

BROOKSIDE CHATTER

Brookside Buzz

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Issue July 28th, 2025 Editor: Karla Searl

Bentley Merrick on July 31st

John and Kathy Bast on July 30th & Charles and Kathy Crowther on July 31st

Monday, July 28th

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

2:30 PM... Trip to Constable Hall

Tuesday, July 29th

9:35 am... Walmart Shopping

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

Wednesday, July 30th

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

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

2:00 pm... Bingo

Thursday, July 31st

9:35 am... Tops Shopping and Banking

2:30 pm... Resident Birthday Party

7:00 am... Dominoes

Friday, August 1st

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

10:00 am... Exercise Class

2:30 pm... Ride to the Bowling Alley for Ice Cream



August is the border between summer and Autumn .
- Tove Jensen-

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 28th, is National Milk Chocolate Day! Satisfy your sweet tooth today. Take a bite of some rich, creamy, delicious milk chocolate.

Tuesday, July 29th, is International Tiger Day! The largest of the world's big cats, these majestic animals weigh 800 lbs on average. This is a day to raise awareness that these magnificent beasts are on the brink of extinction.

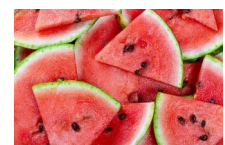
Wednesday, July 30th, is paperback Day! If you're a reader then you know the joy of having a wonderful, lightweight, portable and low cost book to read.

Thursday, July 31, is National Avocado Day! In the 1950s, this creamy, delicious food finally became commercially available in the U.S.

Friday, August 1st is the Kick-Off for National Wellness Month! This is the month to prioritize self-care. We can learn how to manage stress and create healthy habits.

Saturday, August 2nd is National Ice Cream Sandwich day! During the summertime, there is nothing more delicious than a well made ice cream sandwich.

Sunday, August 3rd is National Watermelon Day! The best way to beat the heat is to bite into a fresh, juicy, cold watermelon. This fruit has been cultivated since ancient Egyptian times. It is 92% water, which is one reason it is so refreshing.






Brookside Senior Living Community Activities Calendar For the Week of July 28th, 2025

MONDAY July 28th	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 2:30AM...Trip to Constable Hall (Bingo will be rescheduled to Wednesday at 2:00pm)	 
TUESDAY July 29th	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 7:00 PM...Golf	 
WEDNESDAY July 30th	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... Bingo 2:00 PM... Shopping at Nolt's	  
THURSDAY July 31st	Beauty Salon...Call 315-523-5048 for an appointment 9:35 PM... Tops Shopping and Banking 10:30 PM...Rosary 2:30 PM... Resident Birthday Party 7:00PM....Dominoes	  
FRIDAY August 1st	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) 2:00 PM...Ride to the Bowling Alley for Ice Cream 7:00 PM...Euchre	 
SATURDAY August 2nd	3:00 PM...Social Hour	
SUNDAY August 3rd	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 28th, , 2025

Alternate choice for this week is: Chef Salad w/ Bacon .

MONDAY– 7/28	TUESDAY– 7/29	WEDNESDAY– 7/30	THURSDAY– 7/31
<p>Honey Glazed Chicken Or Patty Melt with French Fries</p> <p>Chick Pea Salad Applesauce Or Cottage Cheese</p> <p>French Green Beans Macaroni Salad</p> <p>Oatmeal Cake Or Peaches</p>	<p>Pepperoni & Sausage Calzone w/ Marinara Or Grilled Ham w/ Parsley Potatoes</p> <p>Seven Layered Salad Applesauce Or Cottage Cheese</p> <p>Veggie Blend Yellow Squash</p> <p>Blueberry Crisp w/ Ice Cream Or Pears</p>	<p>Taco Salad w/ SC and Salsa Or Loaded Mac`n`Cheese</p> <p>Mandarin Orange Fluff Salad Applesauce Cottage Cheese</p> <p>Peas Cauliflower</p> <p>Chef's Choice Cookies Or Mangos</p>	<p>Balsamic Pork Loin w/ Baked Potato Or Turkey & Provolone Sliders</p> <p>Strawberry Spinach Salad Applesauce or Cottage Cheese</p> <p>Wax Beans Broccoli</p> <p>Lemon Lush Or Mixed Fruit</p>
FRIDAY– 8/1	SATURDAY– 8/2	SUNDAY– 8/3	Enjoy Your Meals!
<p>Fish Sandwich w/ Seasoned Fries Or Spaghetti w/ Meat Sauce</p> <p>Coleslaw Applesauce Or Cottage Cheese</p> <p>Honey Glazed Brussel Sprouts corn</p> <p>Chef's Choice Ice Cream Or Watermelon</p>	<p>Pancakes, Home Fries, Scrambled Eggs, Bacon and Sausage</p> <p>Fruit Salad Applesauce or Cottage Cheese</p> <p>Baked Apples</p> <p>Chocolate Pudding Or Pineapple</p>	<p>Roast Beef Or Baked Chicken</p> <p>Tossed Salad Applesauce Or Cottage Cheese</p> <p>Mashed Potatoes w/ Gravy Carrots Mixed Veggies</p> <p>Pecan Pie Or Mandarin Oranges</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

Warm Welcome– Brookside would like to give a warm welcome to our newest congregate resident, Sheryl Palmer.

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

Resident Coffee Hour– We will have Resident Coffee Hour on August 5th @ 8:30 am. The menu for this month will be a Bacon, Egg and Provolone Breakfast sandwich on an English Muffin.

ine Grove Church– The Pine Grove Church on 6053 is having their Annual Ice Cream Social on Sunday, August 10th @ 2:00pm-4:00pm.

St. Drogos Coffee & Bake Shop– On Wednesday, August 6th @ 10:00, Brookside is taking a ride over to the new coffee house in town! They have recently finished their interior to accommodate their customers! Lets go check it out!

Hot Dog Roast– The famous Brookside Hot Dog Roast will be held on Thursday, August 7th @ 5:00 PM-7:00 PM. This year we are doing the planning a little differently! Although we encourage you to invite your families and close friends, we will have a sign-up sheet on the bulletin board near the office. If you are coming with friends and family, please put down the tentative number of people that may be attending. If you invite your daughter and her 5 children, please put down your name, plus 6 people. This will help us to determine the number of hot dogs, chips and watermelon that we will need to order.

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... Tuesday, August 5th...Resident Coffee Hour
Tuesday, August 5th...Friends of God Gospel Band
Wednesday, August 6th...Trip to Saint Drogo’s Coffee House
Wednesday, August 6th... Peg Nuspliger and Chorus
Thursday, August 7th... Annual Brookside Hot Dog Roast

Welcome to Allen’s Alley

I’m sitting at my computer with the window open so I don’t miss a moment of summer passing. I enjoy the sounds of the seasons. Each season has its own. This morning a haymaker is singing from my backyard. Just for fun, I Google “haymaker” and find all kinds of information about concerts- - (Haymaker is a Canadian country rock band)- - but nothing on the etymology of the word. Haymaker is listed as “a type of wild swing known for knocking an opponent on the floor” .

My wife says, “Try cicada” , and I do. Sure enough, there are reams of cicada insects to choose from including samples of their sounds recorded both in the country of Greece and the state of Texas. The sounds are similar to what I hear out my window.

The haymaker’s loud, high pitched, piercing buzz has always been a sign that summer is ending and fall is just around the corner. I hope I’m not too far off in assuming the sound of the cicada has been a signal to farmers for centuries to get their hay into the barn- - - thus the name, haymaker. There is nothing about haymaker in the dictionary other than , “ ...it is an apparatus for shaking and drying hay. My wife adds to my summation on signs of autumn coming, by adding that she just heard Canadian geese flying over. It seems early- - - Does this mean winter will come early?