

BROOKSIDE CHATTER

Brookside Buzz

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Lorna Sirtoli on September 11th, Paul Arquitt and Dorothy Payne on September 15th

What's New This Week

Monday, September 11th

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

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

2:00 pm ...Bingo

Tuesday, September 12th

9:45 am... Walmart Shopping

1:30 pm... Resident Council Meeting

2:00pm... Kinney's Shopping

Wednesday, September 13th

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

1:45pm– 2:15pm ...Bible Study

2:30 pm... Friends of God Gospel Band

7:00 pm... Euchre

Thursday, September 14th

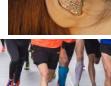
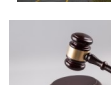
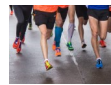
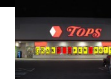
9:45 am...Tops Grocery Shopping and Banking

1:30 pm - 3:30pm ...Watertown Hearing

Friday, September 15th

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

7:00 pm... Singer Aaron Karppala



Words can inspire, thoughts can provoke, but only action truly brings you closer to your dreams.
- Brad Sugars

On call this week – Quintin 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 11th, is Patriot Day. Come together as a nation w/ respect and admiration for the selfless heroes who gave their lives in tragedy and for those who bravely sacrificed themselves for our country's freedom.

Tuesday September 12th, is National Chocolate Milkshake Day! Gather some ice cream, milk and your favorite Chocolate Syrup! Today you should indulge in this sweet creamy treat!

Wednesday, September 13th, is National Bald is Beautiful Day! No need for hats and scarves today. We are all beautiful they way that God made us, so let it shine!

Thursday, September 14th, is National Cream Filled Donut Day! Once you bite into the center of this delicious treat you will know why this dessert has its own special day!

Friday, September 15th, is International Democracy Day! This is a day for us to reflect and refresh our commitment to nurture and maintain our democratic society with active civic duty.


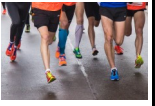















Saturday, September 16th, is National Dance Day! Dancing is a great way to have fun and good for our health! Improving our cardiovascular system, endurance, muscle tone and flexibility. Get ready to turn up the music and feel the rhythm!

Sunday, September 17th, is International Country Music Day! This is a day to pay tribute to some of the world best country artists and bring fans together. Listen to the Moose or break out your fiddle!

Have a safe and happy week!



Brookside Senior Living Community Activities Calendar For the Week of September 11th ,2023

MONDAY September 11th	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	  
TUESDAY September 12th	9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:45 AM...Walmart Shopping 1:30 PM.. Resident Council Meeting 2:00 PM...Kinney's, ride along or bring list to Karla 7:00 PM ...Game Day	  
WEDNESDAY September 13th	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 w/ Gwynne Myers 1:00 PM...Pinochle 1:45 PM - 2:15 PM... Bible Study (In the Parlor) 2:30 PM... Friends of God Gospel Band 7:00 PM...Euchre	   
THURSDAY September 14th	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 1:30 PM - 3:30 PM... Watertown Hearing 7:00 PM... Dominos	   
FRIDAY September 15th	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 7:00 PM... Singer Aaron Karppala	  
SATURDAY September 16th	3:00 PM...Social Hour	 
SUNDAY September 17th	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 11th, 2023

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

MONDAY- 9/11	TUESDAY- 9/12	WEDNESDAY- 9/13	THURSDAY- 9/14
<p>Asiago Chicken w/ Tomatoes & Spinach Or Bierocks w/ SC & Salsa</p> <p>Carrot Raisin Salad Or Applesauce Or Cottage Cheese</p> <p>Mixed Veggies Brussel Sprouts</p> <p>Butterscotch Dessert Or Mandarin Oranges</p>	<p>Turkey Stuffing Divan Or Parmesan Baked Haddock</p> <p>Mandarin Orange Toss Salad Or Applesauce Or Cottage Cheese</p> <p>Baked Potato California Blend</p> <p>Strawberry Whip Or Pears</p>	<p>Potato Soup w/ Bologna Sandwich Or Beef Stroganoff over Noodles</p> <p>Pea Salad Or Applesauce Or Cottage Cheese</p> <p>Broccoli Beets</p> <p>Lemon Cake w/ Glaze Or Fresh Fruit</p>	<p>Grilled Ham Or Marinated Chicken Breast</p> <p>Tossed Salad or Applesauce or Cottage Cheese</p> <p>Buttered Noodles Fried Cabbage Carrots</p> <p>Rice Krispie Treats Or Citrus Fruit</p>
FRIDAY- 9/15	SATURDAY- 9/16	SUNDAY- 9/17	Enjoy Your Meals!
<p>Fish Sandwich w/ French Fries Or Macaroni & Cheese</p> <p>Coleslaw or Applesauce or Cottage Cheese</p> <p>Country Blend</p> <p>Gingerbread Cake Or Pineapple</p>	<p>Pork Chops w/ Mushrooms Or Cheeseburger w/ Lettuce & Tomato</p> <p>Orange Fluff Salad or Applesauce or Cottage Cheese</p> <p>Party Potatoes Green Beans Cauliflower</p> <p>Banana Cream Pudding Or Mixed Fruit</p>	<p>Honey Glazed Salmon Or Lemon Basil Chicken</p> <p>Waldorf Salad or Applesauce Or Cottage Cheese</p> <p>Baked Potato w/ SC Zucchini & Squash Peas & Pearl Onions</p> <p>Oreo Ice Cream Pie Or Peaches</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 tables.</i></p> 

Residents' Corner

Warm Welcome! - Lets give a warm welcome to our new resident Carolyn Schneider ! She will be moving into Apartment 107!!!

Monday, September 11th at 10:00 we will be going to Tops grocery for shopping and banking. Ride along or bring a list to Karla. **At 2:00 pm**, Bingo will be played in the activity room.

Tuesday, September 12th, at 9:45 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, September 13th at 1:45 pm –2 :15 Bible study will be held in the Parlor. **At 2:30 pm** Friends of God Gospel Band will be performing in the activity room!

Thursday , September 14th, at 9:45 am, We will be going to Tops Grocery Store. Ride along or bring a list to Karla.

Friday, September 15th at 2:30 Singer Aaron Karppala will be performing in the activity room.

Plan Ahead, Mark Your Calendar...

Tuesday, September 12th, Resident Council Meeting

Tuesday , September 12th, Friends of God Gospel Band

Thursday, September 14th , Watertown Hearing

Friday , September 15th, Singer Aaron Karppala

Monday, September 18th, Down Home

Thursday , September 21st, Piano Player Austin Scharf

Wednesday, September 27th, Monthly Birthday Party

Thursday, September 28th , Resident Supper

Welcome to Allen's Alley

“They just don't write songs like that anymore.”

Some changes we made encouraged us to clean out a couple cubbyholes that hadn't seen the light of day in nearly 40 years. Although we didn't find any treasures we did uncover memories... namely in the form of vinyl and cassette tapes. Although my taste in music runs eclectic from pop to classical much of what I love best falls in the category of “oldies but goodies.” And much of what my teenage kids purchased , taped and sang ended up relegated to a dusty cubbyhole. When they were teenagers they would serenade us on long trips from the back seat of our station wagon with their rendition of Neil Diamonds “ Cracklin Rose.” Their attempt to harmonize would help keep me awake on late night trips coming home over route 177.

My grandson once said to me , “ Grandpa, we don't call those long playing records anymore... they're vinyls.”

My wife piped up... “ask him about 45's and watch for the blank stare.”

What you do with the generation of cassettes and vinyls that you can't play anymore ? I can't remember when the phonograph (pardon me, the 45 and 33– 1/3 rpm turntables) disappear from our home. And now my car doesn't even come with a cassette or disc player. What do you do with boxes of outdated music recorded with outdated technology? Thank goodness for the “oldies” shows. Thank goodness for Sirius and its wide choice of music. Thanks that there's still Lawrence Welk and his orchestra on Saturday evening on public TV. There are still places where I can go where they play “ Suzie Q”, “Chantilly Lace, "and “Be Bop A Lula.”

It's just sad. They just don't write songs like that anymore.