

BROOKSIDE CHATTER

Brookside Buzz

5701 Brookside Circle, Lowville, New York, 13367

Office Telephone: 315-376-4333

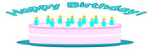
Website: www.brooksideseiorliving.org

Email: brooksideseiorliving.org

Issue May 5th, 2025 Editor: Karla Searl



Karla Searl on May 11th



Tom and Nancy Knapp on May 11th

Monday, May 5th

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

1:00 pm... Walk with Ease Class

2:00 pm...Bingo

Tuesday, May 6th

8:30 am...Resident Coffee Hour

9:35 am... Walmart Shopping

2:00 Friends of God

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

Wednesday, May 7th

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

3:00 pm...Peg Nuspliger and Choir

Thursday, May 8th

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

1:30 pm...UP Coalition Survey

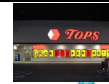
Friday, May 9th

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

10:00 am... Exercise Class

1:00 pm... Walk with Ease Class

2:00 pm...Mother/Daughter Tea Party



So much of what we know about love, we learned from our mother.
- Stuart Clark

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, May 5th, is Cinco De Mayo. Although this is a Mexican holiday, it is based on a battle that also changed the course of history for America. If Mexico had not defeated Napoleon's Army in 1862, there is a good chance that America could have been overtaken by the French.

Tuesday, May 6th, is National Nurses Day! They are on the front line every day. Nurses often work thankless shifts on their feet the whole time. Today we take a moment to appreciate the people that are there for us, when we are most vulnerable.

Wednesday, May 7th, is National Teacher's Day! Knowledge is power and teachers are purveyors of knowledge. They take on so much and get paid very little. Today is the day to give thanks to all the teachers in the world.

Thursday, May 8th, is Reward Yourself Day! Treat yourself to some pampering. Poor a hot bath, get a hair cut, go for a hike or indulge in your favorite treat.

Friday, May 9th, is Lost Sock Day! Losing one sock of a perfectly matched pair is a widespread phenomenon. Organize your sock drawer today.

Saturday, May 10th is Fintastic Friday! This holiday promotes the conservation of sharks.

These important predators play a critical role in maintaining biodiversity in the ocean to balance our ecosystem.

Sunday, May 11th is Mother's Day!! The job of motherhood is ever changing & frequently exasperating. Moms don't get days off, or receive handsome salaries. Celebrate the most important woman in your life.


Brookside Senior Living Community Activities Calendar For the Week of May 5th, 2025

MONDAY May 5th	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 Calss 2:00 PM... Bingo 7:00 PM... Dominoes	  
TUESDAY May 6th	8:30 PM...Resident Coffee Hour 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 2:00 PM...Friends of God 7:00 PM...Golf	 
WEDNESDAY May 7th	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 3:00 Peg Nuspliger and Chorus 7:00 PM...Euchre	 
THURSDAY May 8th	Beauty Salon...Call 315-523-5048 for an appointment 9:35 PM... Tops Shopping and Banking 10:30 PM...Rosary 1:30 PM...UP Coalition Survey 7:00PM....Dominoes	  
FRIDAY May 9th	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 2:00 PM... Mother/Daughter Tea Party 6:00 PM... Poetry Café w/ Kim Cavanaugh	  Euchre is Cancelled Today
SATURDAY May 10th	3:00 PM...Social Hour	
SUNDAY May 11th	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 May 5th, 2025

Alternate choice for this week is: BLT Wraps w/ Chips.

MONDAY– 5/5	TUESDAY– 5/6	WEDNESDAY– 5/7	THURSDAY– 5/8
<p>Cantonese Chicken w/ Baked Potato Or Chili w/ Cornbread</p> <p>Veggie Salad Applesauce Or Cottage Cheese</p> <p>Beets Cauliflower</p> <p>Lemon Cake Or Mangos</p>	<p>Bacon, Cheddar, Potato and Egg Bake Or Cold Plat w/ Macaroni Salad, Muffin, Salami, Cheese & Crackers</p> <p>Pistachio Salad Applesauce Or Cottage Cheese</p> <p>Fried Cabbage Stewed Tomatoes</p> <p>Chef's Choice Cookies Or Peaches</p>	<p>Beef Tips w/ Mushrooms & Gravy over Mashed Potatoes Or Chicken Tenders w/ Honey Mustard Sauce & French Fries</p> <p>Grape Salad Applesauce Cottage Cheese</p> <p>Spinach Glazed Carrots</p> <p>Rhubarb Bars Or Pineapple</p>	<p>Bacon Wrapped Pork Or Reuben Casserole</p> <p>Spinach Salad Applesauce or Cottage Cheese</p> <p>Party Potatoes Fresh Veggies w/ Ranch Corn</p> <p>Cherry Cobbler Or Pears</p>
FRIDAY– 5/9	SATURDAY– 5/10	SUNDAY– 5/11	Enjoy Your Meals!
<p>Seafood Alfredo Or Salisbury Steak</p> <p>Coleslaw Applesauce Or Cottage Cheese</p> <p>Squash Broccoli</p> <p>Chocolate Pudding Or Mixed Fruit</p>	<p>Turkey & Swiss Sliders w/ Cranberry Sauce Or Roasted Pork Loin</p> <p>Pasta Salad Applesauce or Cottage Cheese</p> <p>Baked Sweet Potato Baked Beans</p> <p>Hot Butterscotch Sundae Or Mandarin Oranges</p>	<p>Honey Glazed Salmon Or Roasted Chicken & Veggies</p> <p>Pear Salad Applesauce Or Cottage Cheese</p> <p>Mashed Potatoes w/ Gravy Peas Corn Casserole</p> <p>Lemon Cream Pie Or Grapefruit</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.

Mother/Daughter Tea– The Mother/Daughter Tea Party will be held on Friday, May 9th @ 2:00pm. Finger foods will be served. If you plan to attend, please R.S.V. P. by Monday, May 5th, by calling the office . The number is (315)- 376-4333. Invitations have been sent to your daughter(s) and daughter in-law(s). They have been asked to R.S.V.P. by Monday, May 5th. We look forward to seeing you for a very special afternoon.

Poetry Café– On May 9th @ 6:00 PM, Brookside is hosting the local author Kim Cavanaugh . She will be reading from her newly published poetry book called, Soul Dancing on Paper. We will be serving cups of inspiration and light refreshments. It is open to the public. Please come out and join us for something new and fun. Residents of Brookside that have a poem to share are also encouraged to read it at the poetry event.

Wellness Matters– The Lowville Lions Club will be hosting a seminar on Tuesday, May 27th from 3:00pm-4:00pm at Double Play Community Center. The speaker will be Laura Yakey with the Central Association for the Blind & Visually Impaired. Laura is a seasoned rehabilitation specialist and she provides orientation, mobility and vision rehabilitation services to individuals of all ages. If you are interested, contact Cheryl Lalonde at 315-771-3455.

Resident Coffee Hour Menu– Cheesy Croissant Breakfast Casserole

Free Gift Card!!– On May 8th at 1:30 pm, Jenna Hanchek with the UP Coalition will be coming in to talk about substance abuse. She will have a survey to fill out and anyone who participates will receive a \$10.00 gift card for a local business!

Plan Ahead, Mark Your Calendar... Tuesday, May 13th...Resident Council Meeting
Monday, May 19th...Down Home
Tuesday, May 20th...Aaron Karppala
Wednesday, May 21st... Crystal Light

Welcome to Allen's Alley

Spam calls are a nuisance.

It's Sunday morning and the phone rings. My wife picks it up. She listens for a time and then gives the Allen Household response." I'm sorry, but we don't give to outside of our community over the phone."

Then she makes a mistake.

She waits for his response.

I smile. My wife is a sweetheart. Everyone gets a break with my wife. She's just nicer than I am.

The voice continues his spiel, reading from a script that tells him exactly what to say to such a response.

She gives him a bit more time and then hangs up as she realizes he won't ever stop unless she does.

"You're nicer than I am. "My hand would have been dropping as soon as I answered."

"It was the State Troopers." she says.

The voice on the phone could have been collecting for the sheriff, the Association to Cure Cancer, Diabetes or Alzheimer's...Diseases I already have or worry about. But we have no way of telling if he is legitimate or how much of your gift is used well.