

BROOKSIDE CHATTER

Brookside Buzz

5701 Brookside Circle, Lowville, New York, 13367

Office Telephone: 315-376-4333

Website: www.brooksideseiorliving.org

Email: brooksideseiorliving.org

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Editor: Karla Searl



Nancy Knapp and Sharlene Lehman on April 5th



Richard and Carol Hartness on April 2nd

What's New This Week

Monday, April 1st

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

2:00 pm ...Bingo

Tuesday, April 2nd

8:30 am...Resident Coffee Hour

9:45 am... Walmart Shopping

2:00 pm...Kinney's Shopping

Wednesday, April 3rd

10:00 am... Ride to Respite Café

2:00 pm... Shopping at Nolt's

3:00 PM....Peg Nuspliger and Chorus

Thursday, April 4th

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

Friday, April 5th

9:00 am... Exercise Class (Stronger Seniors)

10:00 am...Stronger Seniors Strength Training



April is a moment of joy for those who have survived the winter.

-Samuel Johnson

On call this week – Mervin 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.

Monday April 1st is April Fools' Day! On this day we can plan out our most diabolical, yet safe and playful pranks!

Tuesday April 2th is National Peanut Butter and Jelly Day! This affordable, tasty and easy to make combo was invented in 1901. The invention of pre-sliced bread and the Great Depression launched this sandwich into American main stream culture.

Wednesday April 3rd is World Walking Day! Walking can drastically improve your health. It can prevent diabetes, heart disease and cancer. So, get your blood pumping and your legs moving. Go out and take a nice walk.

Thursday April 4th is International Carrot Day! These sweet, crunchy orange root veggies are affordable, have a long shelf life and are beneficial for your health.

Friday April 5th is National Self Care Day! This day reminds you to take a break and put yourselves first. Do whatever it is you love the most. Make yourself the priority today.














Saturday April 6th is International Pillow Fight Day! Today pillows are sold in many places and the proceeds will go to the homeless shelters. Pillows are being fluffed and prepared for a soft war. This is an excellent way to have fun and alleviate stress.

Sunday April 7th is Geologist Day! This is a day to give recognition to everyone working in the field of geology. Those who study the earth can enlighten us with information on the past, present and future of the planet we all live on. If you know a geologist today you should tell them that they rock!

Have a safe and happy week!



Brookside Senior Living Community Activities Calendar For the Week of April 1st, 2024

MONDAY April 1st	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 2nd	8:30 pm...Resident Coffee Hour 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 7:00 PM ...Golf	    
WEDNESDAY April 3rd	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... Shopping at Nolt's 3:00 pm... Peg Nuspliger and Chorus 7:00 PM... Euchre	  
THURSDAY April 4th	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 7:00 PM... Dominos	 
FRIDAY April 5th	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)	 
SATURDAY April 6th	3:00 PM...Social Hour	
SUNDAY April 17th	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 1st, 2024

The alternate entrée choice for the week is: Roast Beef Chef Salad. Dressing selections are on the tables.

MONDAY- 4/1	TUESDAY- 4/2	WEDNESDAY- 4/3	THURSDAY- 4/4
Steak & Cheese on a Bagel Or Honey Garlic Pork Chop Mandarin Orange Tossed Salad Cottage Cheese Applesauce Fried Potatoes Corn Strawberry Crisp Or Mixed Berries	Longhorn Crusted Chicken Or Sweet & Sour Shrimp over Rice Pilaf Cottage Cheese w/ Peaches Or Applesauce Or Cottage Cheese Rice Pilaf Peas Wax Beans PB Rice Crispy Treats Or Mandarin Oranges	BLT Salad w/ Garlic Knots Or BBQ Meatball Sub w/ Chips Grape Salad Or Applesauce Or Cottage Cheese Buttered Beats Catalina Island Blend Butterscotch Pudding Or Grapefruit	Chicken Noodle Soup w/ Egg Salad Sandwich Or Sausage, Cheese & Potato Casserole 3 Bean Salad Or Applesauce Or Cottage Cheese Fried Cabbage Stewed Tomatoes Blueberry Lush Or Tropical Fruit
FRIDAY- 4/5	SATURDAY- 4/6	SUNDAY- 4/7	<i>Enjoy Your Meals!</i>
Macaroni & Cheese Or Parmesan Crusted Haddock Coleslaw Applesauce or Cottage Cheese Side of Mac & Cheese Mixed Veggies Ice Cream Sandwich Or Mangos	Lasagna Or Sausage Gravy over Biscuits Orange Sherbert Salad or Applesauce or Cottage Cheese Roasted Carrots Brussel Sprouts Cookies Or Pears	Glazed Ham Loaf Or Mushroom Swiss Chicken Tossed Salad or Applesauce Or Cottage Cheese Mashed Potatoes w/ Gravy Beets Green Bean Casserole Banana Cream Pie Or Peaches	<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> 

Brookside Eclipse Party! - On Monday, April 8th, in the Brookside Court Yard (weather permitting) from 3:00pm– 4:00pm. Solar Eclipse glasses will be handed out on the morning of April 8th. (Placed on the shelf outside your apartment (Congregate) and for Patio Homes, yours will be delivered by staff. The total Eclipse will take place in our area around 3:23 pm and will last for about 2-3 minutes. “ Light” refreshments will be served.

Monday, April 1st. 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 Bingo will be played in the activity room.

Tuesday, April 2nd. At 8:30 am we will have Resident Coffee Hour. At 9:45 am 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, April 3rd. At 10:00 am We will transport Residents to the Respite Café. At 2:00 pm we will be going to Nolt's Country Store. Ride along or bring a list to Karla. At 3:00 pm Peg Nuspliger and Chorus will be playing music in the activity room. At 7:00 pm Euchre will be held in the activity room.

Thursday, March 4th. At 9:45 am we will be going to Tops Grocery Store. Ride along or bring a list to Karla.

Friday, March 5th. At 10:00 pm Stronger Seniors Exercise Class will be in the activity room.

Resident Coffee Hour Menu... Fresh Donuts

Plan Ahead, Mark Your Calendar...

Monday, April 8th.... Eclipse Party

Tuesday, April 9th....Resident Council Meeting

Thursday, April 11th... Smart Phone Photography Workshop

Welcome to Allen's Alley

A Great Spring Trip

Onondaga Audubon's Derby Hill Observatory, located on the southeastern corner of lake Ontario in Oswego County, NY, is one of the premier Hawk watches in the Northeastern United States. My wife and I have enjoyed visiting this interesting spot and visiting with all the “ birders” both professional and amateur. Hawk counts at the sight were started in the early 1970s, and since 1979 have been conducted every year in a standardized way. On average 40,000 raptors are counted each spring as they migrate northwards, making this site one of the best spring sites in the country. Hawks, Eagles and Vultures are the main attraction at Derby Hill, but impressive numbers of Snow Geese, Red wing Blackbirds, Common Grackles, Blue Jays and Baltimore Orioles, Tanagers and Thrashers, as these birds pile up on the south shore of Lake Ontario. The observatory is just off Route 81 on the eastern edge of the lake, about an hour south of Lowville.