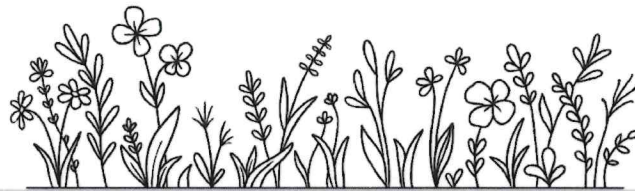


OCTOBER 5<sup>TH</sup> 2026

# 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

### 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

Happy Birthday to Edie Lyndaker on October 7<sup>th</sup>, Jim Deavers and Marie Swartzentruber on October 10th



Week of October 5<sup>th</sup>

**5TH**

MONDAY

9:00 AM... Exercise w/ Stronger Seniors  
 10:00 AM... Exercise Class (Strength Training)  
 10:00 AM... Ride to Tops and Marshalls Plaza + Banking  
 2:00PM... Bingo  
 7:00 PM... Dominoes

**6TH**

TUESDAY

8:30 AM... Resident Coffee Hour  
 9:00 AM... Exercise Class (Stronger Seniors)  
 9:35 AM... Walmart Shopping  
 2:00 PM... Friends of God  
 3:00 PM... Trip to Nolt's  
 7:00 PM... Golf

**7TH**

WEDNESDAY

9:00 AM... Exercise Class (Stronger Seniors)  
 10:00 AM... Exercise Class (Easy Does It)  
 10:15 AM- 11:30 AM... Tour of Saint Peter's Church  
 10:30 AM... Men's Prayer Group (In the Parlor)  
 (No Chorus This Month)  
 7:00 PM... Euchre

**8TH**

THURSDAY

9:35 AM... Ride to Tops & Marshalls Plaza + Banking  
 10:30 AM... Rosary  
 7:00 PM... Dominoes  
 7:30 PM... Crystal Light Mennonite Choir

**9TH**

FRIDAY

9:00 AM... Exercise Class (Stronger Seniors)  
 10:00 AM... Exercise Class (Stronger Seniors- Stretching)  
 1:00PM- 2:30PM... Flu Clinic  
 2:30 PM... Memoir Club  
 7:00 PM... Euchre

**10TH**

SATURDAY

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

**11TH**

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- October 5<sup>th</sup> , 2026

Cottage Cheese or Applesauce can be substituted for any salad.

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

## Monday

Baked Ziti  
OR  
Venison Stew w/ a Roll

Bean Salad

Catalina Blend  
Roasted Root Veggies

Caramel Apple Cheesecake  
Bars  
OR  
Mandarin Oranges

## Tuesday

Fish Sandwich w/ French Fries  
OR  
Turkey Noodle Soup w/ a Roll

Spinach Salad

Broccoli  
Roasted Acorn Squash

Pumpkin Cookies  
OR  
Grapefruit

## Wednesday

Chipped Beef on Toast  
OR  
Seasoned Pork Loin

Pasta Salad

Mixed Veggies  
Sweet Potato

Ice Cream  
OR  
Fresh Fruit

## Thursday

Orange Glazed Chicken  
OR  
Tomato Soup w/ Ham  
& Cheese Sandwich

Fruit Pudding Salad

Rice Pilaf  
Carrots  
Beets

Chocolate Pudding  
OR  
Peaches

## Friday

Shrimp Scampi over Angel  
Hair Pasta  
OR  
Baby Back Ribs w/ Baked  
Potato

Coleslaw  
Cauliflower  
Stewed Tomatoes

Chef's Choice Parfait  
OR  
Mixed Fruit

## Saturday

Sweet & Sour Meatballs  
over Noodles  
OR  
Turkey Sub w/ Chips

Pear Salad

Mixed Veggies

Blueberry Bars  
OR  
Bananas

## Sunday

Ham w/ Brown Sugar  
Glaze  
OR  
Baked Chicken

Tossed Salad

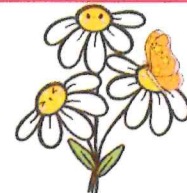
Mashed Potatoes w/  
Gravy  
Corn  
Baked Beans

Cherry Pie  
OR  
Pears



# WEEKLY NEWSLETTER

## BROOKSIDE EVENTS



**Test Your Lifnet System-** Brookside will again, start encouraging our Residents to do a monthly test of their Lifenet System. The Chatter will include a scheduled day each month to help remind everyone that it is important. This month it will be on October 28<sup>th</sup>, from 8:00 am- 3:00 pm.

**Resident Coffee Hour-** On **October 6<sup>th</sup> @ 8:30 AM**, Brookside will have our monthly Resident Coffee Hour. We will serve fresh donuts from Miller's Meat Market. A sign-up sheet will be on the bulletin board next to the office.

**Tour of Saint Peter's Church-** On **October 7<sup>th</sup> @ 10:15 AM**, Brookside will bring people to Saint Peter's Church in Lowville for a tour of the church. If you are interested, there is a sign-up sheet on the board next to the main office.

**Flu Clinic-** Brookside has scheduled a **Flu Clinic on October 9<sup>th</sup> from 1:00PM- 2:30PM** in the activity room. Kinnys did not send wavers yet. When they send them, we will make an announcement for those of you that want to fill them out ahead of time.

**Memoir Club-** The popular Memoir Club will be meeting again at Brookside during the cold winter months. You will be sharing and listening to stories, learning writing techniques and improving your skills. The group will meet on **most Fridays @ 2:00 PM. It will start on October 9<sup>th</sup> at 2:30 PM** in the front lounge. (At the long table.) It will begin at 2:30 pm instead of 2:00pm on this week only because the flu clinic is on the same day. There is a sign-up sheet on the bulletin board by the main office.

**Prayer Group Announcement-** The prayer group formerly known as "Men's Prayer Group" would like to open up the group to include everyone. Women are welcome to join in. They meet in the Parlor at Brookside on Wednesdays at 10:30 AM.

**Resident Potluck Dinner-** The Brookside Residents are putting on a Potluck Dinner on **October 21<sup>st</sup> @ 4:30 PM**. Ham will be cooked and provided by the Brookside kitchen. A sign-up sheet will be posted on the bulletin board next to the office. Please write the dish you are bringing on the sheet so we do not end up with 10 cheese platters. You don't have to bring a dish. You can also bring a cash donation to help pay for the cost of the ham.

**Brookside Dinners (Announcement) -** If you signed up to attend a dinner or breakfast, please attend or call the office to cancel the reservation ahead of time. Also, if the sign-up sheet is taken down, the kitchen has already been given a final count. The shopping and ordering are taken care of ahead of schedule, so it is difficult to constantly change the number of people that need to be served. If you would like to attend one of these events, please sign up on the sign-up sheet before it is taken down the day before the event. When we overestimate it is easy to waste money and when we underestimate, we may not have enough to go around. Please be mindful of these facts.

**Beauty Parlor-** To book a hair appointment with Terri Stocking, **call (315)-523-5048**. To schedule a **pedicure** with **Michelle Beyer**, **call (315) 777-1489**.

**Trip to Turning Stone Casino and Dinner-** The trip to Turning Stone will be on **October 15<sup>th</sup> @ 10:30 AM**. The bus is full. Everyone else is welcome to join us, but you will have to drive your own car. If you would like to be included in the dinner reservation, please contact Karla.