

BROOKSIDE CHATTER

Brookside Buzz

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Issue March 17th, 2025 Editor: Karla Searl



Carol Erb on March 19th and Doris Lehman on March 20th

Monday, March 17th

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

2:00 pm ...Bingo

Tuesday, March 18th

9:35 am... Walmart Shopping

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

7:00 pm... Golf

Wednesday, March 19th

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

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

7:30 pm... Crystal Light Mennonite Chorus

Thursday, March 20th

9:35 am.. Tops Shopping and Banking

10:30 am...Rosary

Friday, March 21st

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

10:00 am... Exercise Class

1:30 pm... Aaron Karppala

7:00 pm... Euchre

Saturday March 22nd

3:00 pm... Black River Trio



Despite the forecast, live like its spring.
- Lilly Pulitzer

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, March 17th, is St. Patrick's Day! Bring out your green! This day started as a religious holiday, but over time it has become a celebration of Irish culture.

Tuesday, March 18th, is Global Recycling Day! This is great for us and the environment. Recycling lessons the energy we use, enhances the quality of water we drink and the air we breath.

Wednesday, March 19th is Certified Nurses Day! This day shines a well-deserved spotlight on dedicated nurses that strive for professional excellence.

Thursday, March 20th, is the March Equinox! Whew Hoo!!! It's been a long winter! The sun has finally crossed over the earth's equator. Spring has officially begun!











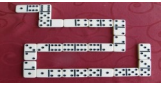





Friday, March 21st, is International Day of Forests. Just a simple walk in the woods can calm us down or invigorate our senses. Forests are also homes to millions of other species and important for trapping carbon dioxide and cleaning our air.

Saturday, March 22nd, is As Young as You Feel Day! No matter your age, no one can stop you from feeling alive! Feeling young is a state of mind. Age is a number.

Sunday, March 23rd, is World Math Day! This subject is as old as human civilization. Math is not just a problem to be solved, it exists in everything. Patterns in the natural world, music, art and our daily lives revolve around math.



Brookside Senior Living Community Activities Calendar For the Week of March 17th, 2025

<p>MONDAY March 17th</p> 	<p>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</p>	 
<p>TUESDAY March 18th</p>	<p>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</p>	 
<p>WEDNESDAY March 19th</p>	<p>9:00 AM...Exercise Class (Stronger Seniors Chair Exercise) 10:00 AM.. Exercise Class (Easy Does it w/ Craig Maracci) 1:00 PM.. Pinochle 7:30 PM... Crystal Light Mennonite Chorus</p>	  
<p>THURSDAY March 20th</p>	<p>Beauty Salon...Call 315-523-5048 for an appointment 9:35 PM... Tops Shopping and Banking 10:30 PM...Rosary 7:00PM....Dominoes</p>	  
<p>FRIDAY March 21st</p>	<p>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) 1:30 PM... Aaron Karppala 7:00 PM.. Euchre</p>	 
<p>SATURDAY March 22nd</p>	<p>3:00 PM...Social Hour 3:00 PM... Black River Trio</p>	 
<p>SUNDAY March 23rd</p>	<p>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</p>	

Brookside Dinner Menu

For the Week of March 17th, 2025

Alternate choice for this week is : Beef & Rice Soup w/ Peanut Butter and Jelly Sandwich . Dressing is on the table.

MONDAY- 3/17	TUESDAY- 3/18	WEDNESDAY- 3/19	THURSDAY- 3/20
<p>Corn Beef w/ Boiled Potatoes, Cabbage and Carrots. Or Turkey Sliders</p> <p>Pear Salad Applesauce Or Cottage Cheese</p> <p>Summer Blend Veggies</p>  <p>Shamrock Shake Lasagna Or Peaches</p>	<p>Hamburger w/ Lettuce , Tomato and Onion Or French Toast w/ Bacon</p> <p>Tossed Salad Applesauce Or Cottage Cheese</p> <p>French Fries Baked Beans</p> <p>Cream Puff Or Mixed Berries</p>	<p>Honey Pepper Chicken Mac' n' Cheese Or Pork Roast</p> <p>Strawberry Spinach Salad Applesauce Cottage Cheese</p> <p>Baked Potato Mandarin Blend Veggies</p> <p>Carrot Cake Or Mandarin Oranges</p>	<p>Chipped Beef Or Western Egg Bake w/ Ham, Peppers & Onions</p> <p>Apple Salad Applesauce or Cottage Cheese</p> <p>Fried Potatoes Brussel Sprouts</p> <p>Oatmeal Raisin Cookies Or Pears</p>
FRIDAY- 3/21	SATURDAY- 3/22	SUNDAY- 3/23	<i>Enjoy Your Meals!</i>
<p>Seafood Platter Or Smokey BBQ Meatball Pasta</p> <p>Coleslaw Applesauce Or Cottage Cheese</p> <p>Sweet Potato Fries Peas Harvard Beets</p> <p>Samoa Cheesecake Or Grapefruit</p>	<p>Liver & Onions Or Welsh Rarebit (Tuna on Rye w/ Tomato & Swiss)</p> <p>Brazilian Fruit Salad Applesauce or Cottage Cheese</p> <p>Wax Beans Broccoli Buttered Noodles</p> <p>Chocolate Chip Pound Cake Or Mixed Fruit</p>	<p>Cube Steak Or Bacon Wrapped Pork</p> <p>Caesar Salad Applesauce Or Cottage Cheese</p> <p>Mashed Potatoes w/ Gravy Maple Glazed Carrots Corn</p> <p>Key Lime Pie Or Mangos</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

Live Music on Saturday! This week The Black River Trio will be playing at the same time as the Resident Social Hour on Saturday! They are all back together this time and eager to play for our Residents! They will be in the activity room at 3:00 pm. Come out and enjoy the show.

Wellness Matters Seminar—On Tuesday, March 25th @ 3:00pm-4:00pm The Lowville Lion's Club is Sponsoring a Wellness Matters Seminar. The topic will be, *Healthy Living for Your Brain and Body*. It will be held at Double Play Community Center. The speaker will be Vicky Sokolowski. If you are interested in attending call Cheryl Lalonde at (315) 376-3455.

Brookside Raffle- The Brookside Senior Living Community Resident Council is sponsoring a raffle to raise money for the Hand In Hand Childcare Center and The Brookside Community Train Project. They will have three separate prize drawings. Two of the prizes will be Easter baskets and one prize will be a \$25.00 cash prize. The cost for raffle tickets will be \$2.00 a ticket or \$5.00 for 3 tickets.

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
Friday, March 28th... Resident Birthday Party

Welcome to Allen's Alley

A season full of whisklash and Swirler...

Whisklash and **swirler**...These are all the names people in various sections of the county have given to various forms of snow that I've encountered while researching the subject.

Wetschnarf, according to an article I once read in a back issue of Country Journal," can happen in late spring. It is snow so water laden that it pulls down wires. National Grid linemen will tell you we get a lot of that around here...anytime of the year. Then there's snirt...snow mixed with dirt...State Street is often filled with it.

Wakendust- -that's snow you don't expect but awake to find an inch of "partly cloudy" filling your bird bath.

Sparkenflour is that fine, crystalline snow that stops almost as soon as it has begun. Whitelighter is one-directional snow that hits and sticks to just one side of every tree trunk and shed. It often accompanies storms off Lake Ontario that are driven over Tug Hill. Whitelighter can give the countryside a different texture and often adds depth to a fresh snowfall.

One word we all agree on is **blizzard**. It sort of sounds like what it is. Another word we use to describe our snow would include **Lake Effect**. You can usually expect that when other sections of the north country are predicted to get 6 inches...Lewis County could get up to 14.Sometimes Lake Effect can surprise us and end up in Oswego- - and people get a big kick out of it when we get missed and Syracuse doesn't.

Whiteout is a condition that makes the hair of your neck stand on end. It brings panic to a lot of drivers who find themselves caught in it. Whiteouts usually happen when its too late to back up and you can't see to go ahead... and if you stop... you know you're going to become someone's hood ornament. Fortunately, traffic is usually moving very slowly in a whiteout.

One kind of snow that I enjoy is called **corn snow**, which is that stuff that happens in the spring to snow laying under a warming March sun. It feels like thousands of ball bearings under your cross country skis and you can go like the wind across fields of it working up a sweat in your shirt sleeves.

The best kind of snow is **sugar snow**. It falls in late February and through March. It is characterized by large feathery flakes and you can tell when it comes down that winter's grip on the North Country is being broken. Sugar snow comes with the maple sugar season and it's almost a guarantee of a cold night...something you need , in order to make maple syrup. It can also be called poor man's fertilizer because it lands on farmers fields and later melts, pulling down into the waiting earth, all the goodness that has been spread upon the land through the winter.

Cold and snow are all people talk about in our area during the winter months. People in the North Country love to complain. For me, it's a love/hate relationship. I'd miss our weather.