

BROOKSIDE CHATTER

Brookside Buzz

5701 Brookside Circle, Lowville, New York, 13367
Office Telephone: 315-376-4333
Website: www.brooksideseniorliving.org
Email: brooksideseniorliving.org
Issue March 31st, 2025 Editor: Karla Searl



Nancy Knapp and Sharlene Lehman on April 5th



Richard and Carol Hartness on April 2nd

Monday, March 31st

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

2:00 pm ...Bingo

Tuesday, April 1st

8:30 am...Resident Coffee Hour

9:35 am... Walmart Shopping

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

2:00 pm.. Friends of God

7:00 pm...Golf

Wednesday, April 2nd

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

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

3:00 pm...Peg Nuspliger and Chorus

7:00 pm...Euchre

Thursday, April 3rd

9:35 am.. Tops Shopping and Banking

10:30 am...Rosary

Friday, April 4th

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

10:00 am... Exercise Class

7:00 pm...Euchre



April is the reminder that life is a beautiful, ever renewing cycle.
-unknown-

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 31st, Crayola Crayon Day! This holiday is undoubtedly a very colorful holiday. This durable, affordable, child-safe color stick was first created in 1903 in Easton Pennsylvania.

Tuesday, April 1st, is April Fools' Day! Put on your pranking caps to plan out your devious, yet safe and playful pranks.

Wednesday, April 2nd, is Sun-smart Skin Cancer Prevention Day! This day is dedicated to reducing skin cancer through early detection and targeted prevention.

Thursday, April 3rd, is Caregiver Appreciation Day! Today take some time to honor, appreciate and thank the selfless caregivers who give their time and effort to care for those in need.

Friday, April 4th, is National Carrot Day! Crunch away at this delicious raw root vegetable or cook them your favorite way as a savory side dish. Eating carrot cake is another way to get all the beta-carotene this vegetable offers.

Saturday, April 5th, is National Handmade Day! Today we can honor craftsmanship and the small business owners and gift makers that perform these wonderful acts.

Sunday, April 6th, is World Geology Day! Tell a geologist today how much they rock! Thanks to them we know so much more about the physical planet we call home.

Have a safe and happy week!



Brookside Senior Living Community Activities Calendar For the Week of March 3rd, 2025

| | | |
|--|---|---|
| <p>MONDAY March 31st</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 April 1st</p> | <p>8:30AM...Resident Coffee Hour 9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:35 AM... Walmart Shopping 2:00 PM...Friends of God 2:00 PM... Shopping at Nolt's 7:00 PM...Golf</p> |     |
| <p>WEDNESDAY April 2nd</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 3:00 PM...Peg Nuspliger and Chorus 7:00 PM...Euchre</p> |     |
| <p>THURSDAY April 3rd</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 April 4h</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) 7:00 PM.. Euchre</p> |   |
| <p>SATURDAY April 5th</p> | <p>3:00 PM...Social Hour</p> |  |
| <p>SUNDAY April 6th</p> | <p>11:00 AM...Rev. Evan Zehr's Service in the activity room. 2:00 pm...Tom Yousey will conduct the Catholic Service</p> |  |

Brookside Dinner Menu

For the Week of March 31st, 2025

Alternate choice for this week is: Tomato Soup w/ Turkey Salad Sandwich.

| MONDAY- 3/31 | TUESDAY- 4/1 | WEDNESDAY- 4/2 | THURSDAY- 4/3 |
|--|--|--|--|
| <p>Nacho Cheese Beef Wrap Or Honey Garlic Pork Chops</p> <p>Broccoli Salad Applesauce Or Cottage Cheese</p> <p>Fried Potatoes Corn</p> <p>Chocolate Pudding w/ Peanut Butter Cups Or Mixed Berries</p> | <p>Parmesan Crusted Haddock Or Pierogi Casserole w/ Kielbasa</p> <p>Cottage Cheese w/ Peaches Applesauce Or Cottage Cheese</p> <p>French Fries Peas Wax Beans</p> <p>Coconut Cream Pie Or Mandarin Oranges</p> | <p>Beef Tips over Noodles Or Chicken, Bacon, Ranch Stuffed Bread</p> <p>Mandarin Fluff Salad Applesauce Cottage Cheese</p> <p>Broccoli Catalina Island Blend</p> <p>Strawberry Parfait Or Grapefruit</p> | <p>Sausage Penne Pasta Or Turkey Pot Pie</p> <p>3-Bean Salad Applesauce or Cottage Cheese</p> <p>Fried Cabbage Stewed Tomatoes</p> <p>Blueberry Lush Or Pineapple</p> |
| FRIDAY- 4/4 | SATURDAY- 4/5 | SUNDAY- 4/6 | <i>Enjoy Your Meals!</i> |
| <p>Homemade Spinach Spaghetti Chicken Alfredo Or Chef's Choice Salmon over Rice</p> <p>Coleslaw Applesauce Or Cottage Cheese</p> <p>Brussel Sprouts Mixed Vegies</p> <p>Apple Crisp Or Mangos</p> | <p>French Onion Pot Roast Or Steak, Egg & Cheese Bagel</p> <p>Cucumber Salad Applesauce or Cottage Cheese</p> <p>Mashed Potatoes w/ Gravy Carrots</p> <p>Brownie Sundae Or Pears</p> | <p>Pesto Gnocchi Or Fish Sandwich</p> <p>Tossed Salad Applesauce Or Cottage Cheese</p> <p>Loaded Baked Potato Beets Green Bean Casserole</p> <p>Strawberry Pie Or Peaches</p> | <p><i>Substitutions available for special dietary needs. See the cook in advance for any special needs.</i></p> <p><i>Choose one entrée, one salad, one dessert and as many other sides as desired. Bread is on the table at your request.</i></p>  |

