

BROOKSIDE CHATTER

Brookside Buzz

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Issue January 6th, 2025 Editor: Karla Searl

Edith Horst on January 4th , Kathy Bast on January th, Judy Keib and Beth Rush on January 8th, Amy Deavers and Cheryl Defone on January 11th and Bernie Johnson on January 12th



Dean & Bernie Johnson on January 11th

Monday , January 6th

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

2:00 pm ...Bingo

Tuesday, January 7th

8:30...Resident Coffee Hour

9:35 am... Walmart Shopping

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

Wednesday, January 8th

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

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

3:00 pm.. Movie Showing of Carll Zehr's Caribou Hunt

Thursday, January 9th

9:35 am.. Tops Shopping and Banking

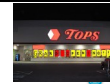
2:00 pm.. Friends of God

Friday, January 10th

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

10:00 am... Exercise Class

7:00 pm...Euchre



Only the pursuit of happiness is guaranteed. The rest is up to you.
- David T. Fagan

On call this week – Quintin 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, January 6th, is Apple Tree Day! Since the 17th century when apples were introduced to America, we have been growing and eating this tasty fruit. Put some apple crisp in the oven to warm up the kitchen.

Tuesday, January 7th, is National Mentor Day! Be a mentor for someone, even if it's just for one day. Anyone can benefit from someone willing to share their knowledge and experience.

Wednesday, January 8th, is National Bubble Bath Day! Dust off your rubber ducky and give yourself the care that you deserve. Take a nice relaxing soak to get rid of muscle tension and congestion.

Thursday, January 9th, is National Apricot Day! This delicious healthy, low calorie fruit is eaten fresh, dried or canned. They have an array of health benefits including nutrients that keep your skin beautiful.

Friday, January 10th, is National Take the Stairs Day! Your lung and heart health are so important. Today is a good day to make positive choices, like taking the stairs instead of the elevator.















Saturday, January 11th, is National Pharmacist Day! Where would we be without our helpful, reliable pharmacist. It's time to thank these friendly workers that keep us healthy.

Sunday, January 12th, is National Hot Tea Day! This delicious blend of spices is the 2nd most consumed beverage in the world next to water.

Have a safe and happy week!



Brookside Senior Living Community Activities Calendar For the Week of January 6th, 2025

MONDAY January 6th	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 7th	8:00 AM...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	  
WEDNESDAY January 8th	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... Movie Showing of The Caribou Hunt with Carl Zehr	 
THURSDAY January 9th	Beauty Salon...Call 315-523-5048 for an appointment 9:35 PM... Tops Shopping and Banking 2:00 PM...Friends of God 7:00PM....Dominoes	  
FRIDAY January 10th	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) 7:00 PM.. Euchre	 
SATURDAY January 11th	3:00 PM...Social Hour	
SUNDAY January 12th	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 6th, 2025

Alternate choice for this week is : Turkey & Rice Soup w/ Egg Salad Sandwich . Dressing is on the table.

MONDAY- 1/6	TUESDAY- 1/7	WEDNESDAY- 1/8	THURSDAY- 1/9
<p>Marinated Pork Steak Or Patty Melt on Rye Bread</p> <p>Apple Broccoli Salad Applesauce Or Cottage Cheese</p> <p>Peas Wax Beans Fried Potatoes</p> <p>Brownies Or Mixed Fruit</p>	<p>Pepperoni Pizza Or Salmon Loaf w/ a Baked Potato</p> <p>Mixed Veggie Salad Applesauce Or Cottage Cheese</p> <p>Buttered Beets Squash</p> <p>Coconut Cream Pie Or Peaches</p>	<p>Beef Stew Or Swiss Mushroom Chicken w/ Parsley Potatoes</p> <p>Strawberry Spinach Salad Applesauce Cottage Cheese</p> <p>Corn Fried Cabbage</p> <p>Elvis Presley Cake Or Mandarin Oranges</p>	<p>Tuna & Cheese Sub w/ Chips Or Pork Chop w/ Rice Pilaf</p> <p>Creamy Cucumber Salad Applesauce or Cottage Cheese</p> <p>Fresh Veggies Green Beans</p> <p>Banana Pudding Or Pears</p>
FRIDAY- 1/10	SATURDAY- 1/11	SUNDAY- 1/12	<i>Enjoy Your Meals!</i>
<p>Parmesan Crusted Haddock Or Sausage Patty on a Bun w/ Onions & Peppers</p> <p>Coleslaw Applesauce Or Cottage Cheese</p> <p>French Fries Carrots</p> <p>Chef's Choice Cookie Or Grapes</p>	<p>Loaded Tater Tot Casserole Or Chicken & Gravy over Biscuits</p> <p>Fruit Salad Applesauce or Cottage Cheese</p> <p>Catalina Blend Broccoli</p> <p>Raspberry Cookie Bar Or Strawberries</p>	<p>Baked Honey Salmon Or Baked Ham w/ Raisin Sauce</p> <p>Tossed Salad Applesauce Or Cottage Cheese</p> <p>Mashed Potatoes w/ Gravy Cauliflower Asparagus</p> <p>Blueberry Pie Or Apricots</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

Monday, January 6th 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 7th At 9:35 am we will go to Walmart. Ride along or bring list to Karla. At 2:00pm,

Wednesday, January 8th At 7:00 pm we have Euchre in the activity room.

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

Friday, January 10th At 9:00am, we have exercise class w/ (Stronger Seniors). At 10:00 am we will have exercise class w/ the (Stronger Senior Stretching).

Plan Ahead, Mark Your Calendar... Tuesday January 14th...Resident Council Meeting
Wednesday, January 15th...Peg Nuspliger and Chorus

Resident Coffee Hour Menu– Assorted Bagels w/ Assorted Cream Cheese

Wellness Matters Seminar-The Lowville Lion's 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.

Something Fun!!! **Movie Day -The Caribou Hunt w/ Carl Zehr**- On January 8th at 3:00 pm, Brookside is featuring a movie of a hunting trip w/ our very own (now famous) Carl Zehr. We will have popcorn . Please come join us in the activity room to share this cinematic experience.

Welcome to Allen's Alley

My wish for you

As we grow older we look back on what we have attained and measure our blessings against the legacy left by our parents and grandparents. Have we done worse or better? Parents always hope that life will be better for their kids. I'm sure everyone finds gains and losses.

I once received a list of wishes that a grandparent had expressed for her grandchildren. Her suggestions were very simple and designed to enhance life's experiences allowing her children to live to the fullest. Here are a couple of examples:

- It would be good if at least one time you can see puppies born and your old dog put to sleep.
- I hope you learn to dig in the dirt and read books.
- May you skin your knee climbing a mountain, burn your hand on a stove and stick your tongue on a frozen flag pole.

Her list made me think of what my wishes for my grandchildren would be. I gave it a try and for what it's worth, here is my wish list for my grandchildren.

- I hope you learn that , while winning is fun, all those who cross the finish line benefit from the contest...and that losing can offer a great opportunity to learn and improve.
- I hope you have the opportunity to travel this world in comfort and safety and to experience all that there is outside of yourself.
- I hope nobody gives you a brand new car when your sixteen.
- I hope you are awed by the sight and sounds of geese flying overhead in the spring and fall.
- I hope that someone lets you make your own bed and mow the lawn.
- May your first real job be one of the best learning experiences you'll ever have.
- I hope you learn early that who you are is a journey into your soul and has nothing to do with a trip around the world.
- I hope you measure the good times around your family dinner table as some of the best you'll ever have and I hope you get to sit down together...at least once everyday.
- May you leave home with a book full of Mom's "soul" food.
- Allow yourself to cry– in good times– and in bad times.
- Laugh a lot
- Most of all, learn to forgive...especially yourself.