

BROOKSIDE CHATTER

Brookside Buzz

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Ilga Varik and Wendy Laribee on March 11th, Sharon Thayer on March 12th, Linda Grimes on March 13th, Justin Feisthamel on March 15th and Mary Rhubart on March 16th.

What's New This Week

Monday, March 11th

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

1:00 pm...Walking Class w/ Gwynne Myers

2:00 pm ...Bingo

Tuesday, March 12th

9:45 am...Walmart Shopping

1:30 pm...Resident Council Meeting

2:00 pm...Kinney's Shopping

Wednesday, March 13th

1:00 pm...walking Class w/ Gwynne Myers

2:00 pm ...Shopping at Marshalls

3:00pm...Peg Nuspliger and Chorus

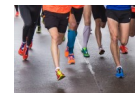
Thursday, March 14th

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

Friday, March 15th

10:30 am ...Craft Project w/ Hand in Hand children

1:00 pm... Walking Class w/ Gwynne Myers



The sky isn't the limit-the sky has no limit.

-Sarah Barker

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 March 11th is National Napping Day! Today you can feel less guilty about enjoying a not so guilty pleasure! Make up for the amount of sleep you may have lost due to the Daylight Savings time change. Studies show that increased awareness, brain performance and a decrease in stress are all benefits of napping.

Tuesday March 12th is National Johnny Appleseed Day! This occasion honors the life of the folk hero who was instrumental in the planting of apple trees in the United States.

Wednesday March 13th is Good Samaritan Day! Step out of your comfort zone and lend a helping hand to someone in need. Today is a day to celebrate and encourage kindness. Simply open a door for a stranger, or smile at someone passing by.

Thursday March 14th is National Potato Chip Day! This thin slice of crunchy, salty potato is perfect for a snack. Invented in 1853 by a chef in Saratoga Springs; the potato chip has become integrated into American culture.

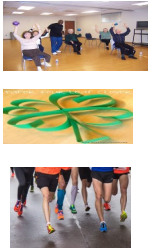


Friday March 15th is World Consumer Rights Day! This global event aims to raise consumer protection awareness. The right to choose products that have value, the right for safety and product information.

Saturday March 16th is Maple Syrup Saturday! Today you may want to tap your own maple tree with your family or friends. Go to the Maple Museum in Croghan for the pancake breakfast. It is also the start of Maple Weekend in Lewis County when you can tour the sugar shanties.

Sunday March 17th is St Patrick's Day! Unless you live under the Blarney Stone, you must already know we commemorate the Irish Patron Saint that brought Christianity to Ireland.



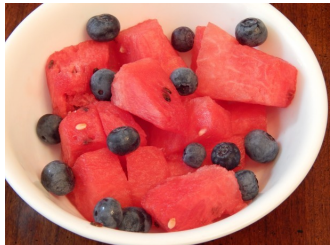
Brookside Senior Living Community Activities Calendar For the Week of March 11th, 2024

<p>MONDAY March 11th</p>	<p>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 1:00 PM... Walking Class w/ Gwynne Myers 2:00 PM... Bingo</p>	
<p>TUESDAY March 12th</p>	<p>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</p>	
<p>WEDNESDAY March 13th</p>	<p>9:00 AM...Exercise Class (Stronger Seniors Chair Exercises) 10:00 AM...Exercise Class (Easy Does it w/Craig Maracci) 1:00 PM...Pinochle 1:00 PM... Walking Class w/ Gwynne Myers 2:00 PM... Shopping at Marshalls 3:00 PM... Peg Nuspliger and Chorus 7:00 PM... Euchre</p>	
<p>THURSDAY March 14th</p>	<p>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</p>	
<p>FRIDAY March 15th</p>	<p>Beauty Salon...Call 315-523-5048 for an appointment 9:00 AM...Exercise Class (Stronger Seniors) 10:30 AM... St. Patty's Craft Project w/ Hand in Hand Children 1:00 PM... Walking Class w/ Gwynne Myers</p>	
<p>SATURDAY March 16th</p>	<p>3:00 PM...Social Hour</p>	
<p>SUNDAY March 17th</p>	<p>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>	

Brookside Dinner Menu

For the Week of March 11th, 2024

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

MONDAY- 3/11	TUESDAY- 3/12	WEDNESDAY- 3/13	THURSDAY- 3/14
Chicken Patty on a Bun (w/ Lettuce, Tomato & Onion) Or Cabbage Rolls Waldorf Salad Or Applesauce Or Cottage Cheese French Fries Peas & Carrots Coffee Cake Or Citrus Fruit	Tomato Soup w/ Grilled Cheese Sandwich Or Chicken Divan Layered Lettuce Salad Or Applesauce Or Cottage Cheese Rice Pilaf Wax Beans Strawberry Shortcake Or Apricots	Honey Garlic Glazed Roast Pork Loin w/ Parsley Potatoes Or Tuna Noodle Casserole Broccoli Salad Or Applesauce Or Cottage Cheese Green Beans Beets Ice Cream Bars Or Grapes	Philly Cheesesteak Lasagna Or Baked Ham w/ Sweet Potato Red, White & Blue Salad Or Applesauce Or Cottage Cheese Corn Squash Watermelon & Blueberries Or Pineapple
FRIDAY- 3/15	SATURDAY- 3/16	SUNDAY- 3/17	<i>Enjoy Your Meals!</i>
Spaghetti w/ Meat Sauce Or Lemon Pepper Haddock w/ Party Potatoes Coleslaw Applesauce or Cottage Cheese Mixed Veggies Brussel Sprouts Lemon Pudding Or Grapefruit	Hot Dog on a Bun Or Marinated Grilled Chicken Breast <u>Winter Picnic Day!</u> Cucumber Salad or Applesauce or Cottage Cheese Baked Beans Macaroni Salad Cookies Or Mandarin Oranges	Chicken Cordon Bleu w/ Cheese Sauce Or Corned Beef Pistachio Salad or Applesauce Or Cottage Cheese Potatoes Carrots Cabbage Mint Chip Ice Cream Pie Or Mixed Fruit	<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> 

Historical Society Visit- Inga Davey, from the Lewis County Historical Society is coming at 2:00pm after the Resident Council Meeting has adjourned, to talk about the history of The Spring House. Everyone is invited to attend.

Sam Villanti passed away on February 10th, 2024. Please keep his family in your prayers.
Anne Berner passed away on March 2nd, 2024. Please keep her family in your prayers.

Pancake Breakfast!!!! The Brookside 24th Annual Pancake Breakfast will be held on Saturday, March 16th from 7:30 am - 9:30 am. It will be a buffet style breakfast that will consist of pancakes, eggs, sausage, coffee and orange juice. The public is cordially invited. The cost is : Adults, **\$12.00**, Children 4-8,**\$9.00** Children 3 and under, **Free**

Monday, March 11th, At 10:00 am we will be going to Tops for shopping and banking. Ride along or bring a list to Karla. **At 1:00 pm** Gwynne Myers is holding a walking class, meeting in the activity room. **At 2:00 pm** Bingo will be played in the activity room.

Tuesday, March 12th, At 9:45 am we will go to Walmart. Ride along or bring list to Karla. **At 1:30pm** we are having our Resident Council Meeting. **At 2:00pm** we will be going to Kinney's. Ride along or bring a list to Karla.

Wednesday, March 13th, At 2:00 pm we will be going to Marshalls. **At 3:00 pm** Peg Nuspliger and Chorus will be performing in the activity room. **At 7:00 pm** Euchre will be held in the activity room.

Thursday, March 14th, At 9:45 am we will be going to Tops Grocery Store. Ride along or bring a list to Karla.

Friday, March 15th, At 10:30 am, the children from Hand in Hand will be here to do a craft and to look at the trains! Please come out to the activity room and join them.

Resident Supper Menu for Thursday, March 21st– Baked Ziti w/ Garlic Bread

Plan Ahead, Mark Your Calendar... Monday, March 18th...Down Home
Thursday, March 21st...Resident Supper
Friday, March 22nd...Friends of God

Welcome to Allen's Alley Ever Notice?

Ten-year old boys can be weird.

I know because I was one once. I also got to raise one of my own.

They can walk around looking as if they are considering hefty theories concerning the cosmos or the metaphysical world. Sometimes they ask questions and sometimes they choose to expound on their own findings, often interpreting conclusions in terms of bodily functions. They like to do this when there is company around.

I remember being ten...and I remember my son was weird when he was ten. I remember when my ten-year old grandson came to visit his grandmother and me. He is normal...weird, just like I expected. He comes from good genes.

Ten-year olds will often come up with the darnedest explanations for how they see in their world. I don't where they get their information. Maybe they hear partial conversations between parents and then draw crazy conclusions.

Preadolescent boys never seem to listen. My wife says it's a male thing. She says they're all just downloading selective hearing.

Ten-year-olds can deliver dissertations on a wide range of topics...the weather, the economy, the latest medical insurance debacle or why more than half the marriages fail today. And , they seem to draw their knowledge from their own bodily functions. Anything secreted is a fascination. You will often get updates on the state of their own physical condition...whether you want to or not.

I remember once when my wife made tuna sandwiches with chopped onions and celery. My grandson preferred ramen noodles, no onions, no celery...thank you. After lunch I thought I would treat him and share a package of Oreo cookies.

“No Thanks.”

“ What's the matter? Don't you like cookies?

“Yes, but I'm trying to lose weight, he said.

Don't ever turn your back on a ten-year-old. They know how to get you.