

# BROOKSIDE CHATTER

**Brookside Buzz**

5701 Brookside Circle, Lowville, New York, 13367

Office Telephone: 315-376-4333

Website: [www.brooksideseniorliving.org](http://www.brooksideseniorliving.org)

Email: [brooksideseniorliving.org](mailto:brooksideseniorliving.org)

Issue July 21st, 2025 Editor: Karla Searl

Helen Younts on July 22nd, Lily Exford on July 24th and Joanne Seymour on July 27th

## **Monday, July 21st**

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

2:00 pm ...Bingo

6:30 pm...Down Home

## **Tuesday, July 22nd**

9:35 am...Walmart Shopping

1:45 pm...Ride to Lyons Falls Farmer's Market

## **Wednesday, July 23rd**

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

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

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

## **Thursday, July 24rd**

9:35 am....Tops Shopping and Banking

2:00 pm...Greg Jenkins

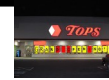
7:00 am...Dominoes

## **Friday, July 25th**

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

10:00 am... Exercise Class

2:00 pm.. Ride to Treats and Tiques in Natural Bridge



“ Cause a little bit of summer is what the whole year is about.”  
- John Mayer

**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**, July 21st, is National World Brain Day! The World Federation of Neurology that helps to foster training, education and research in brain science created this holiday.

**Tuesday**, July 22nd, is National Day of The Cowboy! It's a fine day to do some roping and riding while herding cattle on horseback. Go camping under the big starry sky!

**Wednesday**, July 23rd, is Vanilla Ice Cream Day! It is the most popular ice cream flavor in the world. This national treat was made popular by Thomas Jefferson when he brought the recipe back from France in 1780.

**Thursday**, July 24th, is International Self Care Day! Today is the day to put yourself first, even if all you do is take a walk. Self management of your health can have lifetime physical and mental benefits.

**Friday**, July 25th, is National Hot Fudge Sundae Day! Another ice cream holiday! No one will be disappointed when it come to celebrating ice cream in the hot summer months.

**Saturday**, July 26th, is National All Or Nothing Day! Break the limit your mind has set! Today you can throw yourself into a business venture, friendship, hobby or even a workout!

**Sunday**, July 27th, is National Korean War Veterans Armistice Day! Take a moment of reflection on the service and sacrifices of American troops and commemorate the peace treaty that ended this long standing war.



# Brookside Senior Living Community

## Activities Calendar

### For the Week of July 21st, 2025

<b>MONDAY</b> <b>July 21st</b>	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...Down Home	 
<b>TUESDAY</b> <b>July 22nd</b>	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:35 AM...Walmart Shopping 1:45 PM... Trip to Lyons Falls Farmers' Market 7:00 PM...Golf	 
<b>WEDNESDAY</b> <b>July 23rd</b>	9:00 AM...Exercise Class (Stronger Seniors Chair Exercise ) 10:00 AM.. Exercise Class ( Easy Does it w/ Craig Maracci) 1:00 PM.. Pinochle 2:00 PM... Shopping at Nolt's	 
<b>THURSDAY</b> <b>July 24th</b>	<b>Beauty Salon...Call 315-523-5048 for an appointment</b> 9:35 PM... Tops Shopping and Banking 10:30 PM...Rosary 2:00 PM...New Music Performance...Greg Jenkins 7:00PM....Dominoes	 
<b>FRIDAY</b> <b>July 25th</b>	<b>Beauty Salon...Call 315-523-5048 for an appointment</b> 9:00 AM...Exercise Class (Stronger Seniors) 10:00 AM...Exercise Class (Stronger Seniors, Stretch DVD w/Anne Pringle Burnell) 2:00 PM...Trip to Treats and Tiques... Natural Bridge ( Ice Cream) 7:00 PM...Euchre	
<b>SATURDAY</b> <b>July 26th</b>	3:00 PM...Social Hour	
<b>SUNDAY</b> <b>July 27th</b>	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 July 21st, 2025

Alternate choice for this week is: Tuna & Cheese Wrap w/ Chips.

MONDAY- 7/21	TUESDAY- 7/22	WEDNESDAY- 7/23	THURSDAY- 7/24
Italian Grinder Sliders Or Steak Alfredo  Sweet Potato Salad Applesauce Or Cottage Cheese  Corn Broccoli  Oreo Cake Or Grapefruit	Strawberry Balsamic Chicken Salad Or Potato Soup w/ Cheese Sandwich  Sauerkraut Salad Applesauce Or Cottage Cheese  Carrots Cauliflower  Peach Cobbler Or Fresh Fruit	BBQ Ribs Or Turkey Pot Pie  Mixed Veggie Salad Applesauce Cottage Cheese  Summer Blend French Fries  Maple Walnut Ice Cream Or Peaches	Sloppy Joe on a Bun Or Breaded Chicken  Pistachio Salad Applesauce or Cottage Cheese  Baked Apples Wax Beans Potato Salad  Oatmeal Fudge Bars Or Fresh Fruit
FRIDAY- 7/25	SATURDAY- 7/26	SUNDAY- 7/27	Enjoy Your Meals!
Fish Sandwich w/ LTO and French Fries Or French Toast Casserole w/ Sausage  Coleslaw Applesauce Or Cottage Cheese  Honey Glazed Brussel Sprouts Summer Squash  Churro Cheesecake Or Mandarin Oranges	Meatloaf Or Cheddar Bacon Ranch Chicken Melt  Cottage Cheese w/ Peaches Applesauce or Cottage Cheese  Parsley Potatoes Peas Mixed Veggies  Assorted Tarts Or Pears	Country Fried Pork Chop w/ Bacon Gravy Or Dill Salmon  Tossed Salad Applesauce Or Cottage Cheese  Mashed Potatoes w/ Gravy Beets Green Beans  Blueberry Brioche Crumb Cake Or Mixed Fruit	<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

**Lowville Village Band**– There will be concerts in Lowville Memorial Park featuring the Lowville Village Band. They will be on July 9th, July 23rd, and July 30th from 5:00 pm-8:00pm. The Moose Knuckles food truck will be there from 5:30pm-8:30pm.

**Trip to Constable Hall**-On Monday, July 28th @ 2:30pm, Brookside is going to Constable Hall for a tour. The sign-up sheet is posted next to the office.

**Bingo rescheduled**- The normal Bingo game that would be on Monday the 28th of July has been rescheduled to Wednesday July 30th at 2:00 pm.

**Trip to the Farmers' Market**– Brookside is planning a trip to the Lyons Falls Farmers 'Market on July 22nd @ 1:45pm.. There is a sign-up sheet next to the main office.

**Nolt's Rescheduled**– On Tuesday, July 22nd, Brookside will be going to The Lyon's Falls Farmers' Market instead of Nolt's. The trip to Nolt's will be rescheduled for the following day, Wednesday, July 23rd at 2:15.

**Beauty Salon News**-Terri Stocking, the Brookside Hairdresser, will be off on two separate weeks in August. The first week will be from August 11th– August 16th and her second week off will be on August 25th– August 30th.

**What Ann Mc Connell Might Be Up To!** - Ann McConnell is taking on a very ambitious task! She will be constructing a Collage consisting of pictures of the residents that came to Brookside in 2023-the present. If you are a resident that came to Brookside in 2023 or later and would like to have your picture in the collage, please bring a picture of your choice to Janine by July 28th. The pictures need to be 4''x 6'' or smaller. Thank you Ann!

**Plan Ahead, Mark Your Calendar...** Monday, July 21st...Down Home  
Tuesday, July 22nd... Lyons Falls Farmers' Market  
Monday, July 28th...Constable Hall

## **Welcome to Allen's Alley**

See you at the fair...

I worked for weeks to earn enough money to go to the fair when I was a youngster. I tried to accumulate at least \$1 for each day. By careful budgeting I could make my dollar last until afternoon. You have to remember, this was back in the early 1950s. Usually, the buck was gone before noon and I spent the afternoon travelling the cattle tents when I wasn't sitting on the grandstand.

I've talked about Billy Duffy before in my column as he was every kid's hero during fair week. He was the ticket taker at the grandstand gate. And, by looking real forlorn and standing around where he would be sure to notice, you could get Bill to give you the "hi" hand gesture, and sneak in for nothing. The grandstand was always a good place to hang out for a couple of hours when you were out of cash, even when you'd seen all the previous acts at the fair.

You, of the younger generation, have to realize that this was long before television. The jugglers, wire walkers, tumblers, musicians, clowns and high aerial acts could hold us spellbound. Even the trotters and pacers were exciting. And in those days, there would always be a baseball game during the week between arch rivals Croghan and Lowville.

I don't know if parents let their eight year olds go to the fair alone today, but we could then. The fair, after appropriate warnings from our folks to stay away from strangers, was a safe place to be. I'd be gone from early morning and would only show up at home for dinner when I knew dad would be getting home from work. I remember proudly showing off my treasures, the trinkets I'd won on the midway, and my parents would groan. They were frugal, and of course, always tried to get me to steer clear of the midway games. Later in life, I didn't have any better luck convincing my kids that their money would be better spent on taffy.