

BROOKSIDE CHATTER

Brookside Buzz

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Issue May 12th, 2025 Editor: Karla Searl

No Birthdays

Monday, May 12th

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

1:00 pm... Walk with Ease Class

2:00 pm ...Bingo

Tuesday, May 13th

9:35 am... Walmart Shopping

1:30 pm...Resident Council Meeting

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

Wednesday, May 14th

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

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

1:00 pm...Walk with Ease Class

7:00 pm...Euchre

Thursday, May 15th

9:35 am....Tops Shopping and Banking

7:00 am...Dominos

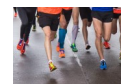
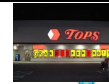
Friday, May 16th

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

10:00 am... Exercise Class

1:00 pm... Walk with Ease Class

7:00 pm...Euchre



In the spring, at the end of the day, you should smell like dirt.

- Margaret Atwood

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, May 12th, is World Migratory Bird Day! This holiday focuses on making communities more bird friendly. Migratory birds face many challenges along the way. Having clean water, native plants and avoiding the use of dangerous chemicals are some of the simple ways we can help.

Tuesday, May 13th, is Tulip Day! These brightly decorative spring blooming flowers can be found in almost every color. Their origin began in Central Asia and were then planted in the Netherlands in the 16th century for medicinal purposes.

Wednesday, May 14th, is National Decency Day! This holiday promotes decency when conducting discussions and debates. Active listening, better understanding and compassion are important skills to develop and utilize.

Thursday, May 15th, is National Employee Health & Fitness Day! Celebrate the benefits of fitness in the work place. Physical and mental fitness help w/ restful sleep, good decision making and confidence.

Friday, May 16th, is National Do Something Good For Your Neighbor Day! Celebrate the community that you are a part of. Show kindness by helping out w/ simple chores, inviting someone to dinner or dropping off some cookies.

Saturday, May 17th is National Pizza Party Day! There is something about the combination of standard flavors– Cheese, Sauce, spices and herbs that is so delicious and allows for endless experimentation.

Sunday, May 18th is Armed Forces Day! This day celebrates America's revered heroes under five branches of the U.S. military.




Brookside Senior Living Community Activities Calendar For the Week of May 12th, 2025

MONDAY May 12th	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 1:00 PM... Walk w/ Ease Class 2:00 PM... Bingo 7:00 PM... Dominoes	  
TUESDAY May 13th	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 May 14th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercise) 10:00 AM.. Exercise Class (Easy Does it w/ Craig Maracci) 1:00 PM.. Pinochle 1:00 PM... Walk w/ Ease Class 7:00 PM...Euchre	  
THURSDAY May 15th	Beauty Salon...Call 315-523-5048 for an appointment 9:35 PM... Tops Shopping and Banking 10:30 PM...Rosary 7:00PM....Dominoes	  
FRIDAY May 16th	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) 1:00 PM... Walk w/ Ease Class 7:00 PM...Euchre	  
SATURDAY May 17th	3:00 PM...Social Hour	
SUNDAY May 18th	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 May 12th, 2025

Alternate choice for this week is: Chef Salad w/ Pepperoni

MONDAY– 5/12	TUESDAY– 5/13	WEDNESDAY– 5/14	THURSDAY– 5/15
<p>Macaroni & Cheese Or Cobb Salad w/ Salami & Roll</p> <p>Mexican Chop Salad Applesauce Or Cottage Cheese</p> <p>Broccoli Corn</p> <p>Ice Cream Sandwich Or Pineapple</p>	<p>Stuffed Peppers Or Chicken Patty w/ Lettuce, Tomato & Onion on a Bun</p> <p>Orange Fluff Salad Applesauce Or Cottage Cheese</p> <p>Brussel Sprouts California Blend French Fries</p> <p>Chocolate Cake w/ Peanut Butter Frosting Or Pears</p>	<p>Roasted Pork w/ Noodles Or Cold Plate w/ Turkey, Cheese, Fresh Fruit & Muffin</p> <p>Marinated Tomatoes Applesauce Cottage Cheese</p> <p>Mixed Veggies Asparagus</p> <p>Chocolate Pudding Or Grapefruit</p>	<p>Marinated Chicken Breast Or Cheeseburger w/ Lettuce, Tomato and Onion on a Bun</p> <p>Pasta Salad Applesauce or Cottage Cheese</p> <p>Salt Potatoes Baked Beans</p> <p>White Chocolate Chip & Cranberry Cookies Or Watermelon</p>
FRIDAY– 5/16	SATURDAY– 5/17	SUNDAY– 5/18	<i>Enjoy Your Meals!</i>
<p>Creamy Garlic Butter Salmon on Noodles Or Loaded Sweet Potato Fries w/ Crispy Chicken</p> <p>Coleslaw Applesauce Or Cottage Cheese</p> <p>Peas Spinach</p> <p>Butterfinger Caramel Cheesecake Bar Or Mangos</p>	<p>Stuffed Acorn Squash Or Sloppy Joes on Garlic Bread</p> <p>Applesauce Jell-O Salad Applesauce or Cottage Cheese</p> <p>Baked Potato w/ SC Carrots Beets</p> <p>Blueberry Brioche Crumb Cake Or Peaches</p>	<p>Crab Rolls Or Baked Ham w/ Pineapple Ring</p> <p>Tossed Salad Applesauce Or Cottage Cheese</p> <p>Mashed Potatoes Green Beans Cauliflower</p> <p>Lemon Meringue Pie Or Mandarin Oranges</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

Attention Brookside!!- Adirondack Floor Care will be here on Thursday, June 5th to clean chairs in the activity room along with a few hallways. They will return again on June 3rd, 6th and the 10th from 8:00am to 4:00pm on each day to clean apartment carpets. If you have not resided at Brookside for a year, your carpet will not be cleaned at this time. The office will call and let you know when you have been scheduled. Please use caution on the days that the common areas are being cleaned, as the floors may be slippery.

Resident Supper Menu for Thursday, May 22nd ... Company's Coming Casserole! A dish made with ground beef, noodles, onions & peppers in a creamy marinara sauce.

Plan Ahead, Mark Your Calendar...

Monday, May 19th...Down Home
Tuesday, May 20th...Aaron Karppala
Wednesday, May 21st... Cystal Light
Thursday, May 22nd...Resident Suppert
Saturday, May 24th...Black River Band
Wednesday, May 28th...Rebecca Minor
Thursday, May 29th...Resident Birthday Party

Welcome to Allen's Alley

What's your story?

I've been writing my stories, (Allen's Alley), for over 40 years. The stories are an attempt to entertain as well as share. As Editor of our local paper, I didn't always have a scintillating newsy tale to tell as we went to press. There isn't a lot of rioting and revolution in Lewis County...that's why we all live here.

As I discovered early on, there are many folks all around me who do have stories, ...stories of achievement, love and loss, stories of pain, disappointment, suffering. Some have stories of incredible strength, attitude, hope and determination. Also, fun stories full of humor and laughter. I have always tried to write the stories for my readers in the spirit they were offered and not disappoint the story teller.

My wife and I feel that sharing our stories with our kids is so important to us that we subscribe to a service that collects our stories and prints a hard copy of them for our children (and, yes, those children that we will never get to know). My copy is entitled, Conversations With My Children. What's your story?

I'm looking for your story. The value of doing this for yourself and your children and grandchildren (ad infinitum) could be incredible. Write to me. Maybe we can work things out.

Gordon Allen at jrnled80@icloud.com