

BROOKSIDE CHATTER

Brookside Buzz

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Doris Pisaniello and Duane Wicks on November 11th, Teddie Woodhouse on November 12th, Colette Cross on November 13th, Jeanette Wicks on November 14th and James Rush on November 15th

What's New This Week

Monday, November 11th Veterans Day!

9:00am... Tops Grocery Shopping and Banking

2:00 pm ...Bingo

Tuesday, November 12th

9:35 am... Walmart Shopping

1:30 pm...Resident Council Meeting

2:00pm... Kinney's Shopping

Wednesday, November 13th

1:00 pm... Walking Class

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

Thursday, November 14th

9:35am...Tops Shopping and Banking

7:00 pm...Dominoes

Friday, November 15th

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

10:00 am... Exercise Class (Stronger Seniors– Strength Training)



Its better to grow old with a sense of humor than to grow old with no sense at all.

- Anonymous

Monday, November 11th, is Veterans Day! This is a tribute to all military that have served in the U.S. Armed Forces making sacrifices and contributions for our country.

Tuesday, November 12th, is International Tongue Twister Day! These tricky nonsensical sayings are silly ways to practice pronunciation.

Wednesday, November 13th, is World Kindness Day! Today is an opportunity to reflect on one of the most important and unifying principles. There is positive potential in both large and small acts of kindness.

Thursday, November 14th, is National Pickle Day! Americans consume more than 9lbs of pickles per person annually. Whether this fermented treat is sweet, dill, spicy or bread and butter, this salty snack is loved by so many people.

Friday, November 15th, is National Clean Out Your Fridge Day! The holidays are coming and we need room for food and leftovers. Don those rubber gloves and get a bucket of hot soapy water.

Saturday, November 16th, Great American Smokeout Day! The American Cancer Society chose this day to bring people together in the name of quitting! The dangers of tobacco use are highlighted on this day.

Sunday, November, 17th is Guinness World Record Day! Sir Hugh Beaver, the managing director of Guinness Brewery, wanted to compile a fact-checking book. This amazing compilation is one of the best selling books in the world.

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.

Have a safe and happy week!



Brookside Senior Living Community Activities Calendar For the Week of November 11th, 2024

<p>MONDAY November 11th</p>	<p style="text-align: center; color: red;">Veterans Day</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</p>	  
<p>TUESDAY November 12th</p>	<p>9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:35 AM...Walmart Shopping 1:30 PM.. Resident Council 2:00 PM...Kinney's, ride along or bring list to Karla 7:00 PM ...Game Night</p>	   
<p>WEDNESDAY November 13th</p>	<p>9:00 AM...Exercise Class (Stronger Seniors Chair Exercises) 10:00 AM...Exercise Class (Easy Does it w/Craig Maracci) 1:00 PM...Pinochle 2:00 PM... Shopping at Nolt's 7:30 PM.. Euchre</p>	  
<p>THURSDAY November 14th</p>	<p>Beauty Salon...Call 315-523-5048 for an appointment 9:35 AM...Tops Grocery Shopping and Banking 10:30 AM...Rosary in the 200 Wing Lounge 7:00 PM... Dominoes</p>	 
<p>FRIDAY November 15th</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)</p>	
<p>SATURDAY November 16th</p>	<p>3:00 PM...Social Hour</p>	
<p>SUNDAY November 17th</p>	<p>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</p>	

Brookside Dinner Menu

For the Week of November 11th, 2024

Alternate choice for this week is : Crock Pot Chicken Soup w/ a Roll . Dressing is on the table.

MONDAY- 11/11	TUESDAY- 11/12	WEDNESDAY- 11/13	THURSDAY- 11/14
<p>Meatloaf w/ Mashed Potatoes Or Kielbasa & Sauerkraut on a Roll</p> <p>Cucumber Pomegranate Salad Applesauce Or Cottage Cheese</p> <p>Winter Blend Squash</p> <p>Chocolate Cake w/ Peanut Butter Frosting Or Pears</p>	<p>Marinated Chicken Or Cream of Mushroom Pork Chops</p> <p>Macaroni Salad Applesauce Or Cottage Cheese</p> <p>Parsley Potatoes Glazed Carrots Zucchini</p> <p>Raspberry Bars Or Peaches</p>	<p>Turkey Sub Or Tomato Tortellini Soup w/ Garlic Bread</p> <p>Broccoli Salad Applesauce Cottage Cheese</p> <p>Peas Mixed Veggies</p> <p>Vanilla Pudding Or Grapefruit</p>	<p>Honey Glazed Pork Roast w/ Party Potatoes Or Tuna Noodle Casserole</p> <p>Layered Lettuce Salad Applesauce or Cottage Cheese</p> <p>Beets Corn</p> <p>Chocolate Ice Cream Or Fresh Fruit</p>
FRIDAY- 11/15	SATURDAY- 11/16	SUNDAY- 11/17	<i>Enjoy Your Meals!</i>
<p>Chicken Tenders on Waffles Or Lemon Pepper Fish</p> <p>Coleslaw or Applesauce or Cottage Cheese</p> <p>French Fries Spinach Cauliflower</p> <p>Orange Creamsicle Cookie Or Mixed Fruit</p>	<p>Cheeseburger w/ Lettuce, Tomato & Onion Or BBQ Hot Dog on a Roll.</p> <p>Pasta Salad Applesauce or Cottage Cheese</p> <p>Salt Potatoes Baked Beans</p> <p>Pumpkin Crisp Or Pineapple</p>	<p>Roast Beef w/ HS Sauce Or Chicken Pot Pie Pasta</p> <p>Tossed Salad Applesauce Or Cottage Cheese</p> <p>Mashed Potatoes w/ Gravy Wax Beans Corn Casserole</p> <p>Apple 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

Monday, November 11th 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, November 12th, At 9:35 am we will go to Walmart. Ride along or bring list to Karla. At 1:30 pm, we will have our Resident Council meeting. At 2:00pm we will be going to Kinney's. Ride along or bring a list to Karla.

Wednesday, November 13th at 2:00 pm we will go shopping at Nolt's Country Store.

Thursday, November 14th, At 9:35am we will go to Tops Plaza for Shopping and Banking. Ride along or bring a list to Karla.

Friday, November 15th At 9:00am we have exercise class, (Stronger Seniors) At 10:00 am, we have exercise class, (Stronger Seniors– Weight Training)

Plan Ahead, Mark Your Calendar... November 18th...Down Home
November 23rd Don Henry Music Performance

Welcome to Allen's Alley

Are you a story catcher?

Each person is born into life as a blank page...and each person leaves life as a full book. Stories are a narrative thread of our experiences. Our lives are our story and our story is our life.

If you practice the art of connection, you have an important role to play. As a “story catcher” you entice others with your best tales; they ask a leading question, then wait with full attention. We speak, we write, and we are heard. Story catchers invite the stories we need to hear. Story catchers know that the mix of wisdom, wit and wonder spills into the room in story space and reconnects us.

The times we sit and eat together are not the only story times. Gossip over coffee at the local café...stories around the campfire, stories told at the morning coffee table at Brookside. Women share stories over the back fence. Men lean off the tail-end of their pickups and tell stories.

Stories...it's what we do.

There are some 25,682 people in Lewis County. Each of us has stories to tell. Are you a catcher?