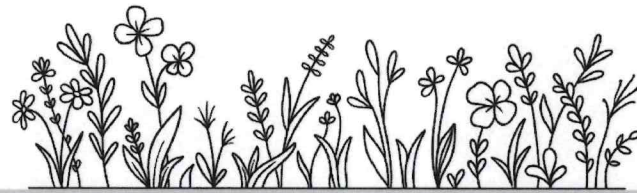


BROOKSIDE CHATTER

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



Weekly Menu- November 17th 2025

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

The Alternative meal for this week is Beef & Veggie Soup w/ Peanut Butter & Jelly Sandwich.

Monday

Macaroni & Cheese
or
Crab Patty w/ French Fries

Strawberry Whip

Prince Edward Veggie Blend
Peas

Coffee Cake
or
Fresh Fruit

Tuesday

Scalloped Potatoes w/ Ham
or
Tomato Soup w/ Turkey & Cheese
Sandwich

3-Bean Salad

Corn
Brussel Sprouts

Ice Cream
Or
Pears

Wednesday

Olive Garden Chicken Pasta
or
BBQ Ribs w/ Baked Potato

Broccoli Salad

Cauliflower
Stewed Tomatoes

Homemade Apple Crumble
Bars
or
Mixed Fruit

Thursday

Meat Lover's Pizza
Or
Chili w/ Cornbread

Fruit Salad

Wax Beans
Spinach

Orange Jell-O
or
Pineapple

Friday

Battered Haddock w/ Tartar
Sauce
or
Pork Loin

Coleslaw

Party Potatoes
Buttered Beets
Baked Beans

Chocolate & PB Chip
Cookie Bar
or
Peaches

Saturday

Ham w/ Baked Sweet
Potato
or
Goulash w/ Garlic Bread

Orange Applesauce Jell-o
Salad

Corn
Green Beans

Chocolate Pudding
or
Mandarin Oranges

Sunday

Beef Stew w/ a Roll
or
Pineapple BBQ
Chicken

Spring Mix Salad

Mashed Potatoes w/
Gravy
Parmesan Oven Roasted
Broccoli

Blueberry Pie
or
Citrus Fruit



SCHEDULE

Week of November 17th

2025

17TH

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
7:00 PM... Dominoes

18TH

TUESDAY

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

19TH

WEDNESDAY

9:00 AM... Exercise Class (Stronger Seniors)
10:00 AM... Exercise Class (Easy Does It)
2:30 PM... Healthy Habits Club w/ Jenn Samson
7:00 Pm... Crystal Light Chorus

20TH

THURSDAY

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

21ST

FRIDAY

9:00 AM... Exercise Class (Stronger Seniors)
10:00 AM... Exercise Class (Stronger Seniors- Stretching)
2:30 PM... Resident Birthday Party
7:00 PM... Euchre

22ND

SATURDAY

3:00 PM... Social Hour

23RD

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

Attn. Brookside!!! The Resident Council Meeting for November has been re-scheduled for November 25th @ 1:30 pm.

Healthy Habits Club- Is anyone concerned about the long winter and the negative effects of a sedentary 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.

Wellness Matters Seminar- Lowville Lions Club is hosting a Seminar on November 25th from 3:00PM-4:00PM @ Double Play Community Center. The topic is "Diabetic Friendly Holiday Food Choices."

The **Beauty Salon** is open. Please call **Terry Stocking** at **315-523-5048** to book a hair appointment. To Schedule a pedicure with **Michelle Beyer**, call **315-777-1489**.

Christmas Dinner- *The Congregate and Patio home family Christmas dinners are quickly approaching. The Congregate Family Dinner will be held on Friday, December 5th @ 5:00 PM. The Patio Home Family Dinner will be held on Friday, December 12th @ 5:00 PM. Invitations to your family members will be sent out within the next week. We look forward to seeing everyone. Invitations to the residents will be handed out in a few weeks.*

Free 3-Pedal Bike! *Carla Roes has a free 3-pedal bike for free! It is in perfect condition. If you are interested, call (cell) 315-523-5502 or (home) 315-376-3978.*

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!

Note From Liz Allen

The Lowville Food Pantry has begun their annual Christmas Sharing Project. It is a way for everyone to share a little and have some fun! You can buy tickets from Liz Allen for the amount of \$5.00 per ticket. When you purchase a ticket, every day, you have a chance to win a prize!! Every day a ticket will be drawn for the raffle of the day. Liz has the calendar of potential prizes for each day! There is also a copy of the prize calendar on the free table in the activity room. Liz will be at the November Resident Council meeting if you are interested in the raffle ticket fund raiser! If you miss her at the meeting, you can call her @ 315-376-2420.