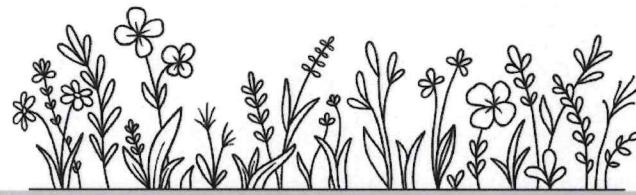


BROOKSIDESENIORLIVING.ORG

FEBRUARY 2ND 2026

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 6th



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 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. 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.