

BROOKSIDE CHATTER

Brookside Buzz

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Issue March 25th, 2024

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Ann Carson on March 25th, Belva Moser on March 26th and Rodney Mashaw on March 31st.

What's New This Week

Monday, March 25th

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

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

2:00 pm ...Bingo

Tuesday, March 26th

9:45 am...Walmart Shopping

2:00 pm...Kinney's Shopping

Wednesday, March 27th

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

2:00 pm ...Shopping at Marshalls

Thursday, March 28th

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

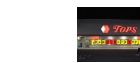
4:30 pm... Resident Supper

Friday, March 29th

2:00 pm.... Color Easter Eggs

Sunday, March 31st

Happy Easter !



“Jesus answered him, truly I tell you, today you will be with me in paradise.”
Luke 23:43

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 March 25th is National Medal of Honor Day! Today, the people that protect our freedoms and have gone above and beyond the call of duty are awarded the Medal of Honor. The President of the United States himself presents the medal to people that gave exemplary service.

Tuesday March 26th is National Spinach Day! This power-packed green provides iron, magnesium, vitamins K, C and A. It is so delicious you may not even taste the cancer-fighting antioxidants that this super food provides.

Wednesday March 27th is American Red Cross Day. This organization provides assistance, without discrimination, to those wounded on the battlefield. Their goal is to prevent and alleviate suffering wherever it is found.

Thursday March 28th is Holy Thursday. This is a day of spiritual significance. It commemorates The Last Supper. Jesus shared his final meal with his disciples before his crucifixion.

Friday March 29th is Good Friday! This day commemorates the day that Jesus Christ died by crucifixion out of love and for all of man-kind. His ultimate sacrifice paved the way for our salvation.

Saturday March 30th is Holy Saturday. This commemorates the day that Jesus was laid to rest. His followers observed a 40 hour vigil outside his tomb.

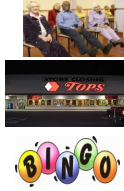

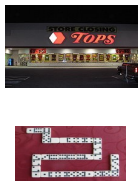
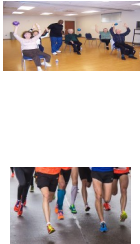


Sunday March 31st is Easter Sunday! A holiday commemorating the resurrection of Jesus Christ after the 3rd day of his burial.

Have a safe and happy week!





Brookside Senior Living Community Activities Calendar For the Week of March 25th, 2024

MONDAY March 25th	9:00 AM...Exercise Class (Stronger Seniors) 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	
TUESDAY March 26th	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 ...Game Night	
WEDNESDAY March 27th	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 7:00 PM... Euchre	
THURSDAY March 28th	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 4:30 PM... Resident Supper 7:00 PM... Dominos	
FRIDAY March 29th	Beauty Salon...Call 315-523-5048 for an appointment 9:00 AM...Exercise Class (Stronger Seniors) 2:00 PM... Color Easter Eggs	
SATURDAY March 30th	3:00 PM...Social Hour	
SUNDAY March 31th	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;"><u>Happy Easter !</u></p>	

Brookside Dinner Menu

For the Week of March 25th, 2024

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

MONDAY- 3/25	TUESDAY- 3/26	WEDNESDAY- 3/27	THURSDAY- 3/28
Chicken Riggies Or Meatloaf w/ Buttered Noodles Parmesan Salad Or Applesauce Or Cottage Cheese Baked Apples Corn Oreo Poke Cake Or Mandarin Oranges	Veggie Quiche Or Sweet BBQ Pork Chops Applesauce Jell-O Salad Or Applesauce Or Cottage Cheese Baked Potato w/ Sour Cream Mixed Veggies Chocolate PB Pudding Or Blueberries	Steak Alfredo Or Chicken Tenders w/ Honey Mustard Applesauce w/ Cinnamon Salad Or Applesauce Or Cottage Cheese Beets Brussel Sprouts French Fries Texas Brownies Or Apricots	Spanish Rice Or Seasoned Roasted Pork Loin Garden Salad Or Applesauce Or Cottage Cheese Roasted Red Potatoes Peas Ice Cream Or Citrus Fruit
FRIDAY- 3/29	SATURDAY- 3/30	SUNDAY- 3/31	<i>Enjoy Your Meals!</i>
Fried Shrimp w/ Cocktail Sauce Or Meat Lovers Pizza Coleslaw Applesauce or Cottage Cheese Curly Fries Wax Beans Broccoli White Cake w/ Maple Frosting Or Strawberries	Roast Beef & Cheddar Sliders Or Baked Honey & Lemon Chicken Strawberry Fluff Salad or Applesauce or Cottage Cheese Pasta Salad Zucchini Sweet potato Chocolate Chip Cookie Bars Or Pineapple	Ham Or Lamb Broccoli /Tomato Salad or Applesauce Or Cottage Cheese Happy Easter! Mashed Potatoes w/ Gravy Green Beans w/ Almonds Squash Carrot Cake w/ Cream Cheese Frosting Or Peaches	<i>Substitutions available for special dietary needs. See the cook in advance for any special needs.</i> <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>



Successful Fundraiser! - The 24th Annual Pancake Breakfast, held on Saturday March 16th was a great success! \$978.00 was raised for the Employee Hardship Fund. Thank you to everyone that participated in this event.

Monday, March 25th, 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 26th, 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, March 27th, At 1:00 pm Gwynne Myers is holding a walking class, meeting in the activity room. **At** to Karla. At 4:30 pm we will have our monthly Resident Supper.

Friday, March 29th, At 2:00 pm we will be coloring Easter eggs in the activity room. Come, join in and have some fun!

Menu for Resident Supper– Baked Ziti w/ Garlic Bread

Menu for Resident Coffee Hour– Fresh Donuts

Plan Ahead, Mark Your Calendar... Tuesday, April 2nd... Resident Coffee Hour
Wednesday, April 3rd...Peg Nuspliger and Chorus
Monday, April 8th...Brookside Eclipse Party

Welcome to Allen's Alley

It's almost family reunion time.

My folks attended the Lyng reunion at the Catholic Church picnic area in Barnes Corners for many years. It was always an event my brother and I enjoyed as kids.

My mother's mother was a Lyng, a granddaughter to Patrick and Ellen Lyng who immigrated to the U.S. from Ireland in the mid-1800's. They were among a small group of Irish folks who eventually ended up farming Tug Hill. My wife's folks, the Mattis family, also enjoyed gathering yearly with her family who had immigrated from Alsace Lorraine.

Unfortunately, we no longer attend these events. I think when many generations of cousins are added, you become "out of touch" and it is "out of mind." Reunions suffer as families grow and cousins lose track of each other.

We have our family reunion(Allen/ Mattis) this summer and we too suffer when we lose members. Both of our folks have died and our children's children have spread far and wide. Time and distance are tough on reunions. Still, I look forward to these smaller gatherings and keeping up with the latest family news.

Here is a little help when trying to understand familial relationships.

A second cousin is a cousin with a *degree* of two; there are three (not two) generations from the common ancestor(s). When the degree is not specified, first cousin is assumed. A cousin" once removed" is a cousin with one removal, or generational difference, namely the child of one's first cousin or the first cousin of one's parent. When the removal is not specified no removal is assumed. Got all that?