

April 10, 2015

LAKE FOREST HOME JOURNAL

ON ANOTHER NOTE

Well April Fool's Day passed with no major pranks being played on anyone I know. Maybe the holiday isn't as celebrated as it was in the past. I can remember some of the pranks I pulled on others – not necessarily waiting for April 1st to come around!

TAX DAY is the 15th. With our wonderful volunteer Harold V., I am sure everyone will meet that date to honor our Uncle Sam. Speaking of wonderful volunteers, the 12th of April begins **National Volunteer Week**. Many of you are still active volunteers. Your time and energy is truly appreciated by those you serve. That includes Lake Forest. Your service in the green house, on the grounds, making coffee, helping your neighbor, driving others, serving on committees and other activities too numerous to count is noticed and honored! Thank you!!!

How about a group picture??!! Vladimir has offered to take our picture. Lake Forest would also like to use the photograph in the Battle of Plattsburgh souvenir magazine. We will post a date for the formal picture taking. Hope you all will participate.

Pursuit of Happiness Day is April 13, the birthday of Thomas Jefferson. He was the author of the famous "pursuit of happiness" line in our Declaration of Independence. Use this day to reflect on happiness not just for yourself but for those you love and care about.

ON A LIGHTER NOTE

April is **National Humor Month**. Laugh long and hard!! A robust belly laugh can improve your mood and your health. I've read that the act of laughing helps you stay alert and maintain your sanity when all around you seem a bit crazy.

Larry Wilde reminds us that laughter and longevity go hand in hand. Grumps don't live longer—it just seems it. A buoyant outlook may be more important than oat bran and pushups, and it's a lot easier to take. So get in the Zone: Love life, laugh a lot and last longer!!

For word lovers (lexophiles)

Police were called to a day care where a three year old was resisting a rest!

Did you hear about the guy whose whole left side was cut off? He's all right now!

The biggest knight at King Arthur's court was Sir Cumference.

The butcher backed up into the meat grinder and got a little behind in his work.

When fish are in schools they sometimes take debate.

When the smog lifts in Los Angeles, U.C.L.A.

In a democracy it's your vote that counts; in feudalism it's your Count that votes.

A backward poet writes inverse.



Happy Birthday to Bea C. April 9th & Miriam B. April 11th
Wishing you both a Wonderful & Happy Birthday!!!!

Shelley is on call April 13, 2015

Our Lake Forest Website www.onlakeforest.org

Activities

Monday - April 13

11:00 am - Exercise

4:00pm- Dr. Vladimir Munk
"The Story Of My Life"

Tuesday - April 14

10:00am-Shop \$ Store

11:30am-TaiChi

2:00pm-Bingo



Wednesday - April 15

10:00am-Nurse Janet

11:00 am - Exercise

4:00pm- Joe Bebo
Family Legends-Charbonneau
Letters"

Thursday- April 16

10:00am- Shop Yando's

1:00 pm - Mah Jongg

6:30pm- Charlie Stone &
Split Rock



Friday - April 17

11:00 am - Exercise

Noon-Omelets by Debbie

1:00 pm - Bridge for 8

4:30pm-BYOB Cocktail Party

Saturday - April 18

11:00 am - Yoga Tape

3:00pm Monthly Birth-
day Party



Sunday- April 19

12:30 pm - Brunch

1:30pm-Scrabble/Games

Shirley's News!

It sure was great to hear Steve Collier on the piano again! It's always nice to have him back! Janet wanted me to inform all of you that there is a bag of clothes in the main office, that has been collected from the coat rack in the main lobby area. If you think some of these items might belong to you, please stop by the office and re-claim them. They will be held for one week then donated. I am looking forward to hearing Jeff Rigsbee speak on Thursday at 4:00pm. He is a third generation auctioneer.

Next week on Monday the 13th, at 4:00pm Dr. Vladimir Munk will be speaking about his life during WWII and his life in a concentration camp. It is a fascinating true life story to hear. Then on Wednesday the 15th at 4:00pm, Author Joe Bebo will be here to speak on his new book, "Family Legends-Charbonneau Letters" Thursday the 16th, at 10:00 am the Wabi-Sabi Workshop will be meeting in the activity area. At 6:30pm, Thursday night, Charlie Stone & Split Rock will be back again to sing some good 'ol country music! Then rounding out the week, on Saturday the 13th at 3:00pm, we are having our monthly birthday party. So come on out and have some cake, ice-cream and good company!

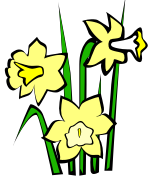
Next Friday, the 17th, at 12:00noon we all will be gathering in front of the fireplace for a group photo. Vladimir has volunteered to be the official photographer. The photo will be in the Battle Of Plattsburgh Souvenir Brochure. We'd like as many as possible to Attend! So please mark your calendars!

A thought for the week!

You're at a certain AGE when you've figured out the ANSWERS, but NOBODY is asking you QUESTIONS.

**Your Senses
Will Tell You
That God Made
The Spring**





Our Lake Forest Residents' News, Comments, Etc...
Friendship Committee Notes



It's good to see Jim M. back with us after his rehab at Meadowbrook. Welcome home!
I have recently learned that Olin G. has moved to a nursing home in Elizabethtown . We wish him well.
Also moved from here is Dotty T, who is now at Pine Harbor. She is a sweetie, and will be missed.

I love this poem by Mary B. A big thank you to her for sharing it with us!

SPRING'S LAMENT

It snowed again last night!

Even as my neighbor's weeping willow

shook its hula dance in April's breeze.

Even as the greenly iridescent grackle

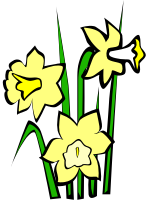
puffed his feathers to attract a mate,

Even as the lake turned blue with open water,

It snowed again last night!

April showers bring May flowers!

Have a good week - *Mary Lue*



**Congratulations
To
Shelley
Trost
For 15 years
Of Service!!**

Barb's Health News!

Although whole grains are generally a good source of fiber, they are far from the only way to boost your fiber intake. Other high fiber foods include; Pinto Beans, Lima Beans, Artichoke Hearts, Pears, Raspberries, Blackberries , Sweet Potato, Prunes, Apple, Pumpkin, Spinach, Almonds, Bananas, Oranges, Potato, Broccoli. One serving is a 1/2 cup.

Week Of April 20, 2015

Turn Into Kitchen By Saturday, April 11th

NAME: _____

CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – April 20th(5:30 PM)

Homemade Cream of Broccoli Soup

Shepherd's Pie w/ Corn, Mashed Potatoes

- OR -

Fruit & Cottage Cheese Plate

Whole Wheat Bread

Chocolate Chip Cookie w/ Chocolate Ice Cream

- OR -

SF Vanilla Ice Cream

Tuesday – April 21st(5:30 PM)

Garden Salad

Baked Chicken Dijon

- OR -

Quiche Lorraine

Rice Pilaf

Vegetable Slaw

Sunflower Bread

Baked Custard

- OR -

SF Orange Mousse

Wednesday – April 22nd(5:30 PM)

Corn Chowder

Beef Pot Roast w/ Gravy

- OR -

Deville Egg Salad Plate

Scalloped Potatoes

Molasses Roasted Onions

White Bread

Strawberry Shortcake

- OR -

Fruit

Thursday – April 23rd (5:30 PM)

Tomato Aspic Salad

Glazed Pork

- OR -

Barbeque Bacon Burgers

Roasted Red Potatoes

Mixed Vegetables

Dinner Roll

Peach Pecan Upside Down Cake

- OR -

SF Chocolate Pudding

Friday – April 24th (5:30 PM)

Pickled Beet Salad

Tilapia w/ Lemon Tartar Sauce

-OR-

Ham Steak

Twice Baked Potato

Steamed Carrots

Dinner Rolls

Apple Strudel

-OR-

Sliced Melon

Saturday – April 25th (5:30 PM)

Parmesan & Artichoke Bruschetta

Barbeque Ribs

- OR -

Grilled Chicken Sandwich w/ Pickles

Pasta Salad

Green Beans w/ Caramelized Onions

Garlic Bread

Lemon Meringue Pie

- OR -

SF Lemon Jello

Sunday – April 26th (12:30 PM – Brunch)

Fruit w/ Orange Ginger Syrup

Roast Turkey w/ Cranberry Sauce

Mashed Potato Casserole w /Cheddar & Bacon

Tomato Salad

Bacon

Sausage

Scrambled Eggs

Assorted Danish

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