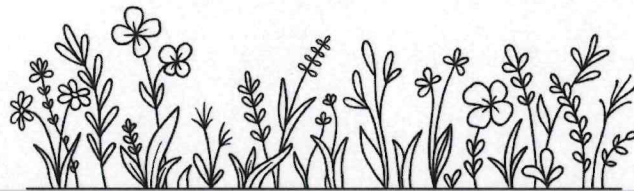


BROOKSIDE CHATTER

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



Helga Frick on February 9th,
and Dean Johnson on
February 12th



SCHEDULE

Week of February 9th

9TH

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

10TH

TUESDAY

9:00 AM... Exercise Class (Stronger Seniors)
9:35 AM... Walmart Shopping
1:30 PM... Resident Council Meeting
2:00 PM... Shopping at Nolt's
7:00 PM... Golf

11TH

WEDNESDAY

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

12TH

THURSDAY

9:35 AM... Tops Shopping & Banking
10:30 AM ... Rosary
6:30 pm... Down Home!
7:00 PM... Dominoes (Moved to the Long Table in Front Lounge)

13TH

FRIDAY

9:00 AM... Exercise Class (Stronger Seniors)
10:00 AM... Exercise Class (Stronger Seniors- Stretching)
4:30 PM... Valentines Dinner! *Plus*, Live Music!
7:00 PM... Euchre

14TH

SATURDAY

3:00 PM... Social Hour

15TH

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 9th, 2026

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

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

Monday

Seafood Stir Fry
OR
Kielbasa w/ Sauerkraut

Pistachio Salad

Summer Blend
French Fries

Strawberry Tiramisu
OR
Grapefruit

Tuesday

Marinated Chicken Breast
w/Rice Pilaf
OR
Scalloped Potatoes w/ Ham

Apple Salad

Squash
Asparagus

White Chocolate Chip Lemon
Cookies
OR
Mixed Berries

Wednesday

BBQ Ribs
OR
Meatloaf

Broccoli Salad

Loaded Baked Potato
Baked Beans
Cauliflower

Caramel Apple Cheesecake
Bars
OR
Pears

Thursday

Chipped Beef on a
Croissant Roll
Or
Crispy Chicken Tossed
Salad

Red, White & Blue
Salad

Mandarin Blend Veggies
Peas & Pearl Onions

Whoopie Pie Cookies
OR
Mandarin Oranges

Friday

Mac 'n' Cheese
OR
Fried Haddock w/ Tartar
Sauce

Coleslaw

Corn
Wax Beans
Side of Mac 'n' Cheese

Ice Cream
OR
Peaches

Saturday

Steak, Baby Shrimp in
Garlic Butter &
Lobster Tail
Happy Valentines Day!

Tossed Salad

Carrots
Brussel Sprouts
Baked Potato

Trilogy Chocolate Cake
OR
Fresh Fruit

Sunday

Lamb w/ Mint Jelly
OR
Maple Glazed Ham

Tossed Salad

Mashed Potatoes w/
Gravy

Coconut Cream Pie
OR
mixed Fruit



Brookside Events

Super Bowl Party! For those that have already signed up for the Super Bowl Party. It will be on Sunday, February 8th, @ 6:30 PM.

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**.

Down Home- The band had to cancel their last concert because of bad weather. They have re-scheduled their concert for Thursday, February 12th, @ 6:30 PM. I hope everyone comes out to enjoy the music!

Community Event

The Lowville Lions Club is offering a presentation on Tuesday, February 24th, from 3:00pm-4:00pm at Double Play Community Center. The title is, Step into Wellness One Foot at a Time. The

Speaker is Dr. Gifford Ko. He is a surgical Podiatrist. He is looking forward to helping the people in our community treat a wide range of foot issues. Dr. Ko treats corns, calluses, nail care, bunions, hammertoes, plantar fasciitis, arthritis, diabetic foot concerns, and many more conditions concerning feet.