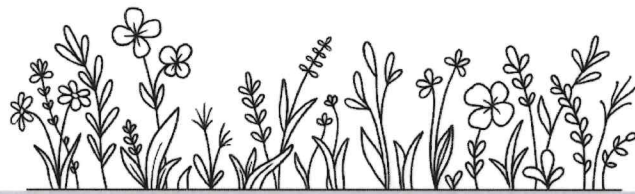


JULY 20TH, 2026

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



Happy Birthday to Barb Nortz on July 20



Weekly Menu- July 20th , 2026

Cottage Cheese or Applesauce can be substituted for any salad.

The Alternative meal for this week is: Chicken Mushroom Soup w/ Garlic Bread.

Monday

Roast Beef Sliders
OR
Roasted Turkey

Sweet Potato Salad

Corn
Broccoli

Chocolate Cake w/ PB
Frosting
OR
Pineapple

Tuesday

Crispy Chicken Craisin Chef
Salad

OR

Potato Soup w/ a Red Lobster
Biscuit

Sauerkraut Salad

Carrots
Cauliflower

Cinnamon Rolls
Or
Oranges

Wednesday

BBQ Ribs
Or

Philly Cheesesteak Calzones

Mixed Veggie Salad

Summer Blend
Party Potatoes

Caramel Apple Cheesecake
Bars
Or
Peaches

Thursday

Sloppy Joe
OR
Swiss Mushroom
Chicken

Pistachio Salad

Baked Apples
Wax Beans

Coconut Cream
Brownies
OR
Grapes

Friday

Fish Sandwich w/ LTO &
French Fries
OR
Turkey Sub w/ Chips

Coleslaw

Honey Glazed brussel
Sprouts
Summer Squash

Ice Cream
OR
Mandarin Oranges

Saturday

Meatloaf
OR
Bacon & Cheese
Quiche

Orange Fluff Salad

Parsley Potatoes
Peas
Mixed Veggies

Personal Fruit Tart
OR
Pears

Sunday

Pork Chops
OR
Dill Salmon

Tossed Salad

Mashed
Potatoes w/ Gravy
Beets
Green Beans

Blueberry Brioche
Crumb Cake
OR
Mixed Fruit



SCHEDULE

Week of July 20th

20TH
MONDAY

9:00 AM... Exercise w/ Stronger Seniors
10:00 AM... Exercise Class (Strength Training)
2:00 PM... Bingo w/ Lisa!!!
6:30 PM... Down Home
7:00 PM... Dominoes

21ST
TUESDAY

9:00 AM... Exercise Class (Stronger Seniors)
9:35 AM... Walmart Shopping and Ride to the Gym
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)
11:00 AM- Men's Prayer Group (In the Parlor)
2:00PM- 4:00PM... Lowville Library comes to Brookside
7:00 PM... Euchre

23RD
THURSDAY

8:45 AM... Shuttle to Fair
9:35 AM... Tops Shopping & Banking and Ride to the Gym
11: 20 AM... Pick-Up Shuttle from Fair
3:30 PM.. Ventriloquist Show in Activity Room!
7:00 PM... Dominoes

24TH
FRIDAY

9:00 AM... Exercise Class (Stronger Seniors)
10:00 AM... Exercise Class (Stronger Seniors- Stretching)
10:30 AM... Trip to Whetstone Gulf
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 NEWSLETTER

BROOKSIDE EVENTS



Up-Coming Events- Starting on this **Saturday, July 18th**, Brookside is hosting a **Ventriloquist Show** in the activity room at 3:00 PM. Please come out and enjoy the show! On **July 20th Bingo @ 2:00**, **Lisa Eager** will be the guest Bingo caller. In the evening of July 20th, at **6:30 PM**, **Down Home** will be here to play music. On **Wednesday, July 22nd**, from **2:00 pm- 4:00 pm**, the **Lowville Library** will be at Brookside to check out books, talk about community resources and help with technology assistance. **Thursday, July 23rd** is **Healthy Aging Day** at the **Lewis County Fair**. Brookside will provide a shuttle from Brookside to the front gate at **8:45 AM** and pick people back up before lunch at **11:20 AM**. If a group of people express interest in an afternoon shuttle service let Karla know. She will try to accommodate you. in the afternoon on the 23rd, **At 3:30 PM**, **Brookside** is hosting **another Ventriloquist Show** in the activity room. On **Friday, July 24th**, Brookside has rented the Beach House on the beach at **Whetstone Gulf**. A sign-up sheet is on the bulletin board next to the office. A bag lunch will be sent for anyone that signs up.

Painting Class w/ Travis Widrick- Travis is not only a dancer and a musician, but he is also a painter! He has offered to teach a painting class on July 30th at Brookside! It will start at 2:30 pm and may go longer than an hour so you can finish your picture if you want to. This is free to Brookside Residents!!!! A sign-up sheet is on the bulletin board next to the main office.

Win \$20.00! Please find a baby or young childhood picture for a contest at Brookside. Once everyone at Brookside has submitted a picture to Karla, we will post them up. Each picture will have a number, and everyone will get a chance to guess who each picture belongs to. The person with the most correct answers will win a \$20.00 gift card. Please don't show your picture to anyone else until after the contest. If you need help to get a copy made of your picture, please ask Karla for help. Please submit a picture by **July 24th**.

New Men's Prayer Group- On Wednesday, July 15th @ 11:00- 11:30 will be a new Activity. James Best will lead a Men's Prayer group, (w/ open participation encouraged) in the Parlor. Please come out and participate!

Resident Council Announcement- The Resident Council has formed a committee to construct a survey of Brookside residents. The Survey will be anonymous. There is an Idea Box, located in the activity room by the resident council/ puzzle area. If you have a suggestion for possible survey questions, please put them in the Idea Box.