

BROOKSIDE CHATTER

Brookside Buzz

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Issue September 18th , 2023

Editor: Karla Searl



Phyllis Rohr on September 18th, Carol Fuller, Jamie Burke and Carolyne Schneider on September 19th. Jen Samson on September 21st, Dorrance Martin and Cassandra Post on September 23rd.

Duane & Jeanette Wicks on September 19th and Wayne & Carol Fuller on September 22nd.

What's New This Week

Monday, September 18th

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

1:00 pm.. Walking Class w/ Gwynne Myers

2:00 pm ...Bingo

6:30 pm... Down Home

Tuesday, September 19th

9:45 am... Walmart Shopping

2:00pm... Kinney's Shopping

Wednesday, September 20th

1:00pm... Walking Class w/ Gwynne Myers

1:45 pm - 2:15 pm Bible Study

7:00 pm...Euchre

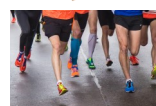
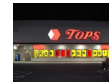
7:30pm... Crystal Light Mennonite Chorus

Thursday, September 21st

9:45 am...Tops Grocery Shopping and Banking

Friday, September 22nd

1:00 pm...Walking Class w/ Gwynne Myers



Happiness is when your mind is thinking through your heart.

- Judy Singleton-

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.

Monday September 18th is National Locate an Old Friend Day! This is a perfect opportunity to track down an old chum and reminisce about the good olé days. Catch up on what is new and encourage them to stay in touch.

Tuesday September 19th is National Voter Registration Day! If you are already registered to vote you may want to volunteer for your local registrar's office! You can help other people sign up or simply educate them on one of our country's most precious rights!

Wednesday, September 20th, is National String Cheese Day! Mozzarella is mixed w/ Cheddar and then heated and stretched. This product was invented in 1976 and soon became a popular snack.

Thursday, September 21st is World Peace Day! This is a globally shared holiday created by the United Nations to promote all of humanity to commit to building a culture of peace.

Friday, September 22nd is World Elephant Appreciation Day! This is the day to admire the worlds largest mammal on earth. These majestic beautiful creatures are very social and intelligent.

Saturday, September 23rd is Fall Equinox. Summer has slipped away and the first day of autumn has arrived w/ a show of colors!















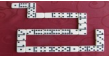



Sunday, September 24th is Bluebird of Happiness Day! They have long since been associated with happiness and luck! They are cherished for their song, beauty and their devotion to their family.

Have a safe and happy week!





Brookside Senior Living Community Activities Calendar For the Week of September 18th, 2023

<p>MONDAY September 18th</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 1:00 PM... Walking Class w/ Gwynne Myers 2:00 PM... Bingo 6:30 PM.. Down Home</p>	   
<p>TUESDAY September 19th</p>	<p>9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:45 AM...Walmart Shopping 2:00 PM...Kinney's, ride along or bring list to Karla 7:00 PM ...Golf</p>	   
<p>WEDNESDAY September 20th</p>	<p>9:00 AM...Exercise Class (Stronger Seniors Chair Exercises) 10:00 AM...Exercise Class (Easy Does it w/Craig Maracci) 1:00 ... Walking Class w/ Gwynne Myers 1:00 PM...Pinochle 1:45PM -2:15PM...Bible Study (in the Parlor) 7:00 PM...Euchre 7:30PM... Crystal Light Mennonite Chorus</p>	  
<p>THURSDAY September 21st</p>	<p>Beauty Salon...Call 315-523-5048 for an appointment 9:45 AM...Tops Grocery Shopping and Banking 10:30 AM...Rosary in the 200 Wing Lounge 7:00 PM... Dominos</p>	   
<p>FRIDAY September 22nd</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) 1:00 PM... Walking Class w/ Gwynne Myers</p>	
<p>SATURDAY August 23rd</p>	<p>3:00 PM...Social Hour</p>	
<p>SUNDAY August 24th</p>	<p>10:15 AM...Deacon Ken Seymour's Catholic Communion in the parlor 11:00 AM...Rev. Evan Zehr's Service, in the activity room 7:00 PM...Golf</p>	

Brookside Dinner Menu

For the Week of September 18th, 2023

Alternate choice for this week is : Chicken & Rice Soup w/ Turkey & Provolone Sandwich. Dressing selections are on the tables.

MONDAY- 9/18	TUESDAY- 9/19	WEDNESDAY- 9/20	THURSDAY- 9/21
Cube Steak w/ Mashed Potatoes Or Sausage & Apple Quiche w/ Hashbrowns Pear Salad Or Applesauce Or Cottage Cheese w/ Hashbrowns Hash Browns Stir Fry Veggies Pumpkin Carmel Cake Or Pears	Creamy Ham & Broccoli Casserole Or Hot Turkey Sandwich Marinated Tomatoes Or Applesauce Or Cottage Cheese Mixed Veggies Yellow Squash Chocolate Chip Peanut Pie Or Mandarin Oranges	Chicken Pot Pie w/ Biscuit Topping Or Baked Ziti Broccoli Salad Or Applesauce Or Cottage Cheese Green Beans Corn Raspberry Lemon Cake Or Apricots	Pepperoni Calzone Or Honey/ Garlic Glazed Roasted Pork Loin Cucumber Salad or Applesauce or Cottage Cheese Baked Potato w/ SC Baked Apples Broccoli Peanut Butter Covered Brownies Or Grapefruit
FRIDAY- 9/22	SATURDAY- 9/23	SUNDAY- 9/24	<i>Enjoy Your Meals!</i>
Pancakes w/ Sausage Or Sweet & Sour Meatballs Coleslaw or Applesauce or Cottage Cheese Fried Potatoes California Blend Fruited Jell-O Or Peaches	Asparagus Ham Dinner Or Lemon Roasted Chicken Cottage Cheese w/ Peaches or Applesauce or Cottage Cheese Winter Squash Green Bean Casserole Rice Pudding Or Mangos	Stuffed Sole Or Roast Beef (w/ HS Sauce) Tossed Salad or Applesauce Or Cottage Cheese Mashed Potatoes w/ Gravy Beets Carrots Key Lime Pie Or Pineapple	<i>Substitutions available for special dietary needs. See the cook in advance for any special needs.</i> <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>

Residents' Corner

Monday, September 18th at 10:00 am we will be going to Tops grocery for shopping and banking. Ride along or bring a list to Karla. **At 1:00 pm**, Gwynne Myers will have a walking class for anyone that had signed up signed up for the class. **At 2:00 pm**, Bingo will be played in the activity room. **At 6:30 pm** Down Home will be playing in the activity room.

Tuesday, September 19th, at 9:45am, 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, September 20th at 1:00pm , Gwynne Myers will have a walking class for anyone that had signed up ahead of time. At 7:30 pm The Crystal Light Mennonite Chorus Church will be performing in the Activity Room.

Thursday , September 21st, at 9:45 am, We will be going to Tops Grocery Store. Ride along or bring a list to Karla.

Friday, September 22nd at 1:00pm , Gwynne Myers will have a walking class for those who have signed up .

Plan Ahead, Mark Your Calendar...

Monday, September 18th , Down Home

Wednesday, September 20th, Crystal Light Mennonite Chorus

Wednesday, September 27th , Monthly Birthday Party

Thursday, September 28th, Resident Supper

Welcome to Allen's Alley

Origin of the Alley

Allen's Alley first aired Dec. 6th, 1942 and was a reoccurring sketch on lampooning small town America. 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 exaggerated stereo types of small town Americans and were incredibly funny. Colorful characters included 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 phrase " That's a joke, son."

Allen's Alley starred Fred Allen and an ensemble cast of comedians including Portland Hoffa, Kenny Delmar, Minerva Pious, Peter Donald and Parker Fennelly. A favorite of mine was comedian Phil Harris who used to play the part of the preacher. The last stanza of his song as he ran for his life up a tree was, " **Lord I don't care if you don't help me...but please don't help that bear.**"

Got a story? A Comment? A suggestion for the Alley? Contact me here at jrnled80@icloud.com or by phone (315-744-0381) or come visiting at 7206 Bluebird Lane and share what is on your mind.