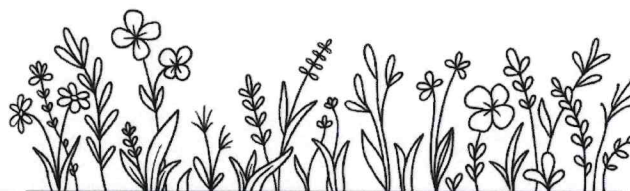


BROOKSIDE CHATTER

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



Alex Hetzner on April 21st, Mary Boldt on April 23rd, Chelsey Zehr on April 24th, and Scarlett Salerno on April 25th



SCHEDULE

Week of April 20TH

20TH
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
3:15 PM... Wii Bowling
6:30 Down Home
7:00 PM... Dominoes (Moved to the Front Lounge)

21ST
TUESDAY

9:00 AM... Exercise Class (Stronger Seniors)
9:35 AM... Walmart Shopping
3:00 PM... Trip to Nolt's
7:00 PM... Golf

22ND
WEDNESDAY

9:00 AM... Exercise Class (Stronger Seniors)
10:00 AM... Exercise Class (Easy Does It)
10:15 AM... Trip to The New Cheese Store! (Lowville Producers)
7:00 PM... Euchre

23RD
THURSDAY

9:35 AM... Tops Shopping & Banking
10:30 AM ... Rosary
2:00 PM... Aaron Karppala
7:00 PM... Dominoes

24TH
FRIDAY

9:00 AM... Exercise Class (Stronger Seniors)
10:00 AM... Exercise Class (Stronger Seniors- Stretching)
4:30 PM...Resident Supper
7:00 PM... Euchre

25TH
SATURDAY

3:00 PM... Social Hour

26TH
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- April 20th , 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

Chicken 'n' Biscuits
OR
Bacon & Cheddar Egg Bake
w/ Hash Browns

Strawberry Applesauce Jell-O
Salad

Mixed Veggies
Roasted Root Veggies

Fruit Parfait
OR
Grapefruit

Tuesday

Meatloaf
OR
Sweet Sausage Sandwich w/
Onions & Peppers

7- Layer Salad

Carrots
Fried Potatoes

Chef's Choice Ice Cream
OR
Peaches

Wednesday

Herb Pork Roast
OR
Roast Beef Sub w/ Chips

Marinated Tomatoes

Fresh Veggies w/ Ranch
Lima Beans

Churro Cake
OR
Mandarin Oranges

Thursday

Lobster Bisque Soup
w/ a Roll
OR
Monterey Jack Chicken

Broccoli Salad

Buttered Spinach
Fried Cabbage

Lemon Meringue Pie
OR
Pineapple

Friday

Sweet & Sour Shrimp over
Rice
OR
Cheese Pizza

Coleslaw

Veggie Blend
Beets

Turtle Cheesecake
OR
Pears

Saturday

Lasagna w/ Garlic
Bread
OR
Chicken Patty Sandwich
w/ LTO and Fries

Fruit Salad

Baked Potato w/ SC
Cheesy Broccoli
Wax Beans

Cookies
OR
Mixed Fruit

Sunday

Roast Beef
OR
Stuffed Sole

Tossed Salad

Mashed Potatoes w/
Gravy

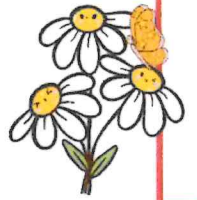
Corn
Pea & Carrot Mix

Blueberry Pie w/ Ice
Cream
OR
Citrus Salad





WEEKLY NEWSLETTER



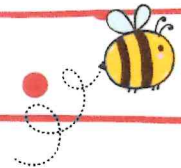
BROOKSIDE EVENTS

Mother's Day Tea Party- Invitations have been sent out for the Mother's Day Tea Party. The party will be on **Friday, May 8th @ 2:00 PM**. Please RSVP by May 1st.

The New Cheese Store- Lowville Producer's Cheese Store has moved to a new location. If you have not had a chance to visit, now is the time! On Wednesday, April 22nd, at 10:15, Brookside will take a trip. If you want to bring a list to Karla instead, she will pick up what you need and bring it back for you.

Resident Supper- The Resident Supper for April will be on Friday, April 24th @ 4:30 PM. The main entree will be Million Dollar Casserole.

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**.



COMMUNITY EVENTS

Energy Trivia- On April 16th @ 3:30 PM, the Lyons Falls Library is hosting a free trivia activity. It is free to attend. No sign-up needed.

Lions Club Seminar- On April 28th from 3:00 PM- 4:00PM, the Lowville Lions Club is hosting a Wellness Matters Seminar. The topic this month is "The Impact of Double Play Community Center." The speaker will be Daniel Myers.

