

BROOKSIDE CHATTER

Brookside Buzz

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Kenneth Seymour on January 13th and Marie Savko on January 17th

Monday, January 13th

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

2:00 pm ...Bingo

Tuesday, January 14th

9:35 am... Walmart Shopping

10:30 am...Rosary

1:30 pm...Resident Council Meeting

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

Wednesday, January 15th

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

10:00 am... Exercise Class (Easy Does it w/ Craig Maracci)

3:00 pm...Peg Nuspliger and Chorus

Thursday, January 16th

9:35 am.. Tops Shopping and Banking

10:30 am...Rosary (In the 200 Wing)

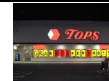
Friday, January 17th

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

10:00 am... Exercise Class

1:30 pm... Aaron Karppala

7:00 pm...Euchre



One kind word can warm three winter months.

-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, January 13th, is The U.S. National Guard's Birthday! This prestigious militia was established in 1636, making it the oldest military organization in America.

Tuesday, January 14th, is Organize Your House Day! Donate what you can and throw out the rest! Make lists, starting with the most important tasks.

Wednesday, January 15th, is Martin Luther King Day! This federal holiday is the 1st American Holiday to honor an African American. Today is a day to reflect on racial inequality and celebrate the end of racial segregation.

Thursday, January 16th, is National Fig Newton Day! Classics are classics for a reason. This much loved pastry has been enjoyed for over a century. It goes perfect with a hot cup of tea.

Friday, January 17th, is Benjamin Franklin Day! He was one of our more remarkable founding fathers. He was a poet, politician, scientists, writer, statesman, printer, publisher, philosopher and inventor. He was also the only founding father to have signed all four key documents that laid the foundation for our government.

Saturday, January 18th, is Winnie the Pooh Day! He has been a childhood favorite for generations, originally created in 1926.

Sunday, January 19th, is National Popcorn Day! Who doesn't love popcorn? You can eat it while you watch a movie!

Have a safe and happy week!



Brookside Senior Living Community Activities Calendar For the Week of January 13th, 2025

MONDAY January 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	 
TUESDAY January 14th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:35 AM... Walmart Shopping 1:30 pm... Resident Council Meeting 2:00 PM... Shopping at Nolt's	  
WEDNESDAY January 15th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercise) 10:00 AM.. Exercise Class (Easy Does it w/ Craig Maracci) 1:00 PM.. Pinochle 3:00 PM... Peg Nuspliger and Chorus	  
THURSDAY January 16th	Beauty Salon...Call 315-523-5048 for an appointment 9:35 PM... Tops Shopping and Banking 10:30 AM...Rosary (In the 200 Wing) 7:00PM....Dominoes	 
FRIDAY January 17th	Beauty Salon...Call 315-523-5048 for an appointment 9:00 AM...Exercise Class (Stronger Seniors) 10:00 AM...Exercise Class (Stronger Seniors, Stretch DVD w/Anne Pringle Burnell) 1:30 Aaron Karppala 7:00 PM.. Euchre	  
SATURDAY January 18th	3:00 PM...Social Hour	
SUNDAY January 19th	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	

Brookside Dinner Menu

For the Week of January 13th, 2025

Alternate choice for this week is : Roasted Butternut Squash Soup w/ Grilled Cheese Sandwich .
Dressing is on the table.

MONDAY- 1/13	TUESDAY- 1/14	WEDNESDAY- 1/15	THURSDAY- 1/16
Chicken Cordon Bleu Or Beerocks w/ Salsa & Sour Cream Pistachio Salad Applesauce Or Cottage Cheese Corn Fried Cabbage Black Forest Cake w/ Cream Cheese Frosting Or Grapefruit	Hot Turkey Sandwich Or Honey Mustard Garlic Pork Chops Red, White & Blue Salad Applesauce Or Cottage Cheese Rice Pilaf Broccoli Oreo Pie Or Mandarin Oranges	Cheesy Smoked Sausage Pasta Casserole Or Cantonese Chicken Marinated Tomatoes Applesauce Cottage Cheese Part Potatoes Catalina Island Blend Rice Pudding Or Mixed Fruit	Sloppy Joes Or Bratwurst on a Bun Pea Salad Applesauce or Cottage Cheese Harvard Beets Parsnips Sweet Potato Fries Lemon Lush Or Pears
FRIDAY- 1/17	SATURDAY- 1/18	SUNDAY- 1/19	<i>Enjoy Your Meals!</i>
Fish Sandwich w/ Fries Or Chicken, Bacon Ranch Casserole Coleslaw Applesauce Or Cottage Cheese Stewed Tomatoes Wax Beans Mixed Berry Cheesecake Or Fresh Fruit	Scrambled Eggs w/ Bacon & Home Fries Or Stuffed Shells w/ Garlic Knot Orange Fluff Salad Applesauce or Cottage Cheese Peas Glazed Carrots Pumpkin Pie Ice Cream Or Tropical Fruit	Mandarin Pork Loin Or Beef Tips over Mashed Potatoes Tossed Salad Applesauce Or Cottage Cheese Mashed Potatoes w/ Gravy Prince Edward Blend Squash Kentucky Derby Pie Or Peaches	<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

Warm Welcome— Let's give a warm welcome to our new Brookside resident, Cedric Shaw!

Monday, January 13th 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, January 14th At 9:35 am, we will go to Walmart. Ride along or bring list to Karla. At 1:30pm, we will have our monthly Resident Council Meeting. At 2:00 pm, we will be going to Nolt's Country Store.

Wednesday, January 15th At 3:00 pm, Peg Nuspliger will be here for a music performance in the activity room. At 7:00 pm, we have Euchre in the activity room.

Thursday, January 16th, At 9:35am, we will go to Tops Plaza for Shopping and Banking. Ride along or bring a list to Karla.

Friday, January 17th 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 1:30 pm, Aaron Karppala will have a music performance in the activity room.

Plan Ahead, Mark Your Calendar... Monday, January 20th...Down Home
Tuesday, February 4th... Resident coffee Hour
Tuesday, February 4th...Friends of God
Wednesday, February 5th...Peg Nuspliger and Chorus

Wellness Matters Seminar—The Lowville Lions Club presents, "Taking Care of Your Kidney's" Seminar, w/ Speaker, Dr. Timi Akins, a Board Certified Nephrologist. It will be held on January 28th, from 3:00pm-4:00 pm at Double Play Community Center. It is free and open to the public. If you have any questions you can contact Cheryl Lalonde at 315-771-3455.

Brookside Library Announcement— (To all residents) Please return all Lowville Library books A.S.A.P. Many books are overdue. Each book has a "Lowville Library" stamp on the first page. In particular, we are looking for a book that has been out for several weeks. It is called "Strangers and Pilgrims" by Arlene Yousey. If you have this book, please return it. If anyone is interested in purchasing a copy of this book, they are for sale at the Heritage Farm Gift Shop. You can contact Rosanna Moser if you have any questions. Thanks!



Welcome to Allen's Alley

Six Little Stories

Among messages I've received, there is one that I came across. It was recently written by a good friend here in Lowville who enjoys what I write. Besides her note to me was a gift that she had included called "Six Little Stories." Enjoy:

1. Once, the villagers decided to pray for rain. On the day of prayer all the people gathered, but only one little boy came with an umbrella. That's FAITH.
2. When you throw a baby into the air, she laughs because she knows you will catch her. That's TRUST.
3. Every night we go to bed without any assurance of being alive the next morning, but still we set the alarm to wake up. That's HOPE.
4. We plan big things for tomorrow in spite of zero knowledge of the future. That's CONFIDENCE.
5. We see the world is suffering, but still we get married and have children. That's LOVE.
6. On an old man's shirt was written a sentence, "I am not 76 years old...I am sweet 16 with 60 years experience." That's ATTITUDE.

Have a happy day and live your life like the six stories.