

# BROOKSIDE CHATTER

**Brookside Buzz**

5701 Brookside Circle, Lowville, New York, 13367  
Office Telephone: 315-376-4333  
Website: [www.brooksideseiorliving.org](http://www.brooksideseiorliving.org)  
Email: [brooksideseiorliving.org](mailto:brooksideseiorliving.org)  
**Issue April 8th, 2024**      **Editor: Karla Searl**

**Monday April 8th** is National Zoo lovers Day! Modern zoos play a big part in animal welfare. They serve as conservation sites for endangered animals. They also provide education, research and entertainment.

**Tuesday April 9th** is National Safety Pin Day! This clever and useful invention was invented by none other than Walter Hunt from Martinsburg NY in 1849.

**Wednesday April 10th** is Golfer's Day! The origin of the word golf came from the Dutch word "kolf" which means stick or club. Celebrate this game and the people who enjoy it today.

**Thursday April 11th** is Barber-shop Quartet Day! This type of music was first documented in the late 1800s. Men waiting in line to get their hair cut would sing and harmonize with the barbers and other customers to pass the time.

**Friday April 12th** is National Grilled Cheese Sandwich Day! You can't go wrong with crispy bread and melted cheese. It goes perfectly with any kind of soup or salad.

**Saturday April 13th** is National Scrabble Day! Scrabble was invented in 1938 and each game was made by hand in a garage for 20 years. This iconic board game is now sold in 121 countries and made in 29 languages.

**Sunday April 14th** is National Gardening Day! This day gives gardeners a shove to grab the shovel. Plan out the veggies, flowers and herbs you will try this year!

Have a safe and happy week!



Ron Roggie on April 8th Ramon Myers on April 11th , and Mervin Roggie on April 12th



Phil and Louise Beyer on April 8th

## What's New This Week

### Monday, April 8th

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

3:00 pm-4:00pm... Eclipse Party

### Tuesday, April 9th

9:45 am... Walmart Shopping

1:30pm... Resident Council Meeting

2:00 pm... Kinney's Shopping

### Wednesday, April 10th

10:00 am... Ride to Respite Café

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

### Thursday, April 11th

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

2:00 pm.. Bingo

6:30 pm.. Smartphone Photography Workshop **FREE !!!**

### Friday, April 12th

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

10:00 am...Exercise Class (Stronger Seniors -Strength Training)



Some beautiful paths can't be discovered without getting lost.  
-Erol Ozan

**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 8th, 2024

<b>MONDAY</b> <b>April 8th</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 2:00 PM– 4:00 PM...Eclipse Party	 
<b>TUESDAY</b> <b>April 9th</b>	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:45 AM...Walmart Shopping 1:30 PM...Resident Council Meeting 2:00 PM...Kinney's, ride along or bring list to Karla 7:00 PM ...Game Night	  
<b>WEDNESDAY</b> <b>April 10th</b>	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 Marshalls 7:00 PM... Euchre	  
<b>THURSDAY</b> <b>April 11th</b>	<b>Beauty Salon...Call 315-523-5048 for an appointment</b> 9:45 AM...Tops Grocery Shopping and Banking 10:30 AM...Rosary in the 200 Wing Lounge 6:30 PM... Smartphone Photography Workshop 7:00 PM... Dominos	 
<b>FRIDAY</b> <b>April 12th</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 Strength Training)	
<b>SATURDAY</b> <b>April 13th</b>	3:00 PM...Social Hour	
<b>SUNDAY</b> <b>April 14th</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 April 8th, 2024

The alternate entrée choice for the week is: Chef's Salad w/ Chicken Tenders . Dressing selections are on the tables.

MONDAY- 4/8	TUESDAY- 4/9	WEDNESDAY- 4/10	THURSDAY- 4/11
<p>Grilled Ham Or Turkey Wrap</p> <p>Mixed Veggie Salad Cottage Cheese Applesauce</p> <p>Baked Potato Summer Blend Veggies</p> <p>Cream Cheese Brownies Or Grapes</p>	<p>Brookside Grand Slam ( Pancakes, Sausage, Home fries and Scrambled Eggs.</p> <p>Applesauce w/ Cinnamon Or Applesauce Or Cottage Cheese</p> <p>Vanilla Pudding Or Pineapple</p>	<p>Cube Steak w/ Mushroom Gravy &amp; Mashed Potatoes Or Tuna Noodle Casserole</p> <p>Broccoli Salad Or Applesauce Or Cottage Cheese</p> <p>Mashed Potatoes Mandarin Blend Veggies</p> <p>Fruited Jell-O Or Mandarin Oranges</p>	<p>Tomato Soup w/ Chicken Salad Sandwich Or Beerocks w/ Salsa &amp; Sour Cream</p> <p>Cucumber Salad Or Applesauce Or Cottage Cheese</p> <p>Green Beans Harvard Beets</p> <p>Ice Cream Or Pears</p>
FRIDAY- 4/12	SATURDAY- 4/13	SUNDAY- 4/14	<i>Enjoy Your Meals!</i>
<p>Lemon Pepper Fish w/ Potato Wedges Or Spaghetti w/ Sausage</p> <p>Coleslaw Applesauce or Cottage Cheese</p> <p>Corn Wax Beans</p> <p>Chef's Choice Cookie Or Grapefruit</p>	<p>Chicken Angelo w/ Buttered Noodles Or Beef Stew</p> <p>Cottage Cheese w/ Peaches or Applesauce or Cottage Cheese</p> <p>Turnip Broccoli</p> <p>Lemon Glazed Cake Or Peaches</p>	<p>Seasoned Pork Loin Or Stuffed Sole</p> <p>Fruit Salad or Applesauce Or Cottage Cheese</p> <p>Mashed Potatoes w/ Gravy Calico Beans Peas</p> <p>Cherry Cream Pie Or Mangos</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>  <p><small>www.2makeendsmeet.blogspot.com</small></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.

**Smartphone Photography Workshop !** - On Thursday, April 11th at 6:30 pm , the Lowville Library is hosting a Smartphone Photography Workshop for Seniors at Brookside. It will be held in the activity room. Please come out and join us! It is Free!

**Monday, April 8th,** At 10:00 am we will be going to Tops for shopping and banking. Ride along or bring a list to Karla. At 3:00 pm - 4:00 pm, Brookside is having an Eclipse Party. Eclipse Eye Glasses will be handed out ahead of time in the Morning to residents. Light refreshments will be served at the party.

**Tuesday, April 9th,** At 9:45 am we will go to Walmart. Ride along or bring list to Karla. At 1:30 pm, the Resident Council Meeting will be held in the activity room. At 2:00pm we will be going to Kinney's. Ride along or bring a list to Karla.

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

**Thursday, April 11th,** At 9:45 am we will be going to Tops Grocery Store. Ride along or bring a list to Karla. At 6:30 pm Brookside is having a Smartphone Photography Workshop.

**Friday, April 12th,** 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.

**Plan Ahead, Mark Your Calendar...** Tuesday, April 9th....Resident Council Meeting  
Thursday, April 11th... Smartphone Photography Workshop  
Tuesday, April 16th ... Friends of God (music performance )  
Thursday, April 11th... Smartphone Photography Workshop

## **Welcome to Allen's Alley**

### **Just Where is Lewis County**

Ever find it hard to tell someone, not familiar with Lewis County, just where we live. Between the Adirondack Mountains and the St. Lawrence River just doesn't cut it. Here are some tips to help you out :

- It's a place where we classify the four seasons as almost winter, still winter, and construction season.

-Use a portion of your porch as a refrigerator.

- Design your kid's Halloween Costume to fit over a snow suit.

- Find that roads get smoother when the potholes fill with snow.

- Drive to and from work in the dark.

- Have to contribute to your church fuel fund.

- You can't convince your kids that sneakers were never designed to walk in the snow.

- Consider a remote truck or car starter as basic equipment in your vehicles.

- Consider it a no-brainer to stay off Route 177 when the weather person predicts "lake effect" weather.

-Consider "snow days" as earned floating holidays.

- Measure distance in hours traveled.

- Install security lights on your house and garage and then leave both unlocked.