

BROOKSIDE CHATTER

Brookside Buzz

5701 Brookside Circle, Lowville, New York, 13367

Office Telephone: 315-376-4333

Website: www.brooksideseniorliving.org

Email: brooksideseniorliving.org

Issue: **October 14th, 2023**

Editor: **Karla Searl**



Paul Stackel on October 14th

Monday October 14th

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

1:00 pm.. Walking Class

2:00 pm ...Bingo

Tuesday, October 15th

9:35 am... Walmart Shopping

2:00 pm... Kinney's Shopping

7:00 pm...Game Night

Wednesday, October 16th

1:00 pm... Walking Class

2:00 pm...Trip to Nolt's

6:30pm...St. Stephens Ministries Music Performance

Thursday, October 17th

9:35 am.. Tops Grocery Shopping and Banking

2:00 pm...Tug Hill Land Trust Educational Bird Talk

Friday, October 18th

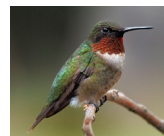
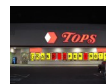
1:00 pm... Walking Class

4:30pm...Covered Dish Supper

7:00pm... Euchre

Saturday, October 19th

11:00pm-2:00pm....Apple Fest !!



You'll never find a rainbow if you're looking down.
- Charlie Chaplin

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, October 14th is National Penguin Awareness Day! These majestic birds are in rapid decline due to pollution and loss of habitat. Check out ways to save penguins.

Tuesday, October 15th is Global Handwashing Day! Perfect timing for the beginning of flu season! Spreading awareness about the value of this most basic habit, is better than spreading germs.

Wednesday, October 16th is National Boss's Day! Shout out to Jen! Today is a day to recognize all the hard work that bosses do to make work a collaborative environment that leads to success.

Thursday, October 17th is National Pasta Day! It's not just spaghetti, fettuccini and macaroni ; there are hundreds of different shapes and countless ways to cook this dish.

Friday, October 18th is National Alaska Day! The land of gold, salmon, polar bears and oil is America's last frontier. This beautiful state was purchased by the Russian Empire in 1867 for 7.2 million dollars. This turns out to be about 2 cents an acre.

Saturday, October 19th is National New Friends Day! There is potential for friendship everywhere you go. Make room for new connections in your life. Good friends are the family that you choose.

Sunday, October 20th is World Osteoporosis Day! Educate yourself and others on the importance of protecting your bones and your muscles. Take vitamins. Have a bone density test and an exercise routine.

Have a safe and Happy Week!





Brookside Senior Living Community Activities Calendar For the Week of October 14th, 2023

MONDAY October 14th	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...Walking Class 2:00 PM... Bingo	  
TUESDAY October 15th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:35 AM...Walmart Shopping 2:00 PM...Kinney's, ride along or bring list to Karla 7:00 PM...Game Night	   
WEDNESDAY October 16th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises) 10:00 AM...Exercise Class (Easy Does It w/Craig Maracci) 1:00PM... Walking Class 2:00 PM... Shopping at Nolt's 1:00 PM...Pinochle 6:30PM...St. Stephen's Ministries Music Performance <p style="text-align: center; color: green;">(Euchre moved to Friday)</p>	   
THURSDAY October 17th	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 2:00 PM...Tug Hill Tomorrow Land Trust Educational Bird Talk 7:00 PM...Dominoes	  
FRIDAY October 18th	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...Walking Class 4:30 pm...Covered Dish Supper	 
SATURDAY October 19th 	3:00 PM...Social Hour	
SUNDAY October 20th	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 October 14th, 2023

Alternate choice for this week is: Vegie Soup w/ Chicken Salad Sandwich

MONDAY- 10/14	TUESDAY- 10/15	WEDNESDAY- 10/16	THURSDAY- 10/17
<p>Sausage Gravy over Biscuits Or Monterey Jack Chicken</p> <p>Pistachio Salad Or Applesauce or Cottage Cheese</p> <p>Cranberry Sweet Potato Bake Mixed Veggies</p> <p>Chocolate Pudding w/ Peanut Butter Cups Or Pears</p>	<p>Broccoli & Cheddar Soup w/ Ham Salad Sandwich Or BBQ Meatballs w/ Buttered Noodles</p> <p>Apple Salad Or Applesauce Or Cottage Cheese</p> <p>Green Beans Cauliflower</p> <p>White Chocolate Chip Cookie Bars Or Pineapple</p>	<p>Chicken Bacon Ranch Chef Salad Or Crab Patties w/ Seasoned Diced Potatoes</p> <p>Marinated Tomatoes Or Applesauce Cottage Cheese</p> <p>Buttered Beets Corn</p> <p>Mocha Chocolate Cup Cake Or Pineapple</p>	<p>Glazed Ham Or Mushroom Swiss Burger</p> <p>Strawberry Spinach Salad or Applesauce or Cottage Cheese</p> <p>Baked Potato w/ Sour Cream Broccoli Carrots</p> <p>Apple Crisp Or Mixed Fruit</p>
FRIDAY- 10/18	SATURDAY- 10/19	SUNDAY- 10/20	<i>Enjoy Your Meals!</i>
<p>Battered Haddock w/ French Fries Or Lasagna w/ Garlic Bread</p> <p>Coleslaw or Applesauce or Cottage Cheese</p> <p>Succotash California Blend</p> <p>Samoa Cheesecake Or Apricots</p>	<p>Veggie Beef Soup w/ Egg Salad Sandwich</p>  <p>APPLE FEST</p> <p>Dining Room Closed</p> <p>All Meals Will Be Delivered</p> <p>Ice Cream Sandwich</p>	<p>Pork Loin Or Beef Tips w/ Mashed Potatoes</p> <p>Tossed Salad or Applesauce Or Cottage Cheese</p> <p>Mashed Potatoes w/ Gravy Orange Glazed Carrots Buttered Spinach</p> <p>Coconut 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

Apple Fest! Brookside is having their annual Apple Fest on **Saturday, October 19th from 11:00am-2:00pm**. Friends of God will be playing live music. We will have a free petting zoo and games for kids. There will be free homemade apple pie, apple fritters, cider donuts and ice cream. There will be a craft fair in the activity room. Invite your families. Everyone is welcome!

Covered Dish Supper— On October 18th at 4:30pm, Brookside is having a covered dish supper in the activity room. There is a sign-up sheet near the main office to ensure a variety of dishes. Everyone is welcome. Bringing a covered dish is not mandatory. Donations are accepted.

Monday, October 14th At 10:00 am, we will be going to Tops for grocery shopping and banking. Ride along or bring a list to Karla. **At 2:00 pm**, Bingo will be in the activity room.

Tuesday, October 15th At 9:35am, we will go to Walmart. Ride along or bring list to Karla. **At 1:30pm**, The **At 2:00pm**, we will be going to Kinney's. Ride along or bring a list to Karla.

Wednesday, October 16th At 2:00pm we will go to Nolt's. **At 6:30pm**, St. Stephen's Music Ministry will perform in the activity room.

Thursday, October 17th At 9:35 am, we will be going to Tops Grocery Store. Ride along or bring a list to Karla. **At**

Friday, October 18th At 1:00 pm is the Walking w/ Ease Class meeting in the activity room.

2:00pm, Linda Gibbs will be in the activity room to present a fun and educational talk on the Tug Hill Area. **At 4:30pm** Brookside is having a covered Dish supper.

Saturday, October 19th At 11:00am-2:00pm, Brookside is celebrating Apple Fest!!!

Welcome to Allen's Alley

Staying Politically Correct

Some observations from an old geezer. You shouldn't be take having to be politically correct too seriously. You're going to blunder, I guarantee it. Everyone does. I find those who criticize me for my transgressions are sometimes guilty before they are out of sight. While they may be PC in their own estimation, some approach rudeness in mine. But I keep a happy face and I don't let it diminish my day.

I advise that we shouldn't take the issue too seriously because the rules seem to change depending on the company being considered.

A familiar scenario is a group of friends who have enjoyed an evening socially and are heading home. Someone will invariably offer a wave and a, "See you guys." And most women don't seem to mind. Here it appears all right to think generic in , mankind.

I don't have a problem with that but it is curious to me that no one offers a good night to a mixed crowd with a "See you girls around. "I'll probably hear it now and watch the males squirm.

How many times have you been out to dinner when that perky little waitress comes to your table and asks "How are you guys tonight?" Teens working the fast food jobs almost always refer to any group as "you guys. "It's fast, familiar and friendly and it works for me. I found it interesting when a female friend of mine said she was insulted by such politically incorrect familiarity.

I get a kick out of young females, usually less than age 35, who insist on being referred to as women--as apposed to girls. On the other hand, their older counterparts are delighted to be "girls" again.

And, I was told by one female friend that women prefer never to be called "ladies."- - Okay?!

There is an aversion by some men and women to "Ms." that I think is slowly being overcome, but over the years of editing copy I found many sidestepping the issue, using a women's first name and skipping, when possible, Ms. Or Miss altogether. I also found many women who attained "Mrs." status had no problem forgetting they should continue to use Ms.

As for men, the use of Mzzz will always be a concession they have been forced to make. Men have complained for eons that women are inscrutable and the use of Ms. Has been an invention designed to keep them perplexed.

How do I feel about all this? These are only my observations that I find curious. They are generalities (which I find safer to work in). I always find exceptions to my observations which help to keep me politically incorrect and disconcerted. I find it helps to always remain respectful- - and keep a sense of humor.