre	  
THURSDAY August 1st	Beauty Salon <u>Open</u>...call 315-523-5048 for appointment 9:35...Tops Grocery Shopping and Banking 7:00 PM...Dominoes	 
FRIDAY August 2nd	Beauty Salon <u>Open</u>...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) 7:00 PM...Euchre	 
SATURDAY August 3rd	3:00 PM...Social Hour	
SUNDAY August 4th	11:00 AM...Rev. Evan Zehr's Service, in the activity room 7:00 PM...Golf	



Brookside Dinner Menu

For the Week of July 29th, 2024

Alternate choice for the week is: Chef Salad w/ Salami . Dressing selections are on the tables.

MONDAY- 7/29	TUESDAY- 7/30	WEDNESDAY- 7/31	THURSDAY- 8/1
<p>Honey Glazed Chicken or Steak Alfredo</p> <p>Mandarin Orange Fruit Salad or Applesauce or Cottage Cheese</p> <p>French Green Beans</p> <p>Chocolate Cake w/ Peanut Butter Frosting or Fresh Fruit</p>	<p>Taco Salad w/ SC and Salsa Or Grilled ham w/ Parsley Potatoes</p> <p>Cottage Cheese w/ Pears or Applesauce or Cottage Cheese</p> <p>Veggie Blend Yellow Squash</p> <p>Blackberry Crisp or Pears</p>	<p>Swiss Mushroom Chicken w/Rice Pilaf or Loaded Mac'n'Cheese</p> <p>Applesauce w/ Cinnamon Salad or Applesauce or Cottage Cheese</p> <p>Peas Cauliflower</p> <p>Watermelon or Chef's Choice Cookies</p>	<p>Roasted Pork w/ Baked Potato or Turkey & Provolone Sliders</p> <p>Potato Salad or Applesauce or Cottage Cheese</p> <p>Wax Beans Broccoli</p> <p>Lemon Lush or Mixed Fruit</p>
FRIDAY- 8/2	SATURDAY- 8/3	SUNDAY- 8/4	Enjoy Your Meals!
<p>Crab Cakes Or Spaghetti w/ Meat Sauce</p> <p>Coleslaw or Applesauce or Cottage Cheese</p> <p>Corn Brussel Sprouts Fried Potatoes</p> <p>Chef's Choice Ice Cream or Mangos</p>	<p>Brookside Grand Slam</p> <p>Pancakes Home Fries Scrambled Eggs Bacon Sausage</p> <p>Fruit Salad or Applesauce or Cottage Cheese</p> <p>Baked Apples</p> <p>Chocolate Pudding or Pineapple</p>	<p>Maple Glazed Salmon Or Baked Chicken</p> <p>Broccoli & Tomato Salad or Applesauce or Cottage Cheese</p> <p>Loaded Potato Casserole Carrots Mixed Veggies</p> <p>Pecan Pie or Mandarin Oranges</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

Catholic Service– Tom Yousey will be conducting the Catholic Service at 2:00pm every Sunday until further notice.

Hot Dog Roast!! Please remember to let the office know if you and your family will be attending the Annual Hot Dog Roast. It will be held on Thursday , August 8th from 5:00 pm– 7:00 pm. R.S.V.P. by Friday August 2nd.

Cake Walk– The cake walk that was originally planned for the 31st has been moved to the Hot Dog Roast on August 8th at 6:00 PM. We are still hoping that people will make cakes, pies ,cookies etc., so that we can have a successful cakewalk. A sign up sheet for the desserts will be on the board next to the office.

Monday, July 29th - 10:00 am we will be going to Tops for grocery shopping & banking .Ride along or bring a list to Karla. **At 2:00pm** we will have Bingo in the activity room.

Tuesday, July 30th– At 9:35 am we will go to Walmart shopping. Ride along or bring a list to Karla .**At 2:00 pm**, we will be going to Kinney's. Ride along or bring a list to Karla.

Wednesday, July 31st– At 2:30 pm we will have the Monthly Birthday Party for all July Birthday! **At 7:00 pm** we will have Euchre in the activity room.

Thursday, August 1st– At 9:35 am we will go to Tops for shopping and banking. **At 7:00 pm** we will play Dominos.

Friday, August 2nd, .At 9:00 am we will have Exercise Class (Stronger Seniors) and **at 10:00am** we will have exercise class again (Stretching with Anne Pringle Burnell) in the activity room. **At 7:00 pm** we will have Euchre.

Welcome to Allen's Alley

I always enjoyed visiting with my friend the late Randy Kerr of Greig. He was talented in many ways and seemed to really enjoy life. He wrote a poem while remembering his childhood in summers when in the woods and fields and at the swimming hole at Whetstone

Summer Time

When the sun hangs hot and heavy
On a hazy summer Sky
When a feller's eatin' Rhubarb
And wishin' it was pie
When the golden rods are swayin'
In a gentle summer breeze
And the dragon flies are buzzin
Round a feller's knees
When the wood box don't need fillin'
I the midst of summer's heat
And a feller's diggin' fish worms
For some fun that can't be beat
When the swimming hole is calling you
To come and take a dip
And old folks get together
On the porch to rock and sit
When the bees are making honey
In clover fields away
And the birds are making music
For a lack of words to say
When the cows are out to pasture
And the corn is in it's prime
When evening shadows linger
Then you'll know its summertime