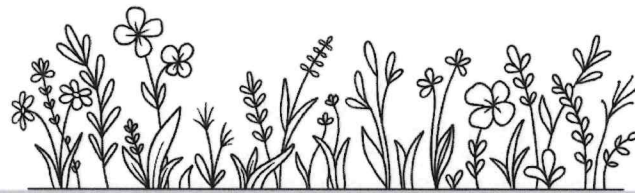


OCTOBER 6<sup>TH</sup> 2025

# BROOKSIDE CHATTER

315-376-4333



Adirondack Mennonite Retirement Community, INC.

## Mission Statement

Adirondack Mennonite 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.

## ON CALL THIS WEEK

### QUINTIN ROGGIE

IF YOU NEED ASSISTANCE FROM 5:15PM-7:00AM, CALL 315-376-4333. YOU WILL REACH OUR ANSWERING SERVICE; THEY WILL DIRECT YOUR CALL. IN CASE OF EMERGENCY, PUSH YOUR EMERGENCY BUTTON OR DIAL 911.

## Birthdays and Anniversaries



Eydie Lyndaker on October 7<sup>th</sup>, Jim Deavers and Marie Swartzentruber on October 10<sup>th</sup> and Rob Harper on October 12<sup>th</sup>



Ed and Mary Kubinski on October 6<sup>th</sup>

# SCHEDULE

Week of October 6th

2025

**6TH**

MONDAY

9:00 AM...Exercise w/ Stronger Seniors  
10:00 AM... Exercise Class ( Strength Training)  
10:00 AM... Tops Grocery Shopping and Banking  
2:00 PM...Bingo

**7TH**

TUESDAY

8:30 AM... Resident Coffee Hour  
9:00 AM... Exercise Class (Stronger Seniors)  
9:35 AM... Walmart Shopping  
2:00 PM... Shopping at Nolt's  
7:00 PM... Golf

**8TH**

WEDNESDAY

9:00 AM... Exercise Class (Stronger Seniors)  
10:00 AM... Exercise Class (Easy Does It)  
10:30 AM.  
1:00 PM... Pinochle  
2:00 PM... Visit from the North Country Public Library System  
7:00 Pm... Euchre

**9TH**

THURSDAY

9:35 AM... Tops Shopping & Banking  
10:30 AM ... Rosary  
7:00 PM... Dominoes

**10TH**

FRIDAY

9:00 AM... Exercise Class (Stronger Seniors)  
10:00 AM... Exercise Class (Stronger Seniors- Stretching)  
7:00 PM... Euchre

**11TH**

SATURDAY

11:00 AM-2:00 PM... Apple Fest!!!!  
3:00 PM... Social Hour

**12TH**

SUNDAY

11:00 AM... Reverend Evan Zehr's Service in the activity room.  
2:00 PM... Tom Yousey will conduct the Catholic Service  
7:00 PM... Golf



# Weekly Menu- October 6<sup>th</sup> 2025

Cottage Cheese or applesauce can be substituted in place for any salad.

The Alternative meal for this week is. Ham & Cheese Wrap w/ Lettuce & Tomato & Chips.

## Monday

Roasted Chicken &  
Vegetables  
or  
Tuna Noodle Casserole

Carrot Raisin Salad

Catalina Blend  
Fresh Veggies w/ Ranch

Strawberry Tres Cake  
or  
Mandarin Oranges

## Tuesday

Fish Sandwich w/ French Fries  
or  
Baked Ziti

Spinach Salad

Broccoli  
Butternut Squash

Pumpkin Cookies  
or  
Grapefruit

## Wednesday

Chipped Beef on Toast  
or  
Gravy Baked Pork Chops w/  
Baked Potato

Mandarin Orange Salad  
Mixed Veggies  
Beets  
Baked Potato w/ Sour Cream

Lemon Lush  
Or  
Fresh Fruit

## Thursday

Orange Glazed Chicken  
Or  
Tomato Soup w/  
Turkey & Cheese  
Sandwich

Layered Salad

Buttered Noodles  
Carrots

Chocolate Pudding  
Or  
Peaches

## Friday

Shrimp Scampi Over  
Angel Hair Pasta  
or  
Sausage Patty w/ Fried  
Potatoes

Coleslaw

Cauliflower  
Stewed Tomatoes

Peanut Butter Bar  
or  
Mixed Fruit

## Saturday

Chicken Salad  
Sandwich w/ Veggie  
Soup  
or  
Ham Salad Sandwich w/  
Veggie Soup

Marinated Tomatoes

Bag of Chips

Ice Cream Bar  
or  
Bananas

## Sunday

Ham w/ Brown Sugar  
Glaze  
or  
Meatloaf

Apple Spring Mix  
Salad

Mashed Potatoes w/  
Gravy  
Corn  
Calico Beans

Raspberry Pie  
or  
Pears



## Brookside Events

**Flu Clinic**-On October 17<sup>th</sup>, Brookside is having a Flu Clinic in the activity room between 1:00pm.- 3:00 pm. **If you are interested in getting the Flu shot, please sign up in the main office.**

If you would like to receive your chatter in your email, rather than have a paper copy, please notify Karla. She will put you on the email list that is sent out every week. This will save paper, ink and money.

**Up-Coming Events-** Apple Fest is on October 11<sup>th</sup> from 11:00am -2:00pm. Brookside will have live music, a craft fair, games for children and free apple treats!

**Wii Bowling!!**-If you are interested in Wii bowling, please come to a meeting on October 9<sup>th</sup> at 10:00 am in the activity room. The meeting will cover the topics of equipment use and team organization.

The **Beauty Salon** is open . Please call **Terry Stocking** at **315-523-5048** to book an appointment.

## Special Brookside Events

**Brookside is hosting a Defensive Driving Class! It will be held on October 13<sup>th</sup> and 14<sup>th</sup> @ 5:00pm- 8:00pm.**

**The cost is \$45.00 per person. Please sign up in the main office if you are interested, and no later than October 7<sup>th</sup>.**

## Resident Reflections