

# BROOKSIDE CHATTER

**Brookside Buzz**

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Issue June 9th, 2025 Editor: Karla Searl



Daniel and Mary Benedict on June 10th and Joanne Seymour on June 13th

## **Monday, June 9th**

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

2:00 pm ...Bingo

## **Tuesday, June 10th**

9:35 am...Walmart Shopping

1:30 pm...Resident Council Meeting

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

## **Wednesday, June 11th**

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

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

## **Thursday, June 12th**

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

1:00 pm...Watertown Hearing

7:00 am...Dominos

## **Friday, June 13th**

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

10:00 am... Exercise Class

2:00 pm...Trip to Wishy's

7:00 pm...Euchre



A good father is one of the most unsung, unpraised, unnoticed and yet one of the most valuable assets to our society.

- Billy Graham-

**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**, June 9th, is National Strawberry Rhubarb Pie Day! This unique mix of sweet and sour is a real treat in the spring.

**Tuesday**, June 10th, is National Iced Tea Day! Tea has more antioxidants than most fruit and vegetables do! Whether you like it with lemon or sugar, it is a refreshing treat on a hot day!

**Wednesday**, June 11th, is National Make Life Beautiful Day! Serve, empower and/or lead by example. All these things inspire everyone around us to make life beautiful.

**Thursday**, June 12th, is National Red Rose Day! One of the most iconic symbols of love and romance throughout history is the red rose. This day is for anyone that may want to stop and smell the roses.

**Friday**, June 13th, is Career Nurse Assistant Day! Celebrate the people that work tirelessly providing care for the sick and elderly around the clock.

**Saturday**, June 14th, is National Flag Day! America's Flag Day marks the second Continental Congress's adoption of the first U.S. national flag on June 14th 1777.













**Sunday**, June 15th, is Global Wind Energy Day! Wind Energy can change the world by making a smaller carbon footprint than fossil fuels. This will help to keep our air clean.

Happy  
Father's  
Day





## Brookside Senior Living Community Activities Calendar For the Week of June 9th, 2025

<b>MONDAY</b> <b>June 9th</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 7:00 PM....Dominoes	  
<b>TUESDAY</b> <b>June 10th</b>	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 7:00 PM...Golf	  
<b>WEDNESDAY</b> <b>June 11th</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 3:00 PM...Peg Nuspliger and Chorus 7:00 PM....Euchre	   
<b>THURSDAY</b> <b>June 12th</b>	<b>Beauty Salon...Call 315-523-5048 for an appointment</b> 9:35 PM... Tops Shopping and Banking 10:30 PM...Rosary 1:00 PM...Watertown Hearing 7:00PM....Dominoes	  
<b>FRIDAY</b> <b>June 13th</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... Ride to Wishy's 7:00 PM...Euchre	  
<b>SATURDAY</b> <b>June 14th</b>	3:00 PM...Social Hour	
<b>SUNDAY</b> <b>June 15th</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 June 9th, 2025

Alternate choice for this week is: Ham Chef Salad w/ a Roll .

MONDAY– 6/9	TUESDAY– 6/10	WEDNESDAY– 6/11	THURSDAY– 6/12
Spaghetti w/ Meat Sace Or Blueberry Pancake Casserole w/ Sausage  Sauerkraut Salad Applesauce Or Cottage Cheese  Fresh Veggies w/ Ranch Stewed Tomatoes  Raspberry Almond Sheet Cake Or Peaches	Sweet & Sour Shrimp over Rice Or Pulled Pork on a Bun  Broccoli Salad Applesauce Or Cottage Cheese  Catalina Blend Veggies Wax Beans  Buckeye Brownies Or Fresh Fruit	Cold Plate w/ Turkey, Cheese, Fresh Fruit and Crackers Or Chicken Patty Sandwich w/ Lettuce & Tomato on a Bun  Mandarin Orange Tossed Salad Applesauce Cottage Cheese  French Fries Green Beans  Gingerbread Or Mangos	Steak, Egg and Cheese on a Bagel Or Pork Chop  Pistachio Salad Applesauce or Cottage Cheese  Potato Salad Corn Peas  Watermelon & Blueberries Or Citrus Fruit
FRIDAY– 6/13	SATURDAY– 6/14	SUNDAY– 6/15	<i>Enjoy Your Meals!</i>
Tortellini w/ Sausage Or Seafood Platter w/ Fries  Coleslaw Applesauce Or Cottage Cheese  Squash Broccoli  Caramel Cheesecake Cookies Or Fresh Fruit	Honey Garlic Chicken Or Ham  Applesauce Jell-O Salad Applesauce or Cottage Cheese  Rice Pilaf Carrots Beets  Cinnamon Roll Or Mixed Fruit	Roast Beef Or Spinach and Cheese Salmon Wellington  Tossed Salad Applesauce Or Cottage Cheese  Mashed Potatoes w/ Gravy Corn Pudding Mixed Veggies  Strawberry Rhubarb Pie Or Mandarin Oranges	<i>Substitutions available for special dietary needs. See the cook in advance for any special needs.</i>  <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>

## Residents' Corner

**Attention Brookside!!**- Adirondack Floor Care will be here on Thursday, June 5th to clean chairs in the activity room along with a few hallways. They will return again on June 3rd, 6th and the 10th from 8:00am to 4:00pm on each day to clean apartment carpets. If you have not resided at Brookside for a year, your carpet will not be cleaned at this time. The office will call and let you know when you have been scheduled. Please use caution on the days that the common areas are being cleaned, as the floors may be slippery.

**Nolt's Customer Appreciation Day!**- On Friday, June 13th and Saturday, June 14th Nolt's Country Store will give 15% off everything you can fit into one of their tote bags. ( Maple Syrup products excluded.)

**Wii Bowling Team**- Brookside residents are hoping to put together a Wii Bowling team. Anyone interested may contact Karla in the activity room. Once we have enough players, we can schedule weekly games!

**Father/Son Breakfast**- The Father-Son Breakfast is on June 14th from 8:30am-9:30 am. Please call or email the office, by Monday, June 9th if you plan to attend. The breakfast will consist of pancakes, scrambled eggs, sausage, juice and coffee. We hope to see you there.

**North Country Library Outreach Department**- On Wednesday, June 18th at 2:00 pm, Kathy Van Ness from the North Country Library System would like to come and talk to Brookside about what they can offer you through their outreach system.

**Catholic Service Announcement**- George Laribee will lead the Catholic church service on June 22nd and June 29th at 10:00 AM. Please take note of the time change for those weeks.

**Plan Ahead, Mark Your Calendar...** June 16th... Down Home  
June 18th...North Country Library Outreach  
June 19th...Aaron Karppala  
June 20th ...Trip to family Ice Cream  
June 25th...Lowville Jazz Orchestra Concert

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

Go forth to live, love and serve

It seems like people don't talk as much about the soul any more. We possess an incredible power to change our lives and the world by dipping into our soul and changing our attitude. As you live this life you will find your attitudes are the only string you can pull. You are never powerless as long as you remember the potential your attitude holds over your life.

Albert Einstein expressed it well when he said "A person first starts when he can live outside himself. When he can have as much regard for his fellow man as he does for himself. We are here to do good. I think it is the responsibility of any human being to aspire to do something worthwhile to make this a better world than the one we found. Life is a gift and if we fail to contribute we fail to adequately answer the question... "Why are we here?"

Experience life in which you can discover the sweetness in the air on a cold spring morning; a life that gets excited over another's accomplishments. A life that can understand the Grace, that comes in the moment you realize that all good things must come to an end. Life, for all its wonder, is indeed fragile.

George Bernard Shaw also said it well: "Life isn't about finding yourself. Life is about creating yourself." I've always enjoyed anonymous, who was supposed to have said " Life is not a journey to the grave with the intention of arriving safely , but rather, to skid in broadside, thoroughly used up, totally worn out, and loudly proclaiming, "WOW! WHAT A RIDE!."

Now go forth to live , love and serve.