

BROOKSIDE CHATTER

Brookside Buzz

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Editor: Karla Searl

Carl Zehr on October 30th, Nancy Schubach and Quintin Roggie on October 31st

What's New This Week

Monday, October 28th

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

10:00... Early Voting

1:00 pm.. Walking Class

2:00 pm ...Bingo

Tuesday, October 29th

9:35 am... Walmart Shopping

2:00pm... Kinney's Shopping

Wednesday, October 30th

1:00 pm... Walking Class

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

7:00 pm...Euchre

Thursday, October 31st

(Shopping postponed for Friday)

10:00 AM... Trick or Treat w/ Hand in Hand

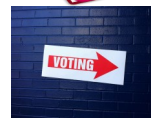
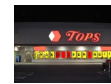
4:30 PM... Resident Supper

7:00 pm...Dominoes

Friday, November 1st

9:35am... Tops Shopping and Banking

1:30 pm...Early Voting



Keep your face always toward the sunshine and shadows will fall behind you.
- Walt Whitman

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 28th, is National Chocolate Day! We celebrate one of mankind's greatest culinary inventions of all time. 2,500 years ago the Aztecs used the cocoa plant, and the chocolate bar was invented in the 20th century. The rest is history!

Tuesday, October 29th, is Feed the Birds Day! We celebrate our relationship with birds today by putting out food and water. The chilly winter months make it hard for them to get the nourishment they need. A kind gesture is all they need.

Wednesday, October 30th, is National Treat Your Pet Day! Spoil your devoted, furry friend with attention, love and care. There's no harm in giving them an extra treat once in awhile!

Thursday, October 31st, is Halloween! It's a festive day with a spooktacular theme. Find a costume and eat some candy, or just stay home and hide out as the winds howl.

Friday, November 1st, is National Brush your Teeth day! Perfect timing after Halloween. Eating sweets is the #1 contribution to tooth decay. Treat yourself to a brand new toothbrush today!

Saturday, November 2nd, is National Deviled Egg Day! Everyone has a personal spin on this classic pot-luck treat. These hors d'oeuvres are cheap to make and always a crowd pleaser.

Sunday, November 3rd, is Day Light Savings Day! Brace yourself. Winter is coming! Tonight before bed we go around the house to set our clocks back. We get one more hour of precious sleep until March.

Have a safe and happy week!




Brookside Senior Living Community Activities Calendar For the Week of October 28th ,2024

MONDAY October 28th	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 10:00 AM... Shuttle to Elections Building For Early Voting 1:00 PM...Walking Class 2:00 PM... Bingo	 
TUESDAY October 29th	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 30th	8:00 AM-3:00 PM... Test your Life Net System 9:00 AM...Exercise Class (Stronger Seniors Chair Exercises) 10:00 AM...Exercise Class (Easy Does it w/Craig Maracci) 1:00 PM... Walking Class 1:00 PM...Pinochle 2:00 PM... Shopping at Nolt's 7:00 PM...Euchre	 
THURSDAY October 31st	Beauty Salon...Call 315-523-5048 for an appointment 10:00 AM...Trick or Treat w/ Hand in Hand 10:30 AM...Rosary in the 200 Wing Lounge 4:30 PM... Resident Supper 7:00 PM... Dominoes	 
FRIDAY November 1st	Beauty Salon...Call 315-523-5048 for an appointment 9:00 AM...Exercise Class (Stronger Seniors) 9:35 AM... Shopping and Banking at Tops 10:00 AM...Exercise Class (Stronger Seniors, Stretch DVD w/Anne Pringle Burnell) 1:30 PM... Shuttle to Elections Building For Early Voting 2:00 PM...Walking Class	  
SATURDAY November 2nd	3:00 PM...Social Hour	
SUNDAY November 3rd	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 28th, 2024

Alternate choice for this week is Tomato Soup w/ Egg Salad Sandwich : Dressing is on the tables.

MONDAY- 10/28	TUESDAY- 10/29	WEDNESDAY- 10/30	THURSDAY- 10/31
Chicken Bacon Ranch Baked Penne Or Hot Roast Beef Sandwiches Mandarin Orange Salad Or Applesauce Or Cottage Cheese French Style Green Beans w/ Almonds .Mixed Veggies Pumpkin Cake Or Peaches	Grilled Ham w/ Baked Potato & SC Or Chili w/ Cornbread Spring Mix Salad Or Applesauce Or Cottage Cheese Glazed Carrots Broccoli Strawberry Shortcake over Angel Food Cake Or Grapefruit	Tuna Melt Or BBQ Pulled Pork W/ Potato Wedges Broccoli Salad Or Applesauce Or Cottage Cheese Wax Beans Brussel Sprouts Pumpkin Pie Ice Cream Or Pears	Meat Lovers Pizza Or Salisbury Steak w/ Buttered Noodles 3-Bean Salad or Applesauce or Cottage Cheese Beets Green Beans Chocolate Halloween Cupcake Or Pineapple
FRIDAY- 11/1	SATURDAY- 11/2	SUNDAY- 11/3	<i>Enjoy Your Meals!</i>
Salmon Or Veggie Beef Soup w/ Ham Salad Sandwich Coleslaw or Applesauce or Cottage Cheese Party Potatoes Mixed Veggies Blueberry Lush Or Mixed Fruit	Chicken Fajitas w/ Rice Or Breaded Shrimp w/ FF Apple Salad or Applesauce or Cottage Cheese Corn Cauliflower Twix Cookie Or Mandarin Oranges	Seasoned Pork Loin Or Turkey w/ Biscuits & Gravy Tossed Salad or Applesauce Or Cottage Cheese Mashed Potatoes w/ Gravy Peas Fresh Butternut Squash Banana Cream Pie Or Grapes	<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 tables.</i></p> 

Residents' Corner

Early voting– All registered voters have the option to vote in-person before election day. The County Board of Elections Building on 7513 East State Street, will be open for early voting between Saturday, October 26th and Sunday, November 3rd. Brookside will transport people that wish to vote early on Monday, October 8th at 10:00 am, and again on Friday, November 1st at 1:30 am. Only the early voting will be held at the County Board of Elections building. If you are voting on election day, Tuesday, November 5th, any resident of Lowville in district 1,2,3,and 4 will vote at the Lowville Fire Hall. The hours for early voting and a list of district poll sights for surrounding towns and villages will be posted on the bulletin board outside the main office at Brookside. If you need more information, the number for the Board of Elections is (315) 376-2860.

Resident Coffee Hour Menu- for Tuesday, November 5th– Egg, Ham and Cheese on an English Muffin.

Monday, October 28th at 10:00am we will be going to Tops grocery for shopping and banking. Ride along or bring a list to Karla. This week **at 10:00 am** Brookside will shuttle people to the County Board of Elections for early voting!

At 2:00 pm, Bingo will be played in the activity room.

Tuesday, October 29th, at 9:35 am we will go to Walmart. Ride along or bring list. **At 2:00pm** we will be going to Kinney's. Ride along or bring a list.

Wednesday, October 30th at 2:00 pm we will go shopping at Not's Country Store.

Thursday, October 31st, at 10:00 am, The kids from Hand in Hand will come to Brookside for Trick or Treating in the community room! Please bring your own candy to hand out.

Friday, October 20th at 9:35 am, We will be going to Tops Grocery Store. **At 1:30 pm**, we will shuttle people to the County Board of Elections for early voting.

Plan Ahead, Mark Your Calendar...

Tuesday, November 5th...Resident Coffee Hour

Wednesday, November 6th...Crystal Light Choir

Thursday, November 8th...Aaron Karppala

Tuesday, November 12th ... Resident Council Meeting

Welcome to Allen's Alley

Move toward the light

As we proceed toward winter, our autumn light is diminishing. As we approach the end of 2024 many religions and cultures around the world will be celebrating the power of light. These celebrations include a variety of rituals including decorating our homes and churches with light, lighting a tree, the candles of a menorah, lantern of lamps, fireworks and bonfires.

There is a revelation that there is a light within each of us... It's an inextinguishable light. What happens when we discover that light is on us and it is the light that shines from within each and every one of us...?

“Imagine as you realize, as you look at your reflection in a mirror, with pure awe...You're amazing.

How did you do that?”

Trust yourself and your inner wisdom as you stay tuned into the light that you are.

These thoughts were enjoyed and came from the November issue of “Spirituality and Health” magazine. What a grand reason to shine the light of gratitude on your self for living out your wisdom as you stay tuned into the light that you are.