

BROOKSIDE CHATTER

Brookside Buzz

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Issue March 3rd, 2025 Editor: Karla Searl



Linda Murdock and Johanna Villanti on March 3rd, George Larabee and Betty Yousey on March 5th, Millie Laurence and Barb Dunn on March 8th

Monday, March 3rd

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

2:00 pm ...Bingo

Tuesday, March 4th

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, March 5th

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

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

7:00 pm...Euchre

Thursday, March 6th

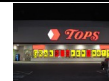
9:35 am.. Tops Shopping and Banking

10:30 am...Rosary

Friday, March 7th

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

10:00 am... Exercise Class



Springtime is the land of awakening. March winds are the morning yawn.
- Lewis Grizzard

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 3rd, is Caregiver Appreciation Day! These hard working, self sacrificing people often go without recognition for the commitment they make to the people that need them. Today is a day to celebrate and say thank you to all care professionals.

Tuesday, March 4th, is ... (curiously enough), March Forth Day! Go forth, full steam ahead towards your dreams. March Forth Day is made to encourage everyone to take a stand against procrastination.

Wednesday, March 5th, is Hug a G.I. Day! Today we celebrate the service men and women that protect and defend our country, by giving them a hug! If you don't feel comfortable bear-hugging a soldier, a handshake or thoughtful gift will do.

Thursday, March 6th, is National Oreo Day! These cookies with crisp chocolate cookies and creamy filling have captured the hearts and stomachs of Americans.

Friday, March 7th, is Alexander Graham Bell Day! It was on this day that Bell was granted a patent for "transmitting vocal or other sounds telegraphically." The rest is history.















Saturday, March 8th, is International Women's Day! Today the world celebrates the historical, cultural and political achievements of women. We can reflect on the remarkable contributions that women have made.

Sunday, March 9th, is Genealogy Day! It's perfectly alright today to poke around in your past. When you learn more about your ancestors, you connect with a larger history.

Have a safe and happy week!



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

MONDAY March 3rd	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 4th	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	  
WEDNESDAY March 5th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercise) 10:00 AM.. Exercise Class (Easy Does it w/ Craig Maracci) 1:00 PM.. Pinochle 7:00 PM...Euchre	 
THURSDAY March 6th	Beauty Salon...Call 315-523-5048 for an appointment 9:35 PM... Tops Shopping and Banking 10:30 PM...Rosary 7:00PM....Dominoes	  
FRIDAY March 7th	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 8th	3:00 PM...Social Hour	
SUNDAY March 9th	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 3rd, 2025

Alternate choice for this week is : Mac & Cheese Soup w/ Garlic Bread.

MONDAY- 3/3	TUESDAY- 3/4	WEDNESDAY- 3/5	THURSDAY- 3/6
<p>Parmesan & Herb Chicken Breast Or Macaroni & Cheese</p> <p>Apple, Broccoli Salad Applesauce Or Cottage Cheese</p> <p>Side of Mac'n'Cheese Mixed Veggies</p> <p>Heaven on Earth Cake Or Grapes</p>	<p>Breakfast Sliders w/ Hashbrowns Or Goulash</p> <p>Fruit Salad Applesauce Or Cottage Cheese</p> <p>Glazed Carrots Broccoli</p> <p>Mint Chocolate Chip Cheesecake Brownie Or Pineapple</p>	<p>Buffalo Chicken Tossed Salad Or Hot Roast Beef Sandwich</p> <p>Raspberry Fluff Salad Applesauce Cottage Cheese</p> <p>Green Beans Roasted Zucchini</p> <p>Heavenly Oreo Dessert Or Mixed Fruit</p>	<p>Jerked Pork Or Brown Bag Lunch (Bolognese & Cheese Sand., Cheese Sticks, & Fruit Cup)</p> <p>Macaroni Salad Applesauce or Cottage Cheese</p> <p>Fresh Veggies w/ Ranch French Fries</p> <p>Snickers Ice Cream Bar Or Tropical Fruit</p>
FRIDAY- 3/7	SATURDAY- 3/8	SUNDAY- 3/9	<i>Enjoy Your Meals!</i>
<p>Tomato Soup w/ Egg Salad Sandwich Or Chef's Choice Salmon</p> <p>Coleslaw Applesauce Or Cottage Cheese</p> <p>Spinach Puff Squash Baked Potato w/ Sour Cream</p> <p>Blueberry Parfait Or Apricots</p>	<p>Chicken & Waffles Sandwich & Fries Or Brown Sugar & Bourbon Pork Chops</p> <p>Cucumber Salad Applesauce or Cottage Cheese</p> <p>Mexican Corn Stewed Tomatoes</p> <p>Boston Crème Pie Or Pears</p>	<p>Ham Loaf Or Chicken Cordon Bleu</p> <p>Tossed Salad Applesauce Or Cottage Cheese</p> <p>Mashed Potatoes w/ Gravy Beets Wax Beans</p> <p>Tiramisu Or Bananas</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>



Residents' Corner

Monday, March 3rd 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, March 4th At 8:30 am, we will have our Resident Coffee Hour. At 9:35 am, we will go to Walmart. Ride along or bring list to Karla. At 2:00 pm, Friends of God will be in the activity room for a music performance. At 2:00 pm, we will ride to Nolt's Country Store.

Wednesday, March 5th At 7:00 pm, we have Euchre in the activity room.

Thursday, February 6th, At 9:35am, we will go to Tops Plaza for Shopping and Banking. Ride along or bring a list to Karla.

Friday, March 7th At 9:00am, we have exercise class w/ (Stronger Seniors). At 10:00 am, we will have exercise class w/ the (Stronger Senior Stretching).

Resident Coffee Hour Menu– On Tuesday, March 4th @ 8:30 am, we will serve Ham, Egg, Spinach & Ricotta Breakfast Casserole for our Resident Coffee Hour.

Pancake Breakfast– On March 15th@ 7:30am-9:30 am ,Brookside is having there 25th Annual Pancake Breakfast.

Come and enjoy delicious pancakes w/ locally produced pure maple syrup, as well as eggs, home fries, bacon, sausage, coffee & juice. **Adults : \$14.00, Children between the ages 4-8 : \$10.00**, Children 3 and under are free. The proceeds go into the Employee Hardship Fund. The event is open to the public

Plan Ahead, Mark Your Calendar... Tuesday, March 11th... Resident Council
Thursday, March 13th...Watertown Hearing
Saturday, March 15th ...Pancake Breakfast
Wednesday, March 19th... Crystal Light

Welcome to Allen's Alley

The Sense of a Goose.

When you see geese flying in "V" formation, you might consider what science has discovered as to why they fly that way. As each bird flaps its wings, it creates uplift for the bird immediately following. By flying in the "V" formation, the whole flock adds at least 71% greater range than if the bird in front flew on its own.

LESSON: People who share a common direction and sense of community can get where they are going more quickly and easily because they are traveling on the trust of another.

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to fly alone, and quickly gets back into formation to take advantage of the "lifting power "of the bird immediately in front.

LESSON: If we have as much sense as a goose, we will stay in formation with those who are headed where we want to go, and be willing to accept their help as well as give ours to others.

When the lead goose gets tired, it rotates back into formation and another goose flies at the point position.

LESSON: It pays to take turns doing tasks and sharing leadership.

The geese in formation honk from behind to encourage those up front to keep up their speed.

LESSON: We need to make sure our honking from behind is encouraging and not something else.

When a goose gets sick or wounded, two geese drop out of formation and follow it down to protect it. They stay with it until it is able to fly again or dies. Then they launch out on their own, starting another formation or catching up with the flock.

LESSON: If we have as much sense as geese, we will stand by each other in difficult times as well as when we are strong.