

BROOKSIDE CHATTER

Brookside Buzz

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Catherine Roshan Khan on September 5th, Pat Arquitt and Fern Lyndaker on September 10th.

What's New This Week

Monday, September 4th

Happy Labor Day!

Office Closed



Tuesday, September 5th

8:30 am...Monthly Resident Coffee Hour

9:45 am... Walmart Shopping

2:00 am Kinney's Shopping



Wednesday, September 6th

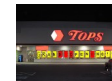
2:00 pm...Nolts

3:00pm... Peg Nuspliger and her Chorus



Thursday, September 7th

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



Friday, September 8th

2:00 pm... Movie Day — "Touching the Wild" *Living w/ the Mule*
Deer of Dead man Gulch.



Every day may not be good but there's something good in every day.

- Alice Morse Earle-

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, September 4th, is Labor Day!! The world is powered by hard working individuals who bring creativity and innovation to their jobs every day! Today is the day to celebrate the worker!

Tuesday, September 5th is National Cheese Pizza Day! This food is popular at any gathering. More than 2 billion lbs. of pizza cheese are produced in the States every year. Grab a slice of ooey, gooey pizza !

Wednesday, September 6th is National Read a Book Day! Set aside time to open a book and become enlightened on a new topic or maybe transport yourself on an exciting adventure.

Thursday, September 7th is International Day of Clean Air! Clean lungs give us more energy, mental focus, lower's our blood pressure and heart rate. So take a deep breath!

Friday, September 8th is World Physical Therapy Day. They treat, educate and help us restore functionality. We should recognize the contributions physical therapists provide to their patients and to the community.

Saturday, September 9th is National When Pigs Fly Day! Have faith that miracles can happen. There are so many things on earth that we can't explain. This is a day of hope because sometimes seemingly impossible things can happen.

Sunday, September 10th is National Grandparents Day! Spend some quality time today with grandkids and treasure the connection that you have with them. Studies show that this connection makes elders live longer and makes children more resilient.

Have a safe and happy week!



Brookside Senior Living Community Activities Calendar For the Week of September 4th, 2023

MONDAY September 4th	9:00 AM...Exercise Class (Stronger Seniors, Class Exercises) 10:00 AM...Exercise Class (Strength Improvement w/Betty Switks)	  
TUESDAY September 5th	8:30 AM... Resident Coffee Hour 9:30 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 the office 7:00 PM...Golf	   
WEDNESDAY September 6th	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 ...Nolt's 1:45 - 2:15...PM Ladies Bible Study 3:00 PM... Peg Nuspliger and Chorus 7:00 PM...Euchre (moved to the 200 wing lounge)	   
THURSDAY September 7th	Beauty Salon Open. 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...Dominoes	 
FRIDAY September 8th	Beauty Salon Open. 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) 2:00 PM... Movie Day! <i>“Touching the Wild” Living w/ the Mule Deer of Deadman Gulch.</i> A nature documentary featuring Joe Hutton .	 
SATURDAY September 9th	3:00 PM...Social Hour	
SUNDAY September 10th	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	

Brookside Dinner Menu

For the Week of September 4th, 2023

Alternate choice for the week is: Beef /Veggie Soup w/ PB& Jelly. Dressing selections are on the tables.

MONDAY- 9/4	TUESDAY- 9/5	WEDNESDAY- 9/6	THURSDAY- 9/7
Stuffed Peppers or Hot Dog w/ or w/out a Roll Macaroni Salad or Applesauce or Cottage Cheese Baked Beans Salt Potatoes Watermelon or Pears	Crab Patty or Boiled Dinner (w/ Corn Beef, Potatoes, Cabbage & Carrots) Grape Salad or Applesauce or Cottage Cheese Potatoes Carrots Cabbage Ice Cream Bar Or Grapefruit	Chicken Riggies Or Loaded Mashed Potato & Meatloaf Casserole Cottage Cheese w/ Peaches or Applesauce or Cottage Cheese Corn Asparagus Cinnamon Roll Cake Or Peaches	Pepperoni & Mushroom Pizza Or Orange Glazed Pork Loin w/ Baked Potato & SC Spinach Salad or Applesauce or Cottage Cheese Green Beans Beets Banana Pudding Or Cantaloupe
FRIDAY- 9/8	SATURDAY- 9/9	SUNDAY- 9/10	<i>Enjoy Your Meals!</i>
Oven Baked Breaded Fish w/ Curly Fries or Spaghetti w/ Meat Sauce Coleslaw or Applesauce or Cottage Cheese Curly Fries Country Blend Pumpkin Pie Bars Or Fresh Fruit	Turkey & Bacon Sliders Or Pepper Crusted Pork Loin Heavenly Hash Salad or Applesauce or Cottage Cheese Cauliflower Cheesy Broccoli Chocolate Chip Bundt Cake Or Mandarin Oranges	Chicken & Biscuits Or Baked Ham w/ Pineapple Rings & Baked Potato Tossed Salad or Applesauce Or Cottage Cheese Peas Mexican Corn Mixed Berry Pie Or Butterscotch Pudding	<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

Beauty Salon– Terry Stocking(The Hair Dresser) will be back from her vacation to take appointments on **September 7th** .

Walking Class– Gwynne Myers is holding a walking class starting **September 11th** every **Monday, Wednesday** and **Friday from 1:00 pm—2:00 pm**. Please call Office of the Aging at 315– 376- 5313 to reserve a spot.

Wood Working Tools– Thank you so much to Larry Thesier for donating a Band –Saw to the Brookside Wood Shop! The residents of Brookside are still hoping someone may donate a Table -Saw and any other useful wood-working tools !

Monday, September 4th - Office Closed

Tuesday September 5th **At 8:30 am**, Resident Coffee Hour will be held in the activity room. **At 9:45 am**, we will go to Walmart shopping, ride along or bring list to Karla. **At 2:00 pm**, we will go to Kinney's, ride along or bring a list to Karla.

Wednesday, September 6th at 1:45 pm, Ladies Bible Study will be held in the parlor. **At 2:00 pm**, we will be going to Nolt's Country Store! Ride along or bring a list. **At 3:00 pm**, Peg Nuspliger and her Chorus will be performing in the activity room.

Thursday September 7th from 9-11:00 am, Knitting will be held in the Library. **At 9:45 am**, we will go to Tops for grocery shopping & banking. Ride along or bring list to Karla.

Friday September 8th at 2:00 pm , Movie Day! Back by popular demand, Michael Cannan has donated the 2nd movie for Movie Day and it will be held in the activity room. The film is a nature documentary featuring Joe Hutton in the wild! It's title is, *Touching The Wild—Living w/ The Mule Deer of Deadman Gulch;*.

Plan Ahead, Mark Your Calendar...

Tuesday, September 5th , Resident Coffee Hour

Wednesday, September 6th, Peg Nuspliger and Chorus

Friday, September 8th, Movie Day!

Tuesday, September 12th, Resident Council Meeting

Wednesday, September 13th, Friends of God Gospel Band

Thursday, September 14th, Watertown Hearing

Friday, September 15th, Evening Show w/ Aaron Karppala

Welcome to Allen's Alley

How old did you say I am?

I'm approaching another birthday and one of my grandkids wanted to know how old I was going to be.

“Well,” I said, Your grandmother and I got together so long ago that we got married first ... and then lived together. Back then most every family had a father and a mother.

Until I was 25 I called every man older than me , Mr. (Mister). And after I turned 25, still called policemen and any other man w/ a title “Sir.” I was before gay rights, computer-dating, dual careers, daycare centers and group therapy. And men took off their hats when eating in a restaurant. We were taught the difference between right and wrong and to stand up and take responsibility for our actions. Serving your country was a privilege; living in this country an even bigger one.

Our lives were to be governed by the Ten Commandments and we were taught to know the difference. Having a meaningful relationship in life meant getting along with your family.

FM radios, tape decks, CDs, electric typewriters and yogurt were new experiences. If you saw a man with a tattoo it meant he served in the Navy. No women wore tattoos and pierced only their ears. Guys wearing earrings were getting weird stares. My first fast food was a 30-cent hamburger at a Carroll's Restaurant in Lake Placid, NY in 1962.

How old am I going to be?

Let's just say that my investment in health insurance is finally paying off; there's nothing to learn the hard way and any secrets I share with my friends are safe because they can't remember them either.