

BROOKSIDE CHATTER

Brookside Buzz

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Issue April 15th, 2024 **Editor: Karla Searl**



Shirley Davis and Joe Perry on April 17th and John Nortz on April 19th.

What's New This Week

Monday, April 15th

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

Tuesday, April 16th

9:45 am... Walmart Shopping
2:00 pm... Kinney's Shopping
2:00 pm... Friends of God

Wednesday, April 17th

10:00 am... Ride to Respite Café
2:00 pm... Shopping at Nolt's

Thursday, April 18th

9:45 am...Tops Grocery Shopping and Banking
2:30 pm...Monthly Birthday Party

Friday, April 19th

9:00 am... Exercise Class (Stronger Seniors)
10:00 am...Exercise Class (Stronger Seniors -Strength Training)
10:30 am... Ride to PB& J Cafe



To do the useful thing, to say the courageous thing, to contemplate the beautiful thing: that is enough for one man's life.

- T.S. Eliot

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 April 15th is Tax Day! This day may not spark joy in your heart unless you are expecting a hefty refund. Income tax has been around since Abraham Lincoln signed it into law in 1861. In the 1950's individual income tax became the primary source of revenue for the U.S. government.

Tuesday April 16th is National Orchid Day! Orchids are one of the oldest and largest families of plants. They are colorful, abundant, beautiful, fragrant and can live over 100 years!

Wednesday April 17th is Ford Mustang Day! Calling all automobile enthusiasts to celebrate the most successful sports car in history. The newest model of this pony car with it's sleek design and powerful engine is the 16th generation Mustang to be sold!

Thursday April 18th is Herbalist Day! Today we recognize the benefits of plant power for human survival. We have used them since the dawn of time to heal wounds, for medicine and for our nutritional needs.

Friday April 19th is National Garlic Day! Whether you sauté it in butter, roast it or slice it raw, garlic is a multifaceted plant. It can lower cholesterol, improve circulation, reduce blood pressure and cure a tooth ache.

Saturday April 20th is National Husband Appreciation Day! They show up every day and support you in bold or subtle ways. This little-known holiday gives us a chance to find creative and thoughtful ways to say thank you.

Sunday April 21th is National Tea Day! Our love of tea dates back centuries. There are endless blends of herbal, black, green and white tea. Pour your favorite warm cup and get cozy.

Have a safe and happy week!



Brookside Senior Living Community Activities Calendar For the Week of April 15th, 2024

MONDAY April 15th	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 2:00 PM... Bingo	
TUESDAY April 16th	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 Karla 2:00 PM... Friends of God 7:00 PM ...Golf	
WEDNESDAY April 17th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises) 10:00 AM...Exercise Class (Easy Does it w/Craig Maracci) 10:00 AM... Ride to Respite Cafe 1:00 PM...Pinochle 2:00 PM... Shopping at Nolt's 7:00 PM... Euchre	
THURSDAY April 18th	Beauty Salon...Call 315-523-5048 for an appointment 9:45 AM...Tops Grocery Shopping and Banking 10:30 AM...Rosary in the 200 Wing Lounge 2:30 PM... Monthly Birthday Party 7:00 PM... Dominos	
FRIDAY April 19th	Beauty Salon...Call 315-523-5048 for an appointment 9:00 AM...Exercise Class (Stronger Seniors) 10:00 AM...Exercise Class (Stronger Seniors Strength Training) 10:30 AM.. Ride to PB& J Cafe	
SATURDAY April 20th	3:00 PM...Social Hour	
SUNDAY April 21th	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 April 15th, 2024

The alternate entrée choice for the week is: Chef Salad w/ Bacon . Dressing selections are on the tables.

MONDAY- 4/15	TUESDAY- 4/16	WEDNESDAY- 4/17	THURSDAY- 4/18
<p>Jerked Pork Steak Or Chicken Patty (w/ lettuce & Tomato)</p> <p>Garden Salad Cottage Cheese Applesauce</p> <p>Salt Potatoes Stir Fry Veggies</p> <p>White Cake w/ Fresh Strawberries Or Pears</p>	<p>Goulash</p> <p>Breakfast Sliders w/ Hash Browns</p> <p>Apple Salad Or Applesauce Or Cottage Cheese</p> <p>Corn Green Beans</p> <p>Ice Cream Sundae Or Mandarin Oranges</p>	<p>Crazy Good Casserole w/ Kielbasa & Bacon Or Lemon Pepper Fish</p> <p>Pistachio Salad Or Applesauce Or Cottage Cheese</p> <p>Brussel Sprouts Beets Parsley Potatoes</p> <p>Half Moon Cookies Or Apricots</p>	<p>BBQ Hot Dogs on a Roll Or Cold Plate (w/ Turkey, Fruit Cup, Sliced Tomato & Muffin)</p> <p>Macaroni Salad Or Applesauce Or Cottage Cheese</p> <p>Mixed Veggies Zucchini</p> <p>Watermelon Or Citrus Fruit</p>
FRIDAY- 4/19	SATURDAY- 4/20	SUNDAY- 4/21	<i>Enjoy Your Meals!</i>
<p>Shake & Bake Pork Chops Or Seafood Platter</p> <p>Coleslaw Applesauce or Cottage Cheese</p> <p>French Fries Wax Beans</p> <p>Turtle Cheese Cake Or Blueberries</p>	<p>Taco Salad Or Acorn Squash Casserole</p> <p>Cottage Cheese w/ Peaches or Applesauce or Cottage Cheese</p> <p>Baked Potato Peas Carrots</p> <p>Cinnamon Twist Or Pineapple</p>	<p>Country Fried Steak Or Roasted Pork Loin</p> <p>Tossed Salad or Applesauce Or Cottage Cheese</p> <p>Mashed Potatoes w/ Gravy Buttered Spinach Cauliflower</p> <p>Chocolate Sponge Cake Or Grapes</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> 

Monday, April 15th, At 10:00 am we will be going to Tops for shopping and banking. Ride along or bring a list to Karla. At 2:00 pm we will have Bingo in the activity room.

Tuesday, April 16th, At 9:45 am we will go to Walmart. Ride along or bring a list to Karla. **At 2:00pm** we will be going to Kinney's. Ride along or bring a list to Karla. We will also have Friends of God playing music in the activity room.

Wednesday, April 17th, At 10:00 am We will transport Residents to the Respite Café. **At 2:00 pm** we will be going to Nolts. **At 7:00 pm** Euchre will be held in the activity room.

Thursday, April 18th, At 9:45 am we will be going to Tops Grocery Store. Ride along or bring a list to Karla. At 2:30 pm we will have a monthly birthday party for everyone that has a birthday in April.

Friday, April 19th, At 9:00 am (Stronger Seniors -strength and balance) Exercise Class will be in the activity room. At 10:00 am (Stronger Seniors -stretching) Class will be held in the activity room. At 10:30 am We will go out to the PB&J Café.

Plan Ahead, Mark Your Calendar... Tuesday, April 23rd... Aaron Karppala (music performance)
Monday, April 29th... Down Home

Welcome to Allen's Alley

A very friendly community.

My wife and I loved to camp with our kids in our younger days. The kids have grown and now camp with their kids. We enjoy sitting around the campfire, playing cards, and munching on the goodies we all bring. When the embers begin to die out and the littlest ones need to be tucked in we start moving toward our car. The days I sleep on the ground have long gone by. We bed down in the closest motel that has a king size bed, hot showers and no smoking. Sometimes I hear the mothers groan when we mention we are headed to take showers.

Campers are friendly people and its easy to strike up a conversation... even when you're walking to the out-house. I remember one elderly good sport who enjoyed talking about one of his favorite camping experiences with his wife.

It seems she had requested some information about a campground reservation in the south where they hoped to spend some time. He admitted she always wanted to be proper . Actually, he said she was rather an old – fashioned type and was delicate in her language. He said she wrote this particular campground for a reservation. In her letter she wanted to make sure the campground was fully equipped but didn't quite know how to ask about the facilities. She just couldn't bring herself to use the word "toilet" so after much deliberation, she wrote another letter and asked about the "bathroom commode" facilities. She tore up that letter as too forward and wrote a third letter asking " Does your campground have it's own B.C.?"

Well, the campground owner was puzzled, to say the least, said the husband, but after worrying about it and asking others, it was decided that B.C. might mean Baptist Church. His reply read like this:

"Dear madam: I regret very much the delay in answering your letter but I now take the pleasure of informing you that a B.C. is located nine miles north of the campground. It is capable of seating 250 people at one time. I admit it is quite a distance if you are in the habit of going regularly, but no doubt you will be pleased to know that a great number of people take their lunches along and make a day of it. They usually arrive early and stay late.

The camp director added the last time he and his wife went was six years ago and it was so crowded they had to stand up the whole time they were there. He went on to write ; it may interest you to know right now, there is a supper planned to raise money to buy more seats. They're going to hold it in the basement of the B.C.

He then added, I would like to say it pains me very much not to be able to go more regularly, but it surely is no lack of desire on my part. As we grow older it seems to be more of an effort, particularly in cold weather.

He tells her that if she decided to come down to their campground, perhaps he could go with her the first time, sit with her , and introduce her to all the folks.

...Remember, A campground is a very friendly community.