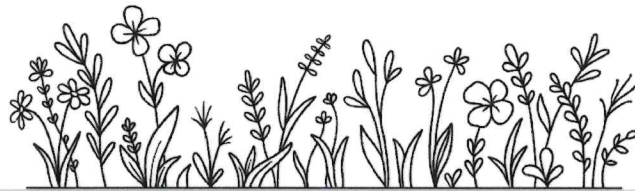


JULY 27TH, 2026

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

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

Happy Birthday to Joanne Seymour on July 27th
and Bentley Merrick on July 31st



Happy Anniversary to John & Kathy Bast on July 30th and Charles & Kathy Crowther on July 31st



SCHEDULE

Week of July 27th

27TH
MONDAY

9:00 AM... Exercise w/ Stronger Seniors
10:00 AM... Exercise Class (Strength Training)
2:00 PM... Bingo w/ Jenn!
7:00 PM... Dominoes

28TH
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

29TH
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)
7:00 PM... Euchre

30TH
THURSDAY

9:35 AM... Tops Shopping & Banking and Ride to the Gym
2:30 PM... Resident Birthday Party
7:00 PM... Dominoes

31ST
FRIDAY

9:00 AM... Exercise Class (Stronger Seniors)
10:00 AM... Exercise Class (Stronger Seniors- Stretching)
2:30 PM... Painting Class w/ Travis Widrick
7:00 PM... Euchre

1ST
SATURDAY

3:00 PM... Social Hour

2ND
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- July 27th , 2026

Cottage Cheese or Applesauce can be substituted for any salad.

The Alternative meal for this week is: Chef Salad w/ Bacon.

Monday

Crazy Good Casserole
OR
Chicken Alfredo Calzones

Cranberry Tossed Salad

Beets
Corn

Oatmeal Cake
OR
Peaches

Tuesday

Egg Salad Sandwich w/ Sour
Cream & Onion Chips
OR
Grilled Ham w/ Parsley Potatoes

Fresh Fruit Salad

Brussel Sprouts
Carrots

Blackberry Crisp w/ Ice Cream
Or
Pears

Wednesday

Taco Salad
Or
Tuna Melt

Apple Salad

Peas
Cauliflower

Tiramisu Brownies
Or
Mangos

Thursday

Pork Loin w/ Baked
Potato
OR
Turkey & Provolone
Sliders

Strawberry Spinach
Salad

Wax Beans
Broccoli

Raspberry Bars
OR
Mixed Fruit

Friday

Cheddar Baked Fish
OR
Spaghetti w/ Meat
Sauce

Coleslaw

Carrots & Peas
Cheesy Cauliflower

Chef's Choice Ice
Cream
OR
Watermelon

Saturday

Pancakes, Home
Fries, Scrambled
Eggs , Bacon and
Sausage

Cottage Cheese w/
Peaches

Baked Apples

Chocolate Pudding
OR
Pineapple

Sunday

Roast Beef
OR
Baked Chicken

Tossed Salad

Mashed
Potatoes w/ Gravy

Green Beans
Mixed Veggies

Samoa Cheesecake
OR
Mandarin Oranges



WEEKLY NEWSLETTER

BROOKSIDE EVENTS



Attention Brookside! - Brookside is gauging interest in how many people may be interested in a Buffet Lunch or Dinner cruise on Raquette Lake. Karla will have a sign-up sheet for interested people taped to her desk top in the activity room. If enough people sign the sheet, she will get busy planning a buffet cruise for residents.

Zwanzigstein!!!- On Monday, August 3rd @ 10:45, Brookside is planning a picnic and a tour of the Adirondack Mennonite Heritage Farm. We will provide a bag lunch for anyone that signs up. There is a sign-up sheet on the bulletin board next to the main office. The tour is optional.

North Country Fruit & Vegetable Prescription Program- On Tuesday, August 4th @ 10:30 am, Cornell Cooperative Extension will be in the activity room for anyone willing to sign up for the short nutrition classes. They will hand out fresh produce vouchers at the end of every class. If you are interested, the referral form that they will need when the class starts will be on Karla's desk top in the activity room.

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 **Friday, 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.