

BROOKSIDE CHATTER

Brookside Buzz

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Issue April 29th, 2024 **Editor: Karla Searl**



Joyce Moser on May 2nd and Doris Bingle on May 4th

What's New This Week

Monday, April 29th

10:00 am...Tops Grocery Shopping and Banking
 2:00 pm...Bingo
 6:30 pm...Down Home

Tuesday, April 30th

9:45 am... Walmart Shopping
 2:00 pm... Kinney's Shopping

Wednesday, May 1st

10:00 am... Ride to Respite Café
 2:00 pm... Shopping at Nolt's Country Store
(Peg Nuspliger Rescheduled for May 15th)

Thursday, May 2nd

9:45 am...Tops Grocery Shopping and Banking

Friday, May 3rd

9:00 am... Exercise Class (Stronger Seniors)
 10:00 am...Exercise Class (Stronger Seniors -Strength Training)



We are never more fully alive, more completely ourselves, or more deeply engrossed in anything, than when we are at play.
 - Charles Schaefer

On call this week – Quintin Roggie - If you are in need of assistance from **5:15 pm to 7 am**, call 315-376-4333. You will reach our answering service, and they will direct your call. In case of an emergency, push your emergency button or dial 911.

ADIRONDACK MENNONITE RETIREMENT COMMUNITY, INC. **MISSION STATEMENT**

Adirondack Mennonite Retirement 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.

Monday April 29th is International Dance Day! You can dance the tango, the jitterbug, the chicken dance or your own uniquely choreographed moves! Almost everyone loves to dance.

Tuesday April 30th is National Croissant Day! Did you know the croissant originated in Austria and not France? It was introduced to France by Marie Antoinette. Since then this versatile, buttery treat has been a French favorite.

Wednesday May 1st is Global Love Day! This holiday was created by the Love Foundation, an organization that hopes to inspire and encourage all nations to unite under the practice of unconditional love.

Thursday May 2nd is Baby Day! A baby's smile can light up a room, instill a sense of joy and inspire us to be better. These adorable, soft beings deserve all the love, support and attention that they need.

Friday May 3rd is National Textiles Day! If your wearing clothes, your wearing textiles. We can give recognition to the facts that our clothes, bedding, rugs and curtains play a very important role in our daily lives.

Saturday May 4th is International Respect for Chickens Day! These amazing animals are the direct descendants of dinosaurs and are the most widespread domesticated animal in any human population. This holiday promotes compassion and respectful treatment of chickens and other domestic fowl.

Sunday May 5th is Cinco De Mayo. Although this is a Mexican holiday it is based on a battle that also changed the course of history in America. If Mexico had not defeated Napoleon's Army in 1862, America may have been overtaken by the French.



Brookside Senior Living Community Activities Calendar For the Week of April 29th, 2024

<p>MONDAY April 29th</p>	<p>9:00 AM...Exercise Class (Stronger Seniors, Class Exercises) 10:00 AM...Exercise Class (Strength Improvement w/Betty Switks) 10:00 AM...Tops Grocery Shopping and Banking 2:00 PM... Bingo 6:30 PM... Down Home</p>	
<p>TUESDAY April 30th</p>	<p>9:00 AM...Exercise Class (Stronger Seniors Chair Exercises, w/Anne Pringle Burnell) 9:45 AM...Walmart Shopping 2:00 PM...Kinney's, ride along or bring list to Karla 7:00 PM ...Golf</p>	
<p>WEDNESDAY May 1st</p>	<p>9:00 AM...Exercise Class (Stronger Seniors Chair Exercises) 10:00 AM...Exercise Class (Easy Does it w/Craig Maracci) 10:00 AM... Ride to Respite Cafe 1:00 PM...Pinochle 2:00 PM... Shopping at Nolt's Country Store <i>(Peg Nuspliger Rescheduled for May 15th)</i> 7:00 PM... Euchre</p>	
<p>THURSDAY May 2nd</p>	<p>Beauty Salon...Call 315-523-5048 for an appointment 9:45 AM...Tops Grocery Shopping and Banking 10:30 AM...Rosary in the 200 Wing Lounge 7:00 PM... Dominos</p>	
<p>FRIDAY May 3rd</p>	<p>Beauty Salon...Call 315-523-5048 for an appointment 9:00 AM...Exercise Class (Stronger Seniors) 10:00 AM...Exercise Class (Stronger Seniors Strength Training)</p>	
<p>SATURDAY May 4th</p>	<p>3:00 PM...Social Hour</p>	
<p>SUNDAY May 5th</p>	<p>10:15 AM...Deacon Ken Seymour's Catholic Communion in the parlor 11:00 AM...Rev. Evan Zehr's Service, in the activity room 7:00 PM...Golf</p>	

Brookside Dinner Menu

For the Week of April 29th, 2024

The alternate entrée choice for the week is: Chef Salad w/ Turkey. Dressing selections are on the tables.

MONDAY- 4/29	TUESDAY- 4/30	WEDNESDAY- 5/1	THURSDAY- 5/2
<p>Marinated Chicken w/ Baked Sweet Potato Or Turkey & Cheese Wrap w/ Chips</p> <p>Cottage Cheese w/ Peaches Cottage Cheese Applesauce</p> <p>Country Blend Veggies</p> <p>Coconut Lush Or Mandarin Oranges</p>	<p>French Toast w/ Sausage Or Scalloped Potatoes w/ Ham</p> <p>Applesauce w/ Cinnamon Or Applesauce Or Cottage Cheese</p> <p>Corn</p> <p>Fruited Jell-O Or Pineapple</p>	<p>Oven Roasted Chicken Or Macaroni & Cheese</p> <p>Cherry Pineapple Salad Or Applesauce Or Cottage Cheese</p> <p>Mixed Veggies Side of Mac & Cheese</p> <p>Ice Cream Sandwich Or Fresh Fruit</p>	<p>Mandarin Pork Loin Or Mushroom Swiss Burger</p> <p>Layered Salad Or Applesauce Or Cottage Cheese</p> <p>French Fries Green Beans Beets</p> <p>Heaven on Earth Cake Or Grapefruit</p>
FRIDAY- 5/3	SATURDAY- 5/4	SUNDAY- 5/5	<i>Enjoy Your Meals!</i>
<p>Parmesan Crusted Haddock Or Buffalo Chicken Pizza</p> <p>Coleslaw Applesauce or Cottage Cheese</p> <p>Sweet Potato Fries Bush's Beans Peas</p> <p>Strawberry Short Cake Or Apricots</p>	<p>Stuffed Shells w/ Meatballs Or Quiche w/ Bacon & Cheddar Cheese</p> <p>Fruit Salad or Applesauce or Cottage Cheese</p> <p>Corn French Style Green Beans Hashbrowns</p> <p>Chocolate Pudding Or Peaches</p>	<p>Chicken Cordon Bleu w/ Cheese Sauce Or Roast Beef w/ Horsey Sauce</p> <p>Tossed Salad or Applesauce Or Cottage Cheese</p> <p>Broccoli Squash</p> <p>Raspberry Pie Or Fresh Fruit</p>	<p><i>Substitutions available for special dietary needs. See the cook in advance for any special needs.</i></p> <p><i>Choose <u>one entrée</u>, <u>one salad</u>, <u>one dessert</u> and as many other sides as desired. Bread is on the tables.</i></p>

Resident Coffee Hour Menu– Ham, Egg and Cheese on a Bagel.

Carpet Cleaners–On May 2nd at 7:00 am, Adirondack Floor Care will be here to clean the carpets in the common areas. The common areas include the activity room, the dining room, the hallways, the library and the exercise room.

Garden Space– It's that time of year again for gardening! If you would like to reserve a section in the Brookside garden, get ahold of Quintin Roggie by May 15th. He will help you reserve a spot.

Mother/ Daughter Tea– The mother/ daughter tea will be held on Friday May 10th at 2:30 pm. Invitations will be mailed out to your family members. Finger foods will be served. We look forward to everyone gathering together for this very special occasion. Please remember to RSVP by Monday, May 6th, so that our kitchen staff will know how much to prepare. Thank You.

Monday, April 29th, At 10:00 am we will be going to Tops for shopping and banking. Ride along or bring a list to Karla. At 2:00 pm we will have Bingo in the activity room.

Tuesday, April 30th, At 9:45 am we will go to Walmart. Ride along or bring list to Karla. At 2:00pm we will be going to Kinney's. Ride along or bring a list to Karla.

Wednesday, May 1st, At 10:00 am We will transport Residents to the Respite Café. At 2:00 pm we will be going to Nolt's Country Store . At 7:00 pm Euchre will be held in the activity room.

Thursday, May 2nd, At 9:45 am we will be going to Tops Grocery Store. Ride along or bring a list to Karla.

Friday, May 3rd, At 9:00 am (Stronger Seniors -strength and balance) Exercise Class will be in the activity room. At 10:00 am (Stronger Seniors -stretching) Class will be held in the activity room.

Plan Ahead, Mark Your Calendar...

Tuesday, May 7th...Resident Coffee Hour

Thursday, May 9th ... Baily Wix Music Performance

Friday, May 10th... Mother / Daughter Tea

Welcome to Allen's Alley

Dancing with the gorilla

As we grow older we have to learn to deal with change. It helps if you learn to dance with the gorilla (change).

Success in dealing with change is not about letting change effect you, or simply accepting it, or defeating it. Success in dealing with change is about profiting from it's about using the energy that it brings into your life to challenge yourself.

Disney used the baby boom as did Thomas Edison. Each of these men acted in the midst of powerful chaotic , shifting forces of change. But they did not simply react to change, they danced with it.

What you have to remember is that you don't stop when you get tired of change, you stop when the gorilla gets tired.

As the gorilla (Change) has more energy than you do... don't try to run away or the gorilla will catch you. Hold on tightly and you can make the gorilla do all the work.

We all need to be tolerant and patient with change. And there will be those who dance with the gorilla and all the community will benefit and they will add to the quality of their own life as well.