



Hello Everyone – As I write this I see an amazing blue sky and sunshine... excellent!

- ◆ In a previous (fairly recent) newsletter I stated we would be relocating the vegetable garden to a different location, given it is currently not on our property. I also asked how many of you are interested in managing a section of the garden. At this point and time I've received two responses and I'd like to reach out again so that we are sure to include everyone and plan accordingly.
- ◆ On Monday April 18th, we will be cleaning the sand from the congregate building parking lots and duplex driveways. For those who park in the lots at the congregate building, please move your vehicles Sunday evening to an area of the **lawn** enabling this to be a swift and efficient process on Monday. *Thank you.*
- ◆ Please note there is a Food Forum meeting scheduled for Wednesday, April 20th @ 3:30pm. We've had really productive conversations at these and I'm looking forward to it. I encourage *all* of the residents at Lake Forest to attend!
- ◆ I want to take a moment and extend my genuine condolences for the loss of Mary F.. While my tenure began shortly after she moved from this community, I've learned of her kindness, drive and sound character. Not unlike others, Mary leaves behind many friends at Lake Forest as well as cherished memories.

- Kevin

Activities: Week of April 18 - 24th!

Monday, April 18, 2016

10am Toenails by Jana Lee
11am Exercise
12pm Soup & Salad
1pm Pool
3:30pm Adult Coloring

Tuesday, April 19, 2016

9:30am Shuffle Board
10:30am Kinney's
11:30am Tai Chi
2pm Bingo

Wednesday, April 20, 2016

10am Nurse Janet
11am Exercise
12pm Soup & Salad
1pm Penny Poker
2pm Craft Group
3:30pm Food Forum : For
Every resident Interested

Thursday, April 21, 2016

9am Free Pancake Breakfast
10am Bridge
1pm Mah Jongg
3pm Methodist Study
3:30pm Wii Bowling
6:30pm Roy Hurd Performs
Original Fold Music

Friday, April 22, 2016

10am Yando's
11am Exercise
12pm Soup & Salad
1pm Bridge for 8
4:30pm BYOB

Saturday, April 23, 2016

11am Yoga Tape
3:30pm Adult Coloring
6:30pm Movie Night, "West Wing"

Sunday, April 24, 2016

11:30am Church Service
12:30pm Brunch
1:30pm Afternoon Movie
"And So it Goes"

Activity Information:

Jana Lee will be here on Monday, April 18th. Please contact her with any of your scheduling questions or concerns! Her number is: 518-569-8647

On Tuesday, April 19th, we have a Mexican Themed Lunch. PLEASE SIGN UP if you are interested in attending this lunch special. Please see page 5 for details!

On Wednesday, April 20th, we have a "Food Forum." This is open to all residents at Lake Forest. We encourage as many of you to attend as possible. Please bring your input! We will be in the ACTIVITY AREA this time around! Thank you!

Don't Forget to sign up for the FREE PANCAKE BREAKFAST on Thursday, April 21st!

More Activity Information on Page 4!



April Birthdays!

9 Bea C. 14 Brittany B. 20 Kathy G.
21 Mike M. 27 Nancy C.



Our Lake Forest Residents' News, Comments, Etc...



This is for all the golfers out there!



Signs on a golf course:

You are 150 yards from a \$200 glass window. Chose your club carefully.

Please do not use words ending in "itch", "it", or "uck" !!

You are 87 yards off line.

Golf instruction available at our Pro Shop.

Golfers Instructions:

1. Swing.
2. Swear.
3. Look for ball.
4. Repeat.



Golfers prayer:

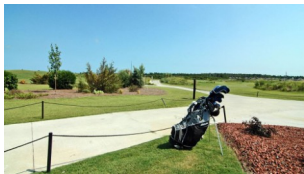
May thy ball lie down
in green pastures,
and not in the still waters.

A word from a happy (?) golfer; I was one under today!

One under a tree.

One under a bush.

One under the water.



And a final word: " I shoot golf in the 70's. When it gets any colder than that, I quit."

Thoughts from Mark Twain:

Life would be infinitely happier if we could only be born at the age of 80 and gradually approach 18.

Things turn out best for people who make the best of the way things turn out.

- Mary Lue



More Activity Info



On Thursday, April 21st, Pastor Phil Richards will be here for his second Methodist Study Group in the LIBRARY at 3:00pm!



Roy Hurd will be here to perform on Thursday, April 21st at 6:30pm! I have been listening to his music since I was a little girl! He is a wonderful person, and a wonderful singer/songwriter

A Note From Tiana

I am finding the music surveys to be very helpful! Because you all have your own taste of music, and because “majority” rules here, I will begin to have surveys for *all* of the music at Lake Forest. Your input is very important to me, and I want you to all know that. I will be doing this for speakers as well. Open communication is key, and please do not hesitate to bring your thoughts and ideas!

You may have heard, and I did mention it in last week’s newsletter: I am officially a licensed Zumba Instructor! I went to a training over the past weekend, and can now provide regular zumba, zumba gold, and CHAIR ZUMBA! Guess what?! I’m putting together a new chair zumba to bring to Lake Forest beginning in May! It’s a wonderful exercise geared toward not only the senior population, but others that maybe haven’t exercised in a bit, maybe their balance is off, or maybe they just feel more comfortable in a chair! Don’t want to do chair zumba? We may do a non-chair zumba gold in June if there’s interest! I am SO excited!

On that note, at this time, we will not be going to Zumba at the Senior Center on Fridays. If you are someone who wishes to try it however, let me know and we will! Thank you!!!

- Tiana

ATTENTION RESIDENTS: We have 6 (DONATED) tickets for an upcoming event on Sunday, May 1 at 3:00pm! We will be providing transportation to this event that is expected to last no longer than 1 1/2 hours. Please sign up IMMEDIATELY if you are interested!

The Champlain Valley Voices bring you:

The Voices of Spring, featuring Vivaldi’s Magnificat and Rutter’s The Spring of Thyme

This will be held at the Strand Theatre!



We had a GREAT time with Don, Phyllis, Earl, and Joe on Wednesday, April 13th! Thank you for submitting your surveys! We had great results and feedback!

Week of April 25, 2016

Turn into Kitchen by Wednesday, April 20
Circle the Main Meal and the Sides You Like

Name: _____

Monday – April 25 (5:30 PM)

Pork Chop Florentine

OR

Cottage Cheese w/Fruit Cold Plate

Cream of Chicken Vegetable Soup

Roasted Potatoes

Dinner Roll

Cauliflower

Green Beans

Apple Pie OR

SF Jell-O

Tuesday – April 26 (5:30 PM)

Apricot Honey Glazed Chicken Breast

OR

Seafood Lasagna

Lentil Vegetable Soup

Wild Rice Pilaf

Sunflower Bread

Peppers & Onions

Zucchini

Rice Pudding OR

Applesauce

Wednesday – April 27 (5:30 PM)

Cheese Ravioli w/Meat Sauce

OR

Grilled Pastrami Sandwich w/Cheese

Tossed Salad

Sweet Tater Tots

Garlic Bread

Broccoli

Fruit Bars OR Low Fat Chocolate Mousse

Thursday – April 28 (5:30 PM)

Slow Roasted Beef

OR

Vegetable Frittata

Tomato Soup

Corn Pudding

Fresh Baked Bread

Mushrooms

Peas

Shortbread Cookie OR Fruit

Friday – April 29 (5:30 PM)

Steelhead Trout

OR

Cornish Hen under Brick

CANDLELIGHT DINNER

Endive Boats

Whipped Potatoes

Wheat Bread

Parmesan Tomatoes

Asparagus

Chocolate Italian Love Cake OR Fresh Fruit

Saturday – April 30 (5:30 PM)

Boiled Ham Dinner

OR

Grilled Chicken over Greens & Vegetables

Soup Du Jour

Potatoes

Dinner Roll

Cabbage & Carrots

Peach Cobbler OR SF Ice Cream

Sunday – May 1 (12:30 PM - Brunch)

Pancakes

Bacon

Scrambled Eggs

Pork Roast

Hash Brown Bake

Broccoli

Coffee Cake

Coconut Custard Pie

Snack in a bag

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