

BROOKSIDE CHATTER

Brookside Buzz

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Issue December 2nd, 2024

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Sharon Moser on December 4th and Walton Sugrue on December 7th

Monday, December 2nd

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

2:00 pm ...Bingo

Tuesday, December 3rd

8:30 am... Resident Coffee Hour

9:35 am... Walmart Shopping

2:00pm... Nolt's Shopping

Wednesday, December 4th

9:00 am... Exercise Class

10:00 am.. Exercise Class

1:00 pm.. Pinochle

3:00 pm... Peg Nuspiger and Chorus

7:30 pm.. Euchre

Thursday, December 5th

9:35 am.. Tops Shopping and Banking

2:00pm... Baily Wix Music Performance

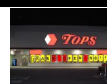
Friday, December 6th

10:30 am... Ride to Historical Society

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

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

5:00 pm...Congregate Family Christmas Dinner !!



December...the month of joy, happiness and to finish what you started.

-unknown-

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, December 2nd, is Cyber Monday! Today is the internet's answer to brick-and-mortar shopping. Unlike Black Friday, you can get all those amazing deals from the comfort of your own home.

Tuesday, December 3rd, is National Make a Gift Day! There is something so special about opening a gift that someone made by hand. Even a homemade card is more thoughtful than a store bought card.

Wednesday, December 4th, is World Wildlife Conservation Day! Most people love nature and wildlife. Today is a day to reflect on how we can do our part to protect the ecosystem we share with the wild.

Thursday, December 5th, is Walt Disney Day! People from many generations, cultures and ages have experienced the magic of the creations that Walter Elias Disney has brought into this world.

Friday, December 6th is National Microwave Oven Day! It heats leftovers, makes popcorn, melts butter, cheese and chocolate. Microwaves use 80% less energy than conventional ovens.

Saturday, December 7th, is National Pearl Harbor Day of Remembrance. In 1941, Japan launched war planes in a surprise attack on Pearl Harbor. 2,400 people were killed, 330 U.S. planes and 19 ships were destroyed. Let us not forget the sacrifice of our men and women in military service.

Sunday, December 8th, is National Brownie Day! A warm, chewy chocolate brownie is the perfect indulgence. Have it with or without nuts. Put a scoop of vanilla ice cream on top!

Have a safe and happy week!




Brookside Senior Living Community Activities Calendar For the Week of December 2nd, 2024

<p>MONDAY December 2nd</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 2:00 PM... Bingo</p>	 
<p>TUESDAY December 3rd</p>	<p>8:30 PM...Resident Coffee Hour 9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:35 AM... Walmart Shopping 2:00 PM...Shopping at Nolt's Country Store 7:00 PM ...Golf</p>	  
<p>WEDNESDAY December 4th</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 3:00 PM...Peg Nuspliger and Chorus 7:00 PM.. Euchre</p>	  
<p>THURSDAY December 5th</p>	<p>Beauty Salon...Call 315-523-5048 for an appointment 9:35 PM... Tops Shopping and Banking 3:00 PM...Baily Wix 7:00PM....Dominoes</p>	
<p>FRIDAY December 6th</p>	<p>Beauty Salon...Call 315-523-5048 for an appointment 10:30 AM... Home for the Holiday Festival at Historical Society 9:00 AM...Exercise Class (Stronger Seniors) 10:00 AM...Exercise Class (Stronger Seniors, Stretch DVD w/Anne Pringle Burnell) 5:00 PM... Congregate Family Christmas Dinner</p>	 
<p>SATURDAY December 7th</p>	<p>3:00 PM...Social Hour</p>	
<p>SUNDAY December 8th</p>	<p>11:00 AM...Rev. Evan Zehr's Service in the activity room. 2:00 PM... Tom Yousey will conduct the Catholic Service 7:00 PM...Golf</p>	

Brookside Dinner Menu

For the Week of December 2nd, 2024

Alternate choice for this week is : Veggie Beef Soup w/ Peanut Butter & Jelly Sandwich . Dressing is on the table.

MONDAY- 12/2	TUESDAY- 12/3	WEDNESDAY- 12/4	THURSDAY- 12/5
<p>Sweet Sausage w/ Onions & Peppers on a Roll Or Honey Glazed Chicken</p> <p>Spinach Salad Applesauce Or Cottage Cheese</p> <p>Brussel Sprouts Glazed Carrots Potato Wedges</p> <p>Banana Cupcake w/ Cream Cheese Frosting Or Apricots</p>	<p>Stuffed Shell w/ Meatballs Or Sweet & Sour Shrimp over Rice</p> <p>3- Bean Salad Applesauce Or Cottage Cheese</p> <p>Country Blend Veggies Broccoli</p> <p>Ice Cream Bar Or Pineapple</p>	<p>Pulled Pork Or Mushroom Swiss Chicken</p> <p>Broccoli Salad Applesauce Cottage Cheese</p> <p>Buttered Beets Fried Cabbage w/ Bacon Baked Potato w/ SC</p> <p>Peanut Butter Cookie Lasagna Or Pears</p>	<p>Mac'n'Cheese Or Parmesan Encrusted Haddock</p> <p>Coleslaw Applesauce or Cottage Cheese</p> <p>Side of Mac'nCheese Asparagus Squash</p> <p>Fruited Jell-O Or Peaches</p>
FRIDAY- 12/6	SATURDAY- 12/7	SUNDAY- 12/8	Enjoy Your Meals!
<p>Tomato Soup w/ Turkey & Cheese Sandwich</p> <p>Congregate Christmas Dinner Tonight!!</p> <p>Chef's Choice Cookies Or Grapefruit</p>	<p>Chicken Parmesan Or Pancakes w/ Sausage</p> <p>Applesauce Jell-o Salad Applesauce or Cottage Cheese</p> <p>Corn Fresh Veggies w/ Ranch</p> <p>Chocolate Pudding Or Mandarin Oranges</p>	<p>Seasoned Pork Roast Or Meatloaf</p> <p>Tossed Salad Applesauce Or Cottage Cheese</p> <p>Mashed Potatoes w/ Gravy Buttered Carrots Peas</p> <p>Blueberry Pie w/ Ice cream Or Mixed Fruit</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 table at your request.</i></p> 

Residents' Corner

Resident Coffee Hour Menu– French Toast Casserole.

Monday, December 2nd At 10:00am we will be going to Tops grocery for shopping and banking. Ride along or bring a list to Karla. At 2:00 pm, Bingo will be played in the activity room.

Tuesday, December 3rd, At 9:35 am we will go to Walmart. Ride along or bring list to Karla. At 2:00pm we will be going to Nolt's. Ride along or bring a list to Karla.

Wednesday, December 4th At 3:00 pm, Peg Nuspliger and Chorus will be performing in the activity room. At 7:00 pm we have Euchre in the activity room.

Thursday, December 5th, At 9:35am we will go to Tops Plaza for Shopping and Banking. Ride along or bring a list to Karla. At 2:00 pm Baily Wix will be in the activity room for a Christmas sing-along performance.

Friday, December 6th At 9:00am, we have exercise class w/ (Stronger Seniors). At 10:00 am we will have exercise class w/ the (Stronger Senior Stretching). At 5:00 pm we are having our Congregate Family Christmas Dinner!

Fun Events!- On Saturday, December 14th, at 3:00 pm, Violin Students from Ready Play Studio will be performing their Christmas program in the activity room at Brookside! It should be very cute!!

Another Fun Event! - On December 6th and 7th from 10:00am-3:00pm, the Lewis County Historical Society will have the Home for the Holidays Festival again!

Breakfast w/ Santa!!!- On Thursday, December 12th at 9:00am, Brookside is hosting Breakfast with Santa! The Children from Hand in Hand Childcare Center will be over for waffles, presents and pictures with Santa! Please come out and enjoy the festivities.

Watertown Hearing- Watertown Hearing will be at Brookside on Thursday, December 12th from 1:30pm -3:30pm.

Pine Grove Community Church Christmas Service– On Sunday, December 8th 2024, The Pine Grove Community church will hold a Christmas Service. A Homily will be given by Pastor Nathan Zehr. The music will be provided by the Austin Family.

Plan Ahead, Mark Your Calendar...

December 12th... Breakfast w/ Santa

December 13th...Patio Home Christmas Dinner

December 14th...Christmas Violin Concert w/ Ready Play Studio kids.

Welcome to Allen's Alley

Remembering Family

I love Thanksgiving. It's a time to revel in family. A number of years ago, after my father died, I realized I knew nothing of his earlier family. I used Ancestry.com and found there were Allens who were farmers in the southern part of our county. One thing led to another, and I got a call from a man living outside Washington, DC. He started our conversation with "Hello cousin." He had recently visited Lewis County and was reaching out to Allens he knew were relatives.

He told me, "I was enjoying an early cup of coffee at Café Z and was watching Lowville walk by. He said, "Little did I realize that just down the street was the last living Allen relation in Lowville, sitting at his desk as editor of the weekly newspaper. We connected via Ancestry.com.

One thing led to another and I found more connections. I hit the "jackpot" when one turned out to have been a seventeen year old boy who came as a servant aboard the Mayflower in 1620...Edward Doty. It turns out he is my 7th great grandfather. He married and had nine children. Their progeny had more kids, many moved inland. One, Chillus Doty ended up sheriff for two terms in Martinsburg, N. Y.

I was told not to get excited about my connection as there are at least 30,000 9th great grands around the country.

On Thanksgiving we Allens will gather and remember and honor the family we knew and will realize the significance of from where we all come from.