

BROOKSIDE CHATTER

Brookside Buzz

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Issue: **October 21st, 2024**

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Arlene Yousey on October 24th

Monday October 21st

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

1:00 pm.. Walking Class

2:00 pm ...Bingo

6:30pm...Down Home

Tuesday, October 22nd

9:45 am... Walmart Shopping

2:00 pm... Kinney's Shopping

7:00 pm...Golf

Wednesday, October 23rd

1:00 pm... Walking Class

2:00 pm...Trip to Marshalls

7:00 pm...Euchre

Thursday, October 24th

9:45 am.. Tops Grocery Shopping and Banking

2:00 pm...Baily-Wix (Music Performance)

Friday, October 25th

1:00 pm... Walking Class

2:30 pm...Birthday Party (All October Birthdays)

7:00pm... Euchre

Saturday, October 26th

6:30 pm... The Black River Trio



Monday, October 21st is National Apple Day! Everyone loves a good apple. Try a new kind today. Some are yellow, red or green. Chances are, they will all be crisp, juicy and delicious.

Tuesday, October 22nd is National Nut Day! A healthy snack option w/ an unparalleled crunch and flavor. This tiny super food is packed w/ protein, fiber, omega 3, minerals and reduces blood pressure.

Wednesday, October 23rd is National Boston Cream Pie Day! This yellow butter cake filled with custard and covered with chocolate glaze was invented in 1856. Back then, pie tins were more common than cake pans. That is why this cake is referred to as a pie.

Thursday, October 24th is National Kangaroo Day! Everyone loves these doe-eyed marsupials. They can hop as fast as 44mph and rear their joeys in small pouches.

Friday, October 25th is Lung Health Day! Increase your lung capacity with deep breathing, good posture, cardio and laughter. Stay away from air pollutants.

Saturday, October 26th is National Day of the Deployed. Say "Thank you." to all the military servicemen and women, and to their families. Our amazing U.S. troops have the most challenging assignments far away from home.

Sunday, October 27th is National Mentor Day! Everyone has some life experience that could help the next generation get ahead. Why not impart that wisdom? Become a mentor today!

We can't plan life. All we can do is be available for it.

- Lauren Hill-

On call this week – Rob Harper 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.




Brookside Senior Living Community Activities Calendar For the Week of October 21st, 2023

MONDAY October 21st	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 6:30 PM...Down Home	   
TUESDAY October 22nd	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...Golf	   
WEDNESDAY October 23rd	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 Marshalls 1:00 PM...Pinochle 7:00 PM...Euchre	  
THURSDAY October 24th	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... Baily-Wix (music Performance) 7:00 PM...Dominoes	  
FRIDAY October 25th	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 2:00 PM... October Birthday Party	 
SATURDAY October 26th	3:00 PM...Social Hour 6:30 PM... The Black River Trio	
SUNDAY October 27th	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 21st, 2023

Alternate choice for this week is: Chicken Noodle Soup w/ Roll.

MONDAY– 10/21st	TUESDAY– 10/22nd	WEDNESDAY– 10/23rd	THURSDAY– 10/24th
Shephard's Pie Or Crunchy Onion Pork Chop Cherry Brie Tossed Salad Applesauce Or Cottage Cheese Baked Potato w/ Sour Cream Mixed Veggies Strawberry Crunch Cheesecake Or Mixed Fruit	Minestrone Soup w/ Grilled Cheese Or Chicken Patty w/ Lettuce , Tomato, onion & French Fries Mandarin Orange Tossed Salad Applesauce Or Cottage Cheese Summer Veggie Blend Squash Pumpkin Bars Or Peaches	Spanish Rice Or Bacon & Cheddar Quiche Broccoli Salad Applesauce Or Cottage Cheese Beets Green Beans Coffee Cake Or Grapefruit	Cantonese Chicken Or Roasted Pork Loin Cottage Cheese w/ Peaches Applesauce Or Cottage Cheese Buttered Noodles Broccoli Carrots Raspberry Bars Or Pears
FRIDAY– 10/25th	SATURDAY– 10/26th	SUNDAY– 10/27th	<i>Enjoy Your Meals!</i>
Breaded Fish Sandwich w/ Potato wedges Or Mac n Cheese Coleslaw Applesauce or Cottage Cheese Peas Fresh Veggies w/ Ranch Molasses Cookies Or Fresh Fruit	Spaghetti w/ Meatballs Or Liver & Onions w/ Johnny Cake Caesar Salad Applesauce or Cottage Cheese Parsley Potatoes Corn Caramel Ice Cream Sundae Or Mandarin Oranges	Oven Roasted Baked Chicken Or Roast Beef w/ HS Sauce Cran-Raspberry Salad Applesauce Or Cottage Cheese Loaded Mashed Potato Casserole Green Bean Casserole Sonoma Veggie Blend Peanut Butter Pie Or Pineapple	<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, October 21st 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. At 6:30pm, Down Home will be in the activity room.

Tuesday, October 22nd At 9:35am, we will go to Walmart. Ride along or bring list to Karla. **At 2:00pm**, we will be going to Kinney's. Ride along or bring a list to Karla.

Wednesday, October 23rd At 2:00pm we will go to Marshalls.

Thursday, October 24th At 9:35 am, we will be going to Tops Grocery Store. Ride along or bring a list to Karla. At 2:00pm Baily-Wix will be giving a music performance in the activity room.

Friday, October 25th At 1:00 pm is the Walking w/ Ease Class meeting in the activity room. At 2:00pm we will have the October birthday party in the activity room.

Saturday, October 26th At 6:30pm The Black River Trio will be giving a music performance in the activity room.

Resident Supper Menu— On October 31st at 4:30pm, we will have a Spooky Resident Supper! The menu will be Cheeseburger Casserole.

Halloween Party at Brookside! - On October 31st, at 10:00 am, the children from Hand in Hand Childcare will be Trick or Treating around Brookside Circle. If you live in the Circle and want children to come to your house, put an orange ribbon on your door knob. We will pass out orange ribbons with the chatter. The children have time constraints so they will only walk around the circle. Around 10:15– 10:30, the kids will come to the main congregated building and we will hand out Halloween candy in front lounge. Everyone is welcome to join in! Please bring your own candy and be ready for the kids by 10:15am.

Plan Ahead, Mark Your Calendar... **Thursday , October 31st** ... Hand in Hand Trick or Treat Party (10:00 am)

Also! **Thursday, October 31st** ... Spooky Resident Supper! (4:30 pm)

Welcome to Allen's Alley

Origin of the Alley

Allen's Alley first aired on the radio December 6th, 1942 and was a recurring sketch, lampooning small town America. Oldtimers, like myself, remember the Fred Allen show on Sunday evenings. The sketch began with a monologue by Fred Allen and a conversation with his wife and fellow comedian Portland Hoffa. The duo was then whisked away to Allen's Alley where they met a colorful array of characters.

The characters on Allen's Alley were based on stereotypes of small town Americans and were incredibly funny. Colorful characters include New England farmer Titus Moody (catch phrase " Howdy Bub"), Brooklyn housewife Pansy Nussbaum, irate Irishman Ajax Cassidy, and most famously of all Southern Senator Beauregard Claghorn who coined the catch phrase " That's a joke , son."

Allen's Alley starred Fred Allen and an ensemble cast of comedians including Kenny Delmar, Minerva Pious, Peter Donald and Parker Fennelly. A favorite of mine was when comedian Phil Harris used to play the part of a minister who was being chased by a bear in the woods. The last stanza of his song as he ran for his life was, " Lord I don't care if you don't help me.. But please don't help the bear." I remember as a rug rat lying on the floor in front of the old Zenith radio in torrents of laughter whenever I heard him sing that refrain.