

BROOKSIDE CHATTER

Brookside Buzz

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Issue May 13th, 2024 **Editor: Karla Searl**

No Birthdays this week.

What's New This Week

Monday, May 13th

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

2:00 pm... Bingo

6:30 pm... Friends of God

Tuesday, May 14th

9:45 am... Walmart Shopping

1:30 pm... Resident Council Meeting

2:00 pm...Kinney's Shopping

Wednesday, May 15th

10:00 am... Ride to Respite Café

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

2:30 pm...Peg Nuspliger and Chorus

7:30 pm... Crystal Light Mennonite Chorus

Thursday, May 16th

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

Friday, May 17th

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

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

7:00 pm... Euchre

Saturday, May 18th- 6:30– 7:30 pm...Black River Trio



Nature does not hurry, yet everything is accomplished.
- Lao Tzu

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 May 13th is Tulip Day! These brightly decorative spring blooming flowers can be found in almost every color. Their origin began in Central Asia and were then planted in the Netherlands in the 16th century for medicinal purposes.

Tuesday May 14th is National Decency Day! This holiday promotes decency when conducting discussions and debates. Active listening, better understanding and compassion are important skills to develop and utilize.

Wednesday May 15th is National Employee Health & Fitness Day! Celebrate the benefits of fitness in the work place. Physical and mental fitness help w/ restful sleep, good decision making and confidence.

Thursday May 16th is National Do Something Good for Your Neighbor Day! Celebrate the community that you are a part of. Show kindness by helping out w/ simple chores, inviting someone to dinner or dropping off some cookies.

Friday May 17th is National Pizza Party Day! There is something about the combination of standard flavors– sauce, cheese, spices and herbs that is so delicious. At the same time the recipe is so basic that it allows for endless experimentation.

Saturday May 18th is Armed Forces Day! This day celebrates America's revered heroes under five branches of the U.S. military. Air Shows, parades and picnics are some of the festivities you may be a part of today.

Sunday May 19th is Emergency Medical Technicians Day! They work around the clock 7 days a week. To know that there are experts who will help us in our time of need is very reassuring. Show them some gratitude!

Have a safe and happy week!



Brookside Senior Living Community Activities Calendar For the Week of May 13th, 2024

MONDAY May 13th	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 6:30 PM... Friends of God	
TUESDAY May 14th	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 May 15th	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 2:30 pm... Peg Nuspliger and Chorus 7:30 pm ... Crystal Light Mennonite Chorus (Euchre Postponed until Friday)	
THURSDAY May 16th	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 May 17th	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) 7:00 PM ... Euchre	
SATURDAY May 18TH	3:00 PM...Social Hour 6:30 PM– 7:30 PM... Black River Trio	
SUNDAY May 19th	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 May 13th, 2024

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

MONDAY- 5/13	TUESDAY- 5/14	WEDNESDAY- 5/15	THURSDAY- 5/16
<p>Sloppy Joes w/ Coleslaw Or Cheesy Country Ham Puff</p> <p>Carrot Raisin Salad Or Applesauce Or Cottage Cheese</p> <p>Green Beans Corn</p> <p>Snickers Bars Or Pineapple</p>	<p>Kielbasa w/ Sauerkraut Or Turkey & Gravy over Biscuits</p> <p>3 Bean Salad Or Applesauce Or Cottage Cheese</p> <p>Brussel Sprouts California Blend</p> <p>Vanilla Pudding w/ Butterfingers Or Pears</p>	<p>Pork Chops w/ Noodles Or Cold Plate w/ Tuna Salad, Cheese, Fresh Fruit & Muffin.</p> <p>Marinated Tomatoes Or Applesauce Or Cottage Cheese</p> <p>Mixed Veggies</p> <p>Snickers Poke Cake Or Grapefruit</p>	<p>Hot Dog Or Hamburger</p> <p><i>Picnic Day!</i></p> <p>Mac Salad Or Applesauce Or Cottage Cheese</p> <p>Salt Potatoes Baked Beans</p> <p>Cookies Or Watermelon</p>
FRIDAY- 5/17	SATURDAY- 5/18	SUNDAY- 5/19	<i>Enjoy Your Meals!</i>
<p>Baked Breaded Haddock w/ Rice Pilaf Or Macaroni & Cheese</p> <p>Coleslaw Applesauce or Cottage Cheese</p> <p>Side of Mac & Cheese Squash Lima Beans</p> <p>Fruited Jell-O Or Mangos</p>	<p>White Lasagna Or Beef Stew w/ Corn Bread</p> <p>Pistachio Salad or Applesauce or Cottage Cheese</p> <p>Broccoli Carrots</p> <p>Chocolate Chip Bundt Cake Or Pears</p>	<p>Dill Salmon Or Pork Tenderloin</p> <p>Tossed Salad or Applesauce Or Cottage Cheese</p> <p>Scalloped Potatoes Peas Wax Beans</p> <p>Lemon Meringue Pie Or Mandarin Oranges</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> 

Trip to Turning Stone! A trip to Turning Stone Resort has been planned for Wednesday, May 29th. We will depart at **9:30 am** and return at **2:00 pm**. A sign-up sheet has been posted by the main office. Please sign up by Monday, May 27th. **The cost to ride in the Brookside van is \$ 7.00.** We hope that you join us for a day of fun! Turning Stone offers a wide variety of fun activities! Choose to do whatever you like!

Garden Space— It's that time of year again for gardening! If you would like to reserve a section in the Brookside garden, get ahold of Quintin Roggie by May 15th. He will help you reserve a spot.

Monday, May 13th 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. At **6:30 pm**, Friends of God will be performing in the activity room.

Tuesday, May 14th, . At **9:45 am** we will go to Walmart. Ride along or bring list to Karla. At **1:30 pm** we have our monthly Resident Council Meeting. At **2:00pm** we will be going to Kinney's. Ride along or bring a list to Karla.

Wednesday, May 15th , 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. At **2:30 pm** Peg Nuspliger and Chorus will be performing in the activity room. At **7:30 pm** Crystal Light Mennonite Church will be performing in the activity room.

Thursday, May 16th, At **9:45 am** we will be going to Tops Grocery Store. Ride along or bring a list to Karla.

Friday, May 17th, 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 **7:00 pm** Euchre will be held in the activity room

Plan Ahead, Mark Your Calendar... Monday, May 20th... Down Home
Wednesday, May 29th ... Trip to Turning Stone Resort
Friday, May 31st... Aaron Karppala (Live Music Performance)

Welcome to Allen's Alley

Things to think about

There are more than a thousand ways to walk through life.

How we do it has nothing to do with what is going on around us.

It has everything to do with what is going on in us.

Unless we focus on us...unless I focus on me...

There can be little awakening...little enlightening.

It must begin with a quiet moment. Mostly in a quiet place.

It takes determination. For my mind is busy and needs to get started on the day.

I fight to sit still.

I struggle to be quiet.

I have read the rules. If my mind wanders I do not get upset. I steer it back to quietness.

I try again.

I ache to touch my elusive soul. That center of my being that is me.

I am not my size. I am not my age nor my color. I am spirit... that, is eternally me.

I am elusive only because I seldom come here.

I try. I sit still. I empty my head.

Ever so slowly I feel my self become more comfortable with me.

It's not much. It's a beginning.

Maybe tomorrow I can sit for just five minutes and not have a thought.

Maybe tomorrow God will visit the center of my soul.

Maybe tomorrow I will recognize him.