

BROOKSIDE CHATTER

Brookside Buzz

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Issue June 10th, 2024 **Editor: Karla Searl**



Daniel and Mary Benedict on June 10th and Kenneth and Joanne Seymour on June 13th.

What's New This Week

Monday, June 10th

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

2:00 pm... Bingo

Tuesday, June 11th

8:30 am... Resident Coffee Hour

9:45 am... Walmart Shopping

1:30 pm... Resident Council Meeting

2:00 pm...Kinney's Shopping

Wednesday, June 12th

10:00 am... Ride to Respite Café

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

Thursday, June 13th

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

1:30pm– 3:30pm...Watertown Hearing

Friday, June 14th

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

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

2:00 pm...Friends of God

Saturday, June 10th

8:30 am– 9:30 am...Father-Son Breakfast



A good father is one of the most unsung, unpraised, unnoticed and yet one of the most valuable assets in our society.
 - Billy Graham

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.

Monday June 10th is National Ice Tea Day. Tea has more anti-oxidants than most fruit and vegetables do! Whether you like it with lemon or sugar, it is a refreshing treat on a hot day.

Tuesday June 11th is National Make Life Beautiful Day! Serve, empower and/or lead by example. All these things inspire everyone around you and make life beautiful.

Wednesday June 12th is National Red Rose Day! One of the most iconic symbols of love and romance throughout history is the red rose. This day is for anyone that may want to stop and smell the roses.

Thursday June 13th is Career Nurse Assistant Day. Celebrate the people that work tirelessly providing care for the sick and elderly around the clock!

Friday June 14th is National Flag Day! America's Flag Day marks the Second Continental Congress's adaptation of the first U.S. national flag on June 14th 1777.

Saturday June 15th is Global Wind Energy Day! Wind energy can change the world by making a smaller carbon footprint than fossil fuels. This will help to keep our air clean.

Sunday June 16th is Father's Day! We can't overlook all the things that Dad does to help out the family; taking care of the family, house projects, fixing machinery, and passing on his wisdom!

Have a safe and happy week!






Brookside Senior Living Community Activities Calendar For the Week of June 10th, 2024

Monday June 10th	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 June 11th	8:30 AM... Resident Coffee Hour 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	   
WEDNESDAY June 12th	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 June 13th	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 1:30pm - 3:30pm...Watertown Hearing 7:00 PM... Dominos	  
FRIDAY June 14th	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) 2:00 PM... Friends of God	 
SATURDAY June 15th	8:30 am-9:30 am... Father-Son Breakfast 3:00 PM...Social Hour	 
SUNDAY June 16th	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 <p style="text-align: center;">Happy Father's Day!!</p>	 

Brookside Dinner Menu

For the Week of June 10th , 2024

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

MONDAY- 6/10	TUESDAY- 6/11	WEDNESDAY-6/12	THURSDAY- 6/13
Spaghetti w/ Meat Sauce & Garlic Bread Or Hot Dog & Fries Basket Sauerkraut Salad Or Applesauce Or Cottage Cheese Corn Baked Beans Raspberry Almond Sheet Cake Or Peaches	Sweet & Sour Shrimp over Rice Or Vegetable Soup w/ Turkey & Cheese Sandwich Fruit Salad Or Applesauce Or Cottage Cheese Catalina Blend Veggies Ice Cream Or Fresh Fruit	Taco Hashbrown Casserole Or Chicken Patty Sandwich w/ Lettuce & Tomato Broccoli Salad Or Applesauce Or Cottage Cheese Beets Green Beans Salt Potatoes Tapioca Pudding Or Mangos	Steak, Egg & Cheese on A Bagel Or Grilled Ham Slices w/ Potato Salad Strawberry Fluff Salad Or Applesauce Or Cottage Cheese Cauliflower Peas Fresh Strawberry Pie Or Citrus Fruit
FRIDAY- 6/14	SATURDAY- 6/15	SUNDAY- 6/16	<i>Enjoy Your Meals!</i>
Breaded Pork Chops Or Tuna Melt Coleslaw Applesauce or Cottage Cheese Baked Potato Squash Broccoli Brownies Or Fresh Fruit	Meatloaf Or Spinach Quiche Applesauce Jell-O Salad or Applesauce or Cottage Cheese Carrots Wax Beans Fried Potatoes Peanut Butter Blossoms Or Mixed Fruit	Chicken over Mashed Potatoes Or Mandarin Pork Loin Tossed Salad or Applesauce Or Cottage Cheese Mashed Potatoes Acorn Squash Mixed Veggies Coconut Cream Pie Or Grapefruit <u>Happy Father's Day!</u>	<p><i>Substitutions available for special dietary needs. See the cook in advance for any special needs.</i></p> <p><i>Choose one entrée, one salad, one dessert and as many other sides as desired. Bread is on the tables.</i></p> 

Resident Coffee Hour Menu– Breakfast Pizza

Father-Son Breakfast -On Saturday, June 15th, at 8:30 am-9:30 am Brookside is hosting our annual Father- Son Breakfast. Our menu will feature pancakes, scrambled eggs, sausage, juice and coffee. Please RSVP by Monday, June 10th.

Watertown Hearing– The new owner of Watertown Hearing called with the new schedule. They will be coming once every quarter and the months that they will come are as follows: June, September, December and March. They will continue with the second Thursday of those months at around the same time as in the past. Please direct any questions or comments to Watertown Hearing. 315– 788– 5249.

Celebrate a Milestone! Ken and Joanne Seymour are celebrating their **65th anniversary** on June 13th.

Trip to Clayton - Brookside is planning a bus trip to Clayton NY. We will have lunch at The Sea Way Grill. This is a restaurant in the new Harbor Hotel on the water front of the St. Lawrence River. It is on a boardwalk type area that leads to the public water front. We will leave Brookside at 9:30 am and eat lunch when we arrive. Then we will have free time until we board the bus at 2:00pm. Everyone is free to set their own schedule as long as they are back at 2:00 pm for the ride home.

Monday, June 10th 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, June 11th, . 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 1:30 pm we will have our Resident Council Meeting .At 2:00pm we will be going to Kinney's. Ride along or bring a list to Karla.

Wednesday, June 12th , At 10:00 am we will transport Residents to the Respite Café. At 2:00 pm we will be going to Nolt's.

Thursday, June 13th, At 9:45 am we will be going to Tops Grocery Store. Ride along or bring a list to Karla.

Friday, June 14th, 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 2:00 pm... Friends of God will be playing music in the activity room.

Plan Ahead, Mark Your Calendar... Saturday, June 15th... Father's Day Breakfast
Monday, June 17th... Down Home
Friday, June 21st... Bus Trip to Clayton

Welcome to Allen's Alley

Thoughts of Spring

I lay awake at first light wondering what my column will be about this week. As is sometimes my style... I'd put off writing this column until the last minute(it's the kid in me).

A warm breeze wafts through the open window at the head of my bed, allowing the chirping of the birds to bring in the promises of spring. I am thankful for a new day and the thought of it does stir the kid in me that wants to get out of bed and get started. I know what I will write about... the thoughts and then the words flowing through my head... and I begin by counting all the sights, sounds and smells that fill me with the joys of spring:

- The essence of new mown grass.
- The joyful squeals of toddlers next door playing outside.
- The smell of barbecuing chicken on the grill.
- The smell of dew rising from fields at dusk along the West Road on warm spring nights.
- The sight of fireflies semaphoring their way into our yard.
- The sound of peepers as you drive along Mill Creek in the Village.
- Waking up to find my wife's flower garden changing with each passing day.
- The sight of a young girl effortlessly cruising along aboard her inline skates.

As I enter into the winter of my life, I find great joy in the memories of summers past. And I'm thankful that ten-year-old kid still survives in me. He is there in the cool of the morning urging me to get up out of bed and let the promise of the new day fulfill itself.