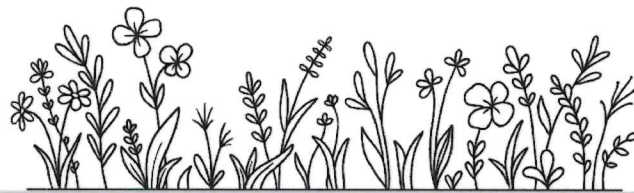
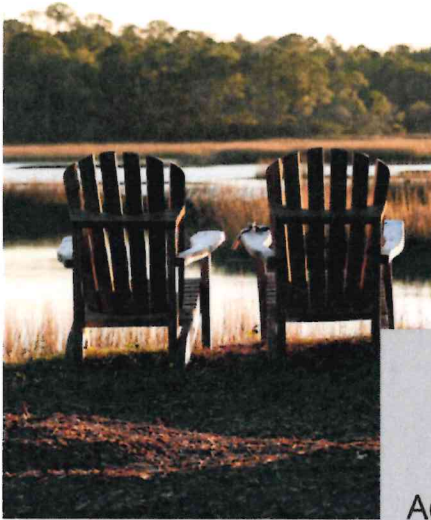


BROOKSIDSENIORLIVING.ORG

OCTOBER 20TH 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

MERVIN 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



WEBSITE: WWW.BROOKSIDSENIORLIVING.COM

SCHEDULE

Week of October 20th

2025

20TH

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
6:30 PM... Down Home

21ST

TUESDAY

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

22ND

WEDNESDAY

9:00 AM... Exercise Class (Stronger Seniors)
10:00 AM... Exercise Class (Easy Does It)
1:00 PM... Pinochle
4:30 PM... Covered Dish Supper
7:00 Pm... Euchre

23RD

THURSDAY

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

24TH

FRIDAY

9:00 AM... Exercise Class (Stronger Seniors)
10:00 AM... Exercise Class (Stronger Seniors- Stretching)
2:00 PM... Aaron Karppala (Live Music)
7:00 PM... Euchre

25TH

SATURDAY

3:00 PM... Social Hour

26TH

SUNDAY

10:00 AM... George Laribee will conduct the Catholic Service
11:00 AM... Reverend Evan Zehr's Service in the activity room.
7:00 PM... Golf

Weekly Menu- October 20th 2025

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

The Alternative meal for this week is. Bologna and Cheese Sandwich w/ Chips .

Monday

Cabbage Rolls
or
Orange Glazed Pork Loin

Cucumber Salad

Baked Potato w/ Sour
Cream
Mixed Veggies

Ladies Brownies
or
Mixed Fruit

Tuesday

Minestrone Soup w/ Egg Salad
Sandwich
or
Swiss Mushroom Chicken

Strawberry Spinach Salad

Summer Veggie Blend
Parsley Potatoes

Berry Chantilly Sheet cake
Or
Peaches

Wednesday

Spanish Rice
or
Philly Cheesesteak on Garlic
Bread

Pistachio Salad

Corn
Green Beans

Banana Pudding
or
Grapefruit

Thursday

Marinated Chicken
Breast
Or
Sausage Biscuits And
Gravy

Apple Salad

Broccoli
Carrots

Raspberry Bars
or
Pears

Friday or Peaches

Fried Haddock
or
Mac'n'Cheese

Coleslaw

Side of Mac'n'Cheese
Peas

Reese's Peanut Butter
Cup Cookie
or
Fresh Fruit

Saturday

Shepards' Pie
or
Breakfast Sliders w/
Hashbrowns

Mandarin Orange
Tossed Salad

Beets
Fresh Veggies w/ Ranch

Lemon Bars
or
Mandarin Oranges

Sunday

Oven Baked Chicken
or
Lamb w/ Mint Jelly

Broccoli Tomato Salad

Loaded Mashed Potato
Casserole

Green Bean Casserole
Oven Roasted
Cauliflower

Blueberry Cheesecake
or
Pineapple



Trick or Treat with Hand in Hand !!- On October 31st, (Halloween) @ 10:00 AM, the kids from Hand in Hand will Trick OR Treat around Brookside circle. When they are done, they will come into the main front room of Brookside, where the residents will be set up to hand out candy. Please buy candy if you choose to come out to see the children. If you can't make it to the store, ask Karla to pick some up.

Covered Dish Supper! The residents of Brookside are having a Potluck Style Dinner on Wednesday, October 22nd @ 4:30PM. Please Sign up and bring a dish! The sign-up sheet is near the office. Please include what you are bringing to the supper on the sign-up sheet, so other people have an idea of what else is needed. Bring whatever is easy for you. It does not have to be a hot dish. The Brookside kitchen is providing a baked ham.

Up-Coming Events- Sign up for our *Spooky* Resident Supper on Monday, October 27th. Our menu will feature a very *Spooky* hamburger casserole. The sign-up sheet is near the main office.

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

Special Brookside Events

A hand made bracelet was found in the front room in the main building at Brookside. It was under the table where the guys gather for coffee. If it belongs to you, please claim it in the main office.

Community Events

Lowville Lions Club is hosting a Wellness Matters Seminar on Tuesday, October 28th from 3:00PM-4: 00PM. It will be held at Double Play Community Center. The presentation will highlight the importance of regular eye exams, especially for diabetics. A RetinaVue vision screener will be available during the presentation. If you are interested, contact Cheryl LaLonde at 315-771-3455.