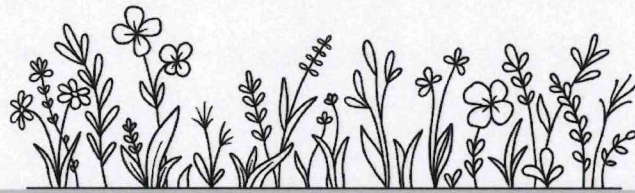


BROOKSIDSENIORLIVING.ORG

NOVEMBER 3RD

2025 BROOKSIDE CHATTER

315-376-4333



Adirondack Mennonite Retirement Community, INC.

Mission Statement

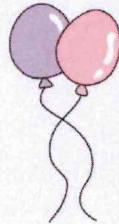
Adirondack Mennonite Community seeks to share God's love by providing for the older adult, a home and lifestyle that are independent and dignified, secure and sheltering, purposeful and fulfilling, creative and enriched, all within the framework of our Christian heritage. To that end, we will strive 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



Jack Gormley on November 4th



WEBSITE: WWW.BROOKSIDSENIORLIVING.COM

Healthy Habits Club- Is anyone concerned about the long winter and the negative effects of a sedative lifestyle? Jenn Samson, our Executive Director, is forming a group for anyone at Brookside interested in focusing on creating good habits for a healthy lifestyle. Please come out and join us for our first meeting on November 19th @ 2:30 PM.

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

Brookside Events

During the winter months,
Wii Bowling will meet in the
activity room every Thursday
@ 10:00 AM. Everyone is
welcome to join in!

Weekly Menu- November 3rd 2025

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

The Alternative meal for this week is. BLT Wrap w/ Chips.

Monday

Chicken Stir Fry w/ Egg Roll
or
French Toast Casserole
Honey Crisp Apple Broccoli Salad

Beets
Peas

Salted Caramel Brownie
or
Mixed Fruit

Tuesday

Chef Salad w/ Turkey
or
Shrimp Scampi over Pasta
Strawberry Spinach Salad

Veggie Blend
Broccoli

Rice Krispie Treat
Or
Mangos

Wednesday

Ham Casserole w/ Broccoli &
Rice
or
Sloppy Joe w/ Coleslaw on a Bun
Pomegranate Cucumber Salad

French Fries
Green Beans
Corn

Cannoli
or
Pears

Thursday

Bacon Wrapped Pork w/
Baked Potato & Sour Cream
Or
Chicken Noodle Soup w/ a
Roll

Tossed Salad

Cauliflower
Brussel Sprouts

Death by Chocolate
or
Apricots

Friday

Lemon Pepper
Haddock
or
Western Egg Bake

Coleslaw

French Style Green Beans
w/ Almonds
Stewed Tomatoes
Fried Potatoes

Chef's Choice Cookie
or
Citrus Fruit

Saturday

Turkey, Bacon and Swiss
Sliders w/ Potato Wedges
or
Lasagna

Mandarin Orange Fluff Salad

Carrots
Prince Edward Blend

Hot Fudge Sundae
or
Pineapple

Sunday

Roast Beef
or
Stuffed Sole

Pasta Salad

Mashed Potatoes w/
Gravy
Corn Casserole
Squash

Apple Pie
or
Mandarin Oranges



SCHEDULE

Week of October 3rd

2025

3RD

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

4TH

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
2:00 PM.. Friends of God

5TH

WEDNESDAY

9:00 AM... Exercise Class (Stronger Seniors)
10:00 AM... Exercise Class (Easy Does It)
1:00 PM... Pinochle
3:00 PM... Peggy Nuspliger and Chorus
7:00 Pm... Euchre

6TH

THURSDAY

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

7TH

FRIDAY

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

8TH

SATURDAY

3:00 PM... Social Hour

9TH

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