

# BROOKSIDE CHATTER

**Brookside Buzz**

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**Issue March 24th, 2025 Editor: Karla Searl**



Lois Zehr on March 24th, Anne Carson on March 25th, Belva Moser and Maureen Sugrue on March 26th

## **Monday , March 24th**

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

2:00 pm ...Bingo

## **Tuesday, March 25th**

9:35 am... Walmart Shopping

1:30pm-2pm...River Valley Mennonite School Children's Chorus

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

7:00 pm...Golf

## **Wednesday, March 26th**

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

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

6:30pm-7:30pm...Lowville Jazz Ensemble

## **Thursday, March 27th**

9:35 am.. Tops Shopping and Banking

10:30 am...Rosary

4:30 pm... Resident Supper

## **Friday, March 28th**

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

10:00 am... Exercise Class

2:30pm...Monthly Birthday Party

7:00 pm...Euchre



Love and kindness are never wasted. They always make a difference.  
- Helen James

**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**, March 24th, is Chocolate Covered Raisin Day! This vintage candy is healthy and delicious. Raisinets were born in 1927 to a chocolate company in Philadelphia before it was bought out by Nestle.

**Tuesday**, March 25th, is National Medal of Honor Day! Today, the people that protect our freedoms and have gone above and beyond the call of duty, are awarded the Medal of Honor.

**Wednesday**, March 26th, is National Spinach Day! This power-packed green provides iron, magnesium, vitamins K., C. and I. It is so delicious you may not even taste the cancer fighting antioxidants that this super food provides.

**Thursday**, March 27th, is American Red Cross day! This organization provides assistance, without discrimination, to those wounded on the battlefield. Their goal is to prevent and alleviate suffering.

**Friday**, March 28th, is Barnum and Bailey Day! The Barnum & Bailey Circus was the center of thrilling entertainment for millions of viewers for over a century. Today we pay our respects to the "Greatest Show on Earth."

















**Saturday**, March 29th, is Mermaid Day! People have opened up their imagination and have been fascinated by the idea of this fabled creature since 1000 B.C..

**Sunday**, March 30th, is Certified Nurses Day! There are 3.8 million nurses in America today with over 200 nursing specialties. .

Have a safe and happy week!



## Brookside Senior Living Community Activities Calendar For the Week of March 24th, 2025

<b>MONDAY</b> <b>March 24th</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>March 25th</b>	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:35 AM... Walmart Shopping 1:30PM-2:00PM... River Valley Mennonite School Children Chorus 2:00 PM... Shopping at Nolt's 7:00 PM...Golf	    
<b>WEDNESDAY</b> <b>March 26th</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 6:30PM-7:30 PM... Lowville Jazz Ensemble	    
<b>THURSDAY</b> <b>March 27th</b>	<b>Beauty Salon...Call 315-523-5048 for an appointment</b> 9:35 PM... Tops Shopping and Banking 10:30 PM...Rosary 4:30 PM... Resident Supper 7:00PM....Dominoes	    
<b>FRIDAY</b> <b>March 28th</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) 2:30 PM...Resident Birthday Party 7:00 PM.. Euchre	  
<b>SATURDAY</b> <b>March 29th</b>	3:00 PM...Social Hour	  
<b>SUNDAY</b> <b>March 30th</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 March 24th, 2025

Alternate choice for this week is : Hard Salmi Chef Salad w/ a Roll . Dressing is on the table.

MONDAY- 3/24	TUESDAY- 3/25	WEDNESDAY- 3/26	THURSDAY- 3/27
Chicken Riggies Or Meatloaf w/ Buttered Noodles  Parmesan Salad Applesauce Or Cottage Cheese  Baked Apples Broccoli  Oreo Poke Cake Or Mandarin Oranges	Baked Ham Or Stuffed Peppers  Applesauce Jell-O Salad Applesauce Or Cottage Cheese  Baked Potato w/ SC Mixed Veggies  Lemon Meringue Or Blueberries	Tuna Noodle Casserole Or Chicken Tenders w/ Honey Mustard  Pasta Salad Applesauce Cottage Cheese  Beets Brussel Sprouts French Fries  Texas Brownie Or Apricots	Steak Alfredo Or Seasoned Roasted Pork Loin  Fruit Salad Applesauce or Cottage Cheese  Roasted Red Potatoes Peas  Chef's Choice Ice Cream Or Citrus Fruit
FRIDAY- 3/28	SATURDAY- 3/29	SUNDAY- 3/30	<i>Enjoy Your Meals!</i>
Fish Sandwich Or Breakfast Pizza  Coleslaw Applesauce Or Cottage Cheese  Curly Fries Wax Beans Squash  White Cake w/ Maple Frosting Or Strawberries	Baked Ziti Or Honey Lemon Chicken w/ Rice Pilaf  Garden Salad Applesauce or Cottage Cheese  Corn Cauliflower  Strawberry Shortcake Or Pineapple	Roasted Turkey w/ Stuffing Or Stuffed Sole  Cran-Raspberry Salad Applesauce Or Cottage Cheese  Mashed Potatoes w/ Gravy Green Bean Casserole Glazed Carrots  Pumpkin Pie Or Peaches	<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

**Wellness Matters Seminar**— On Tuesday, March 25th @ 3:00pm-4:00pm The Lowville Lions 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.

**Resident Supper Menu**— On March 27th at 4:30 pm we will be serving Ham and Scalloped Potatoes Au Gratin for our Resident Supper.

**Resident Coffee Hour Menu**— The Resident's Coffee Hour Menu for Tuesday, April 1st, at 8:30am, is French Toast Casserole.

**Plan Ahead, Mark Your Calendar...** Tuesday, April 1st...Resident's Coffee Hour  
Tuesday, April 1st... Friends of God Gospel Band  
Wednesday, April 2nd...Peg Nuspliger and Chorus

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

Getting rid of yesterday...

I want to be a good ecologist but sometimes developing an ecological way of life can be frustrating. Getting rid of junk is not always as easy as it sounds. And sometimes I question if in the, "getting rid of", part of it, we don't create more pollution.

Remember the good old days when Saturday morning meant a trip to the dump. Many folks had garbage picked up but not my father. He was too frugal for that. "Why hire someone to do what you can do for yourself?" was his motto. This was before plastic bags and hatchbacks with big trunks and we didn't have access to a pickup truck. What didn't fit into the trunk of the sedan got relegated to the back seat. In the winter there was less of a problem. But in the summer you often had to sit with the stench.

The trip was a challenge. Dad backed his car to the edge of the dump pile so that we could launch our load over what the person before us had deposited. The second challenge was keeping the grunge off my shoes. Driving away without picking up a nail in your tire was also a trick.

On slow weekends we kids used to visit the dump to shoot rats. It's amazing no one got hurt.

Transfer sites and landfills have reduced these messy trips. Ecology has come a long way since then. It's not a perfect system, but it's better than "Going to the Dump."

I got thinking about those Saturday morning trips recently when our microwave oven bit the dust. Before the day was over my wife and I purchased a replacement. We can't get along without this necessity, that was once a luxury in our home. I use the microwave every day to reheat my coffee as I read the paper.

It took only minutes to install the new microwave, as I hauled the old one to the garage I wondered, what I was going to do with this new piece of junk.. You don't just throw anything away anymore without considering what is ecologically correct.