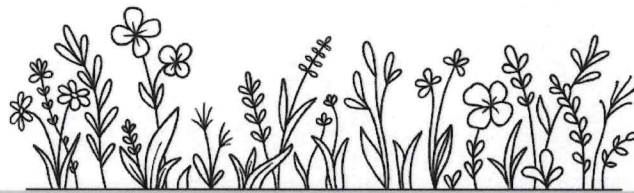


# BROOKSIDE CHATTER

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**



Beverly Myers on February 2nd & Tabatha Confair on February 6<sup>th</sup>



# SCHEDULE

Week of February 2nd

**2ND**

MONDAY

9:00 AM...Exercise w/ Stro  
10:00 AM... Exercise Class ( Strength Training)  
10:00 AM... Tops Grocery Shopping and Banking  
2:00 PM... Bingo  
3:15 PM... Wii Bowling  
7:00 PM... Dominoes

**3RD**

TUESDAY

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

**4TH**

WEDNESDAY

9:00 AM... Exercise Class (Stronger Seniors)  
10:00 AM... Exercise Class (Easy Does It)  
7:00 PM... Shekina Chorus  
7:00 PM... Euchre (Moved to the 200 Wing Lounge)

**5TH**

THURSDAY

9:35 AM... Tops Shopping & Banking  
10:30 AM ... Rosary  
2:00 PM... "Healthy Living for The Brain & Body" Presentation  
7:00 PM... Dominoes

**6TH**

FRIDAY

9:00 AM... Exercise Class (Stronger Seniors)  
10:00 AM... Exercise Class (Stronger Seniors- Stretching)  
2:00 PM... Memoir Workshop  
7:00 PM... Euchre

**7TH**

SATURDAY

3:00 PM... Social Hour

**8TH**

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- February 2nd, 2026

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

The Alternative meal for this week is. Chicken, Veggie & Rice Soup w/ a Roll.

### Monday

Chicken Riggies  
OR  
Bacon Wrapped Steak  
Medallions  
  
Milky Way Apple Salad  
  
Baked Potato w/ Sour Cream  
Mixed Veggies  
  
Strawberry Shortcake Bars  
OR  
Mangos

### Tuesday

Lemon Herb Shrimp & Veggie  
Skillet  
OR  
Philly Cheesesteak Garlic Bread  
  
Pistachio Salad  
  
Corn  
Broccoli  
  
Chef's Choice Ice Cream  
OR  
Grapes

### Wednesday

Big Game Burger on a Pretzel Roll  
OR  
Chili w/ Corn Bread  
  
3-Bean Salad  
  
Fried Potatoes  
Stir Fried Veggies  
  
Blonde Brownies  
OR  
Peaches

### Thursday

Chicken Cordon Bleu  
Or  
Pulled Pork w/  
Coleslaw  
  
Fruit Salad  
  
Baked Apples  
Green Beans  
French Fries  
  
Chocolate Chip Cookie  
OR  
Pineapple

### Friday

Shrimp Scampi over  
Noodles  
OR  
Maple Glazed Venison  
  
Broccoli Salad  
  
Peas & Carrots  
Cheesy Cauliflower  
Sweet Potato  
  
Chocolate Cake w/  
Raspberry Topping  
OR  
Citrus Fruit

### Saturday

Baked Ham w/ Chunk  
Potatoes  
OR  
Beef Stir Fry  
  
Banana Fluff Pudding  
Salad  
  
Prince Edward Blend  
Harvard Beets  
  
Fruit Parfait  
OR  
Mixed Fruit

### Sunday

Creamy Herb Chicken  
Spaghetti  
OR  
Lamb w/ Mint Jelly  
  
Tossed Salad  
  
Mashed Potatoes w/  
Gravy  
Peas & Pearl Onions  
Buttered Carrots  
  
Apple Pie  
OR  
Mandarin Oranges



## 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, scarves, boxes of hot cocoa, 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 5<sup>th</sup> 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. **I will serve refreshments!!** 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.