

BROOKSIDE CHATTER

Brookside Buzz

5701 Brookside Circle, Lowville, New York, 13367
Office Telephone: 315-376-4333
Website: www.brooksideseiorliving.org
Email: brooksideseiorliving.org
Issue May 27th, 2024 **Editor: Karla Searl**

Kathy Crowther on May 28th, Daniel Benedict and Loretta Lehman on May 29th and Dorothy Hanno on June 2nd

What's New This Week

Monday, May 27th

Office Closed

Tuesday, May 28th

9:35 am... Walmart Shopping
1:30 pm... Trip to Family Ice Cream
2:30 pm... Kinney's Shopping

Wednesday, May 29th

9:30 am... Leave for Turning Stone Resort
7:00 pm... Euchre

Thursday, May 30th

9:35 am... Tops Grocery Shopping and Banking
2:30 pm... Resident Birthday Party

Friday, May 31st

9:00 am... Exercise Class (Stronger Seniors)
10:00 am... Exercise Class (Stronger Seniors -Strength Training)
2:30 pm... Aaron Karppala



May we never forget that Freedom isn't free.
-Major Bill Paxton

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 May 27th is Memorial Day! Raise your flags. This holiday is steeped in somber American history, honoring those who died while fighting in the U.S. Armed Forces.

Tuesday May 28th is Whooping Crane Day! This awe-inspiring bird, known for its graceful courtship dance, is considered to be among the oldest species on earth. They mate for life.

Wednesday May 29th is National Learn About Composting Day! This method of recycling organic waste is one of the foundations of sustainable farming. Composting saves resources and, because of its high nutrient content, it adds to soil stability.

Thursday May 30th is World Multiple Sclerosis Day! This holiday is a celebration of hope, support and empathy...a day to shed light on this disease and the charity funding events that support M.S. research.

Friday May 31st is National Save Your Hearing Day! This is a day to remind us all that hearing loss can sometimes be prevented by adopting lifestyle habits that protect our ears from loud noises that ruin our hearing capacity.

Saturday June 1st is National Heimlich Maneuver day! Before the invention of these lifesaving abdominal thrusts by Dr. Heimlich in 1974, more than 3,000 people in the U.S. died each year of choking incidents. This life-saving tool was specifically designed so that anyone can do it.

Sunday June 2nd is National Rocky Road Day! Chocolate, nuts and marshmallows! This iconic ice cream flavor was invented to raise the spirits of Great Depression era folks in 1929.

Have a safe and happy week!




Brookside Senior Living Community Activities Calendar For the Week of May 27th, 2024

<p>MONDAY May 27th</p>	<p>9:00 AM...Exercise Class (Stronger Seniors, Class Exercises) 10:00 AM...Exercise Class (Strength Improvement w/Betty Switks)</p> <p style="text-align: center;">Office Closed Happy Memorial Day!</p>	
<p>TUESDAY May 28th</p>	<p>9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:35 AM...Walmart Shopping 1:30 PM... Trip to Family Ice Cream 2:00 PM...Kinney's, ride along or bring list to Karla 7:00 PM ... Game Night</p>	   
<p>WEDNESDAY May 29th</p>	<p>9:00 AM...Exercise Class (Stronger Seniors Chair Exercises) 9:30 AM... Trip to Turning Stone Resort 10:00 AM...Exercise Class (Easy Does it w/Craig Maracci) 7:00 PM.... Euchre</p>	  
<p>THURSDAY May 30th</p>	<p>Beauty Salon...Call 315-523-5048 for an appointment 9:35 AM...Tops Grocery Shopping and Banking 10:30 AM...Rosary in the 200 Wing Lounge 2:30 PM... Resident Birthday Party 7:00 PM... Dominos</p>	  
<p>FRIDAY May 31st</p>	<p>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) 2:30 PM... Aaron Karppala</p>	
<p>SATURDAY June 1st</p>	<p>3:00 PM...Social Hour</p>	
<p>SUNDAY June 2nd</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 May 27th, 2024

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

MONDAY- 5/27	TUESDAY- 5/28	WEDNESDAY- 5/29	THURSDAY- 5/30
<p>Marinated Chicken Or Italian Sausage w/ Onions & Peppers on a Bun</p> <p>Pasta Salad Or Applesauce Or Cottage Cheese</p> <p>Salt Potatoes Macaroni Salad</p> <p>Watermelon Or Cookies</p>	<p>Ham Sub w/ Chips Or Campbells One Dish Pasta & Vegetables</p> <p>Orange Fluff Salad Or Applesauce Or Cottage Cheese</p> <p>Seasoned Fries Brussel Sprouts Wax Beans</p> <p>Gingerbread Or Apricots</p>	<p>Marinated Pork Steak Or Hot Turkey Sandwich</p> <p>Apple Sauce w/ Cinnamon Or Applesauce Or Cottage Cheese</p> <p>Mixed Veggies Baked Potatoes w/ Sour Cream</p> <p>Strawberry Yogurt Or Pineapple</p>	<p>Chicken Tender Chef Salad Or Tuna Noodle Casserole</p> <p>Cucumber & Tomato Salad Or Applesauce Or Cottage Cheese</p> <p>Summer Blend Veggies Squash</p> <p>Chocolate Pudding Or Pears</p>
FRIDAY- 5/31	SATURDAY- 6/1	SUNDAY- 6/2	<i>Enjoy Your Meals!</i>
<p>Lemon Pepper Haddock Or Bacon & Cheese Quiche</p> <p>Coleslaw Applesauce or Cottage Cheese</p> <p>Hash Browns Beets Peas</p> <p>Lemon Lasagna Or Fresh Fruit</p>	<p>Beef Tips over Noodles Or Baked Ham w/ Pineapple Ring</p> <p>Crab Salad or Applesauce or Cottage Cheese</p> <p>Buttered Noodles Zucchini Corn</p> <p>Raspberry Bar Or Mandarin Oranges</p>	<p>Oven Baked Chicken Or Garlic Honey Pork Loin</p> <p>Tossed Salad or Applesauce Or Cottage Cheese</p> <p>Mashed Potatoes w/ Gravy Peas & Pearl Onions Green Beans</p> <p>Kentucky Derby Pie Or Peaches</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> 

Father-Son Breakfast- Brookside is cordially inviting you to the annual Father-Son Breakfast. It will take place at **8:30am -9:30 am on Saturday, June 15th 2024.** We will serve pancakes, scrambled eggs, sausage, juice & coffee. Please RSVP by Monday, June 10th.

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!

Monday, May 27th **Office Closed. Happy Memorial Day!**

Tuesday, May 28th, . At **9:45 am** we will go to Walmart. Ride along or bring list to Karla. At **1:30pm** we will be going to Family Ice Cream.

Wednesday, May 29th , At 9:30 am Brookside will be going to The Turning Stone Resort. At **7:00 pm** we will play Euchre.

Thursday, May 30th, At **9:45 am** we will be going to Tops Grocery Store. Ride along or bring a list to Karla. At **2:30 pm** we will have the Resident Birthday Party .

Friday, May 31st, 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 **2:30 pm** Aaron Karppala will be performing in the activity room.

Plan Ahead, Mark Your Calendar... Wednesday, June 5th ...Peg Nuspliger and Chorus
Thursday, June 6th.... Mary's Dairy Ice Cream Party
7th....Erie Canal Museum Lecture

Welcome to Allen's Alley

Traveling Down the original Allen's Alley

My wife bought me a series of old time radio shows on tape for Christmas. On one, Fred Allen takes his weekly journey down the original "Allen's Alley." Listening to the tapes brought back memories of time before television. As a kid, Sunday nights would always find me on the floor in front of our Zenith console. There were several half-hour shows that we, as a family, would tune in to.

I remember Jack Benny was on at 7pm. He was my favorite. The Fred Allen Show followed. For years I've been on the lookout for a Phil Harris Ditty that was sung on one of those nights. It tickled me then and I've always wanted to hear it again. The song revolved around Harris singing about a preacher walking in the woods and encountering a bear. He races for a tree with the animal in hot pursuit . Once up in the tree he looks to find the bear also climbing and gaining on him. In the song, the preacher sings his prayer as the refrain of the song:

"Lord I don't care if you don't help me,
But please don't help the bear."

The imagination that radio demanded was a wonderful exercise. Phil Harris was a regular on the show, as were many others. Old timers will remember that Fred's trip down Allen's Alley was in the company of a woman named Portland. I've always wondered if Portland was Fred's wife.

Radio provided us with much pleasure. As kids, our heads were full of the adventures of Sergeant Preston and his dog King, The Lone Ranger and his great horse, Silver and Roy Rogers and his horse, Trigger.