

BROOKSIDE CHATTER

Brookside Buzz

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Issue March 10th, 2025 Editor: Karla Searl



Ilga Varik and Wendy Larabee on March 11th, Linda Grimes on March 13th, Mary Rhubart and Cedrick Shaw on March 16th

Monday , March 10th

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

2:00 pm ...Bingo

Tuesday, March 11th

9:35 am... Walmart Shopping

1:30 pm...Resident Council Meeting

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

7:00 pm...Golf

Wednesday, March 12th

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

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

10:00 am...Coffee at Crumbs Bakery

Thursday, March 13th

9:35 am.. Tops Shopping and Banking

10:30 am...Rosary

1:00 pm– 2:30 pm...Watertown Hearing

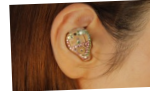
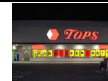
Friday, March 14th

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

10:00 am... Exercise Class

7:00 pm...Euchre

Saturday March 15th



March, when the days are growing long, let thy growing hours be strong , to set right some wintery wrong.
- Caroline May

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, March 10th, is National Ranch Dressing Day! This dressing has the perfect amount of creamy, tangy and spicy in its flavor. This dressing, created in California, has knocked Italian Dressing out of 1st place for America's favorite salad dressing.

Tuesday, March 11th, is National Napping Day! Today you can feel less guilty about enjoying a not so guilty pleasure! Studies show that increased awareness, brain function, and a decrease in stress are all benefits from napping.

Wednesday, March 12th is National Johnny Appleseed Day! This occasion honors the life of the folk hero. He was instrumental in the planting of apple trees in the United States.

Thursday, March 13th, is Good Samaritan Day! Step out of your comfort zone and lend a helping hand to someone in need. Today is a day to celebrate and encourage kindness . Simply open a door for a stranger, or smile at someone in passing.

Friday, March 14th, is National Potato Chip Day! This thin slice of crunchy, salty potato is perfect for a snack. Invented in 1853 by a chef in Saratoga Springs; the potato chip has become integrated into American culture.















Saturday, March 15th, is World Consumer Rights Day! This global event aims to raise consumer protection awareness.

Sunday, March 16th, is Vaccination and Immunization Day! Thanks to these two things , many diseases are virtually unknown to us. They control, prevent and eliminate life threatening infectious diseases.

Have a safe and happy week!



Brookside Senior Living Community Activities Calendar For the Week of March 10th, 2025

MONDAY March 10th	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	 
TUESDAY March 11th	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	  
WEDNESDAY March 12th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercise) 10:00 AM.. Exercise Class (Easy Does it w/ Craig Maracci) 1:00 PM.. Pinochle	  
THURSDAY March 13th	Beauty Salon...Call 315-523-5048 for an appointment 9:35 PM... Tops Shopping and Banking 10:30 PM...Rosary 1:00 PM-2:30 PM...Watertown Hearing 7:00PM....Dominoes	  
FRIDAY March 14th	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 March 15th	7:30 am—9:30 pm... Pancake Breakfast!! 3:00 PM...Social Hour	
SUNDAY March 16th	11:00 AM...Rev. Evan Zehr's Service in the activity room. 2:00 pm...Tom Yousey will conduct the Catholic Service	

Brookside Dinner Menu

For the Week of March 10th, 2025

Alternate choice for this week is : Ham Chef Salad W/ a Roll . Dressing is on the table.

MONDAY- 3/10	TUESDAY- 3/11	WEDNESDAY- 3/12	THURSDAY- 3/13
<p>Crab Patty w/ Buttered Noodles Or Cabbage Rolls</p> <p>Waldorf Salad Applesauce Or Cottage Cheese</p> <p>Carrots Peas</p> <p>Lemon Cake w/ Lemon Glaze Or Citrus Fruit</p>	<p>Potato Soup w/ Turkey & Cheese Sandwich Or Chicken Bacon Ranch Tater Tot Casserole</p> <p>Layered Lettuce Salad Applesauce Or Cottage Cheese</p> <p>California Blend Veggies Squash</p> <p>Rice Krispie Treat Or Apricots</p>	<p>Honey Garlic Glazed Pork Loin Or Beef Tips in Mushroom Gravy</p> <p>Broccoli Salad Applesauce Cottage Cheese</p> <p>Green Beans Beets Parsley Potatoes</p> <p>Ice Cream Cake Or Peaches</p>	<p>Shake 'n' Bake Chicken Or Baked Ham</p> <p>Red, White & Blue Salad Applesauce or Cottage Cheese</p> <p>Sweet Potato Corn</p> <p>Strawberry Cake w/ Cream Cheese Frosting Or Pineapple</p>
FRIDAY- 3/14	SATURDAY- 3/15	SUNDAY- 3/16	<i>Enjoy Your Meals!</i>
<p>Spaghetti w/ Meat Sauce Or Lemon Pepper Haddock w/ Party Potatoes</p> <p>Coleslaw Applesauce Or Cottage Cheese</p> <p>Brussel Sprouts Mixed Veggies</p> <p>Chocolate Lush Or Grapefruit</p>	<p>Hot Dog on a Bun Or Marinated Grilled Chicken Breast</p> <p>Sweet & Sour Pasta Salad Applesauce or Cottage Cheese</p> <p>French Fries Baked Beans</p> <p>Cookies (Chef's Choice) Or Mandarin Oranges</p>	<p>Roast Beef W/ Horseradish Sauce Or Honey Glazed Salmon</p> <p>Pistachio Salad Applesauce Or Cottage Cheese</p> <p>Mashed Potatoes w/ Gravy Cheesy Broccoli Cauliflower</p> <p>Raspberry Pie Or Mixed Fruit</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, February 10th 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, February 11th At 8:30 am, At 9:35 am, we will go to Walmart. Ride along or bring list to Karla. , **At 2:00 pm, At 1:30 pm** we have Resident Council in the activity room. **At 2:00 pm**, we will ride to Nolt's Country Store.

Wednesday, February 12th At 7:00 pm, we have Euchre in the activity room. **At 7:00 pm**, Fellowship Choir will be in the activity room.

Thursday , February 13th , At 9:35am, we will go to Tops Plaza for Shopping and Banking. Ride along or bring a list to Karla. **At 2:00 pm**,

Friday, February 14th At 9:00am, we have exercise class w/ (Stronger Seniors). **At 10:00 am**, we will have exercise class w/ the (Stronger Senior Stretching).

Saturday, February 15th At 7:30 am– 9:30 am Brookside is having a Pancake Breakfast.

Warm Welcome! - Brookside would like to give a warm welcome to James Best! He has just moved into the Congregate Building!

Walk w/ Ease Class-Starting on April 7th, The Walk w/ Ease class will begin again at Brookside. It will be on Monday, Wednesday and Friday at 1:30 pm. If you would like to participate please call and sign up with the office of the aging. The number is 315-376-5313.

Plan Ahead, Mark Your Calendar... Tuesday, March 25th..Children's Choir (River Valley Mennonite School)
Wednesday, March 26th... Lowville Jazz Ensemble Concert
Wednesday, March 27th...Resident Supper

Welcome to Allen's Alley

A journey worth your time...

These long frigid days have been driving many of us indoors. Cabin fever is rampant. Anxiety can creep into our sleep leaving us with 3a.m. terrors. It's time to get out of town.

It's time we take a trip. It may be too late to head to Florida. But there is plenty of time for a journey into solitude...to take a trip into our soul...time to examine what really turns us on.

There are folks who have never considered their passions nor explored the possibilities of their potential. They are not unlike young people who don't know what they want to do with their lives. Both can experience near panic and some express a need to get away- - like getting away will reveal all the answers.

I'm no expert but experience has led me to where to start. This can be a good time for young or old to look for new experiences. This journey should begin in our mind. It begins with sitting in a quiet place, emptying our mind, and let our Spirit talk to us. For all of us, it should take us to the core of our being- -a journey to the center of our soul.

The trip should free us from myths and stereotypes. It should begin with the realization that we are not what we do- - - We are not our job. We are not the uniform we wear- - - not our appearance, the money we make or don't make, our gender, our size. We are not our color. Nor are we hidden messages nor murky meanings. In our soul we are pure as children, all equal.

In his book, "Care of the Soul" (published by Harper Perennial), Psychotherapist and writer, Thomas Moore says, "The great malady of the twentieth century, implicated in all our troubles and effecting us individually and socially, is loss of soul." He goes on to say that a fundamental principle is that the soul needs tending. Moore explains it many ways. One example he uses is in appreciation for beauty. Being able to appreciate beauty is simply an openness to the power of things that stir the soul. "If we can be effected by beauty, then soul is alive and well in us, because the soul's great talent is to be affected. The word *passion* means basically "to be affected," and passion is the essential energy of the soul.

The poet Rilke describes this passive power in the imagery of the flower's structure, when he calls it a "muscle of infinite reception. "We don't often think of the capacity to be affected as strength and as the work of a powerful muscle, and yet, for the soul, as for the flower, this is its toughest work and its main roll in our lives."

Moore says, "By caring for the soul faithfully, every day, we step out of the way and let our full genius emerge." The journey into this realm of thinking is great exercise for young and old alike. A "youngster" dedicating himself to the trip, will enjoy a life approaching peace and enlightenment. An old geezer, like myself, beginning the trip in the fall and winter of life will have the satisfaction of looking back, understanding and fearing less about the future.

I know . Lying on a seaside beach listening to the rolling surf as it pounds the shoreline seems like a lot more fun. But for a fast return on your time spent, for an inexpensive getaway, for a sure fire way to cure cabin fever, take a trip to the center of your soul. It can change your attitude. And your attitude is the only *string* you have you can pull... whether you hit the road or the easy chair, seize the day.