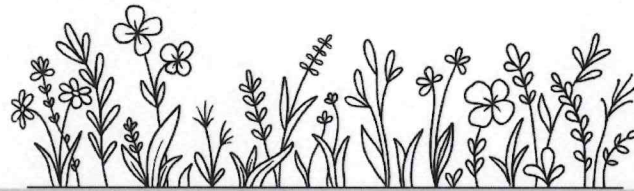
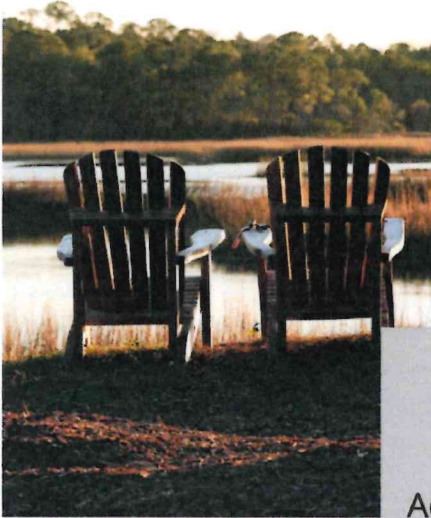


BROOKSIDE CHATTER

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

ROB HARPER

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



Marth Boshart on January 26, Charles Crowther on January 27th, Joe Widrick on January 30th



SCHEDULE

Week of January 26th

26TH

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

27TH

TUESDAY

9:00 AM... Exercise Class (Stronger Seniors)
9:35 AM... Walmart Shopping
2:00 PM... Shopping at Nolt's
7:00 PM... Golf
6:00 PM... Meyers Family Band

28TH

WEDNESDAY

9:00 AM... Exercise Class (Stronger Seniors)
10:00 AM... Exercise Class (Easy Does It)
2:00 PM... Presentation from Office of the Aging
7:00 Pm... Euchre

29TH

THURSDAY

9:35 AM... Tops Shopping & Banking
10:30 AM ... Rosary
4:30 PM... Resident Supper (Stuffed Pepper Casserole)
7:00 PM... Dominoes

30TH

FRIDAY

9:00 AM... Exercise Class (Stronger Seniors)
10:00 AM... Exercise Class (Stronger Seniors- Stretching)
2:00 PM... Memoir Workshop
3:00 PM... Aaron Karppala (Re-Scheduled for Today)
7:00 PM... Euchre

31ST

SATURDAY

3:00 PM... Social Hour

1ST

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- January 26th 2026

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

The Alternative meal for this week is. Turkey Sandwich w/ Pickle and Chips.

Monday

Fried Bullhead w/ Swirl Fries
OR
Beef Pot Pie

Orange Cream Fruit Salad

French Style Green Beans w/
Almonds
Mixed Veggies

Chocolate Peanut Butter Roll
OR
Peaches

Tuesday

Grilled Ham
OR
Olive Garden Chicken Pasta

Tossed Salad

Glazed Carrots
Broccoli
Party Potatoes

Strawberry Shortcake over
Biscuits
OR
Grapefruit

Wednesday

Clam Chowder w/ Honey
Cornbread
OR
Pork Chops

Crab Salad

Wax Beans
Brussel Sprouts
Loaded Potato

Sugar Cookie Ice Cream
OR
Pears

Thursday

Sloppy Joes
Or
Maple Venison

Pear Salad

Beet
Green Beans
Baked Sweet Potato

No-Bake Cookies
OR
Pineapple

Friday

Chef's Choice Fish
OR
French Toast w/ Sausage

Coleslaw

Home Fries
Stir Fry Veggies

Mint Brownies
OR
Mixed Fruit

Saturday

Goulash w/ Garlic
Bread
OR
Brown Sugar Roasted
Pork Loin

Cucumber Salad

Corn
Cauliflower
Baked Potato w/ SC

Chocolate Cake w/
Peanut Butter Frosting
OR
Mandarin Oranges

Sunday

Oven Roasted Chicken
& Veggies
OR
Roast Beef W/
Horseradish Sauce

Tossed Salad

Mashed Potatoes w/
Gravy
Peas
Harvard Beets

Banana Cream Pie
OR
Grapes



OR

Brookside Events

Brookside Community Project- The seasonal community project for the Brookside community is the **Lewis County Warming Center**. There is a box in the activity room near the activity desk. They are hoping people will **donate warm things**. If you are getting rid of blankets, coats, hats, mittens, scarfs, boxes of hot coco, tea, soup and shower items. Anything in good condition is accepted.

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

Attn. Brookside! We are hosting a presentation on Thursday, February 5th at 2:00 PM for the Alzheimer's Association. It will be called Healthy Living for The Brain and Body, Tips from The Latest Research. It is open to the public. I will place a sign-up sheet near the main office. Please sign up so the Program Manager has a rough idea of how many people are interested in attending.

We have a busy schedule in the beginning of February. On **February 3rd**, at **8:30 AM**, we will have **Resident Coffee Hour**. The Menu will be a Steak, Egg and Cheese Sandwich. At **2:00 PM**, **Friends of God** will play music in the activity room. On Thursday, **February 5th**, the **Alzheimer's Association** will give a **presentation** in the activity room. On Sunday, **February 8th**, we will have our annual **Super Bowl Party!** On Friday, **February 13th**, we will have our **Valentines Dinner**.

Community Events

Parkinson's Support Group

For anyone who has Parkinson's, is related to someone who has been diagnosed, or is the caretaker of someone w/ Parkinson's.

When?- On the 2nd Thursday of every month

Where?- At Lewis County General in the family room.

For more information, call Linda Domagala at (315)-376-6834.