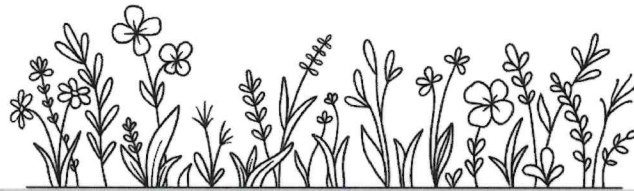


AUGUST 17TH 2026

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 Janice Exford and Arthur Hill on August 18th and Michael Cannan on August 22nd



SCHEDULE

Week of August 17th

17TH
MONDAY

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

18TH
TUESDAY

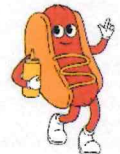
9:00 AM... Exercise Class (Stronger Seniors)
9:35 AM... Walmart Shopping and Ride to the Gym
10:30 AM... Cooperative Extension Nutrition Class.
3:00 PM... Trip to Nolt's
7:00 PM... Golf

19TH
WEDNESDAY

9:00 AM... Exercise Class (Stronger Seniors)
10:00 AM... Exercise Class (Easy Does It)
10:15 AM... St. Drogo's
10:30 AM- Men's Prayer Group (In the Parlor)
2:00 PM- 4:00 PM- Lowville Library Visits Brookside
7:00 PM... Euchre
7:30 PM... Crystal Light Chior

20TH
THURSDAY

9:35 AM... Tops Shopping & Banking and Ride to the Gym
10:30 AM.... Rosary
5:00 PM... Brookside Hot Dog Roast
7:00 PM... Dominoes



21ST
FRIDAY

9:00 AM... Exercise Class (Stronger Seniors)
10:00 AM... Exercise Class (Stronger Seniors- Stretching)
2:30 PM... Ride to Bowling Alley for Ice Cream
7:00 PM... Euchre

22ND
SATURDAY

3:00 PM... Social Hour
6:00 PM... Dominoes

23RD
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- August 17th , 2026

Cottage Cheese or Applesauce can be substituted for any salad.

The Alternative meal for this week is: Roast Beef Chef Salad w/ Croutons.

Monday

Chicken Cordon Bleu
OR
Philly Cheesesteak
Apple Salad

Peas
Glazed Carrots
Buttered Noodles

Blackberry Crisp
OR
Grapefruit

Tuesday

Scalloped Potatoes w/ Ham
OR
French Toast w/ Baked Sausage

Applesauce w/ Cinnamon

Brussel Sprouts
Veggie Blend

Hot Fudge Sundae
Or
Fresh Fruit

Wednesday

Seafood Boil
(All together in one Pot)
Shrimp, Corn, Hard Boiled
Eggs, Clams, Potatoes and
Lobster

Cottage Cheese w/ Peaches

Roasted Root Veggies

Fresh Fruit
Or
Mandarin Oranges

Thursday

Steak Fajita
OR
Chicken Alfredo

Broccoli & Cauliflower
Salad

Broccoli
Deviled Eggs
Wax Beans

M&M Cookies
OR
Mixed Fruit

Friday

Fried Shrimp w/ Cocktail
Sauce
OR

Turkey Club Sandwich
(Turkey, Bacon, Cheese, LTO)

Coleslaw

Seasoned Fries
Carrots
Cauliflower

Chocolate Chip Cookies
OR
Mandarin Oranges

Saturday

Ham w/ Pineapple
OR
Egg Salad Cold Plate w/
Cheese, Crackers &
Fresh Fruit

Orange Jell-O Salad

Buttered Beets
Corn
Baked Potato

Raspberry Surprise

OR
Pears

Sunday

Irish Beef Stew
OR
Dill Buttered Salmon

Tossed Salad

Mashed Potatoes w/
Gravy
Butternut Squash
Lima Beans

Banana Cream Pie
OR
Pineapple



WEEKLY NEWSLETTER

BROOKSIDE EVENTS



Attn. Brookside- The Brookside Administration would like everyone to consider their advanced directives and healthcare wishes. Make sure the information is current and accessible. If you have a **DO Not Resuscitate Order**, please put it on your refrigerator Door. When an ambulance is called, the EMS Crew need to make important decisions very quickly. For more information, a note pertaining to this subject is posted on the bulletin board next to the main office and on the Resident Council bulletin board.

Warm Welcome - Our new Congregate Residents are old friends. Please give a congregate warm welcome to Jack and Barb Nortz.

Lowville Library Visit to Brookside- On Wednesday, **August 19th, from 2:00pm- 4:00PM**, the Lowville Library will come to Brookside. They will help with Technology questions, community resources and book check-outs. If you had a request for information or books the month before, please come back the next month to follow up with the Librarian.

Brookside Hot Dog Roast- On **Thursday, August 20th @5:00 PM**, Brookside is having their annual Hot Dog Roast. We will have live music by Down Home. The menu will be hot dogs, chips, watermelon and ice cream sandwiches. This activity is for Brookside Residents and their family. No sign up necessary, just come out and join the fun!

Wellness Matters Seminar- The Lowville Lions Club will have a presentation on **Tuesday, August 25th** from 3:00PM- 4:00 PM @ Double Play Community Center. The Guest Speaker is Matt Graney. He is the Hospital & Community Development Coordinator for the Fingerlakes Donor Recovery Network. He will speak about Eye, Organ & Tissue Donation Awareness, Eligibility and Process.

Buffet Lunch Cruise on Raquette Lake in ADK. - On **Wednesday, August 26th**, Brookside will embark on a trip to Raquette Lake. We will go on the lunch Buffet Cruise. We will **leave at 9:00 AM** and get back around 3:00 PM. The group **price is \$51.00 per person plus \$ 10.00 per person for travel expenses**. Please bring your **payment** to Cassandra in the main office.

Movement and Music- Travis Widrick is coming to Brookside on Thursday, **August 27th @ 3:00 PM** to do a Therapeutic Movement and Music Class. It will be free and open to everyone! Invite family and friends.

Terri Stocking will be going on vacation On the week of **August 31st - September 5th**. Please schedule your appointments accordingly. To book a hair appointment with Terri Stocking, **call (315)-523-5048**. To schedule a **pedicure** with **Michelle Beyer**, **call (315) 777-1489**.