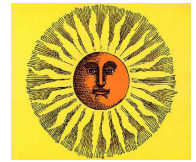




LAKE FOREST HOME JOURNAL



April 24, 2015

ON ANOTHER NOTE:

As I write, today is Administrative Professionals Day. Janet certainly deserves special recognition for everything she does. From her bright smile to her caring assistance, Janet is our rock. Thank you Janet! You make this a great place to be!

Further congratulations are also in line; not only for Janet, but for Shirley as well! Both of these special ladies have been with us for 5 years. Thank you for your dedicated service!!

We welcome Roy Warren as our Director of Maintenance. He comes to us with a great deal of experience so take the time to introduce yourself and welcome him to the Lake Forest family.

ON A LIGHTER NOTE:

Since my car finally gave up the ghost and I am in the market for new transport, I thought I would share a few car jokes with you. We might as well laugh as cry!

What do you call a VW bus at the top of a hill? A miracle. What do you call two VW buses at the top of the hill? A mirage.

As retired Lieutenant Commander Andrew Craig was driving his old car down the motorway, his mobile phone rang. Answering, he heard his wife's voice urgently warning him, "Andrew, I just heard on the news that there's a car going the wrong way on the M275. Please be careful!"

"Botheration," said Andrew, "It's not one car. Its hundreds of them!"

...and of course, my favorites:

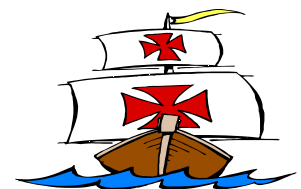
Which driver never gets a parking ticket? A screw-driver!

Teacher: Who built the first American car?

Student: "Me Pilgrims."

Teacher: "The Pilgrims?"

Student: "Yea, they made the Mayflower Compact."



Attention!! This is NOT on your calendars!!

The students from Clinton Community College will be coming back on April 27th for another round of Tech Talk!! This time the topic will be- "Everything You Always Wanted To Know About Your Computer, But Were Afraid To Ask!!" They will be here at 4:00pm to answer all your questions and concerns. You can bring your own laptop, or work on one of theirs.

Special Thanks!!!

We would like to thank Vladimir for taking time out of his schedule to speak about his life story and share some very personal memories. Also a BIG THANK YOU, for doing such a great job on our group photo. THANK YOU!!!!

Marlena is on call April 27, 2015

Our Lake Forest Website www.onlakeforest.org

Activities

Monday –April 27

11:00 am - Exercise

Tuesday – April 28

10:00am– Shuffleboard

10:30am-Shop Kinneys

11:30am-TaiChi

2:00pm-Bingo

Wednesday - April 29

10:00am-Nurse Janet

11:00 am - Exercise

6:30pm Tim Harnett & Julie Capena Perform



Thursday– April 30

10:00am– Shop Yando’s

10:00am– Wabi– Sabi Workshop

1:00 pm - Mah Jongg

Friday – May 1

11:00 am - Exercise

Noon-Omelets by Debbie

12:00noon– Trip to Cumberland 12

1:00 pm - Bridge for 8

4:30pm-BYOB Cocktail Party

Saturday - May 2

11:00 am - Yoga Tape

4:30pm– Kentucky Derby
Cocktail Party.

6:30pm-Movie Night– The West
Wing”

7:00pm– Trip to CCC- “Jewels &
Incense”

Sunday– May 3

12:30 pm - Brunch

1:30pm-Scrabble/Games

1:30pm-Sunday Film Festival-
“Strangers On A Train”



Happy May Birthday!



2-Charlie J.
6-Sylvia
11-Bev. R.
16-Mary Lue
21-Janet D.

Shirley's News!!!

Even though it's been really rainy outside it still makes me happy to see buds on the tree's and a hint of green from the ground. When you step outside you can hear the birds that have been gone for too long!! I think we finally turned the corner!

This coming week we have an event that *is not* on your calendars!! Diane Parmeter from Clinton Community College, will be back with 5 or more of her students to help you with...**Everything You Always Wanted to Know About Your Computer, But Were Afraid to Ask!** I know you al really enjoyed them when they came for cell phones. So hopefully they will be able to help you out with your computers!

On Wednesday the 29th at 6:30pm, Tim Harnett & Julie Capena will be back to perform for you. Then on Friday May 1st, at 12:00noon, we are going to Cumberland 12 to see “The Age Of Adeline” or if you prefer and it is still playing, “The Woman I Gold”.

Saturday May 2nd is Kentucky Derby Day! We will be celebrating with a cocktail party at 4:30pm. Later that evening there is a trip scheduled to the Stafford Theater at 7:00pm, to see the Middle Eastern Dance Recital–Jewels and Incense. They are asking a \$3.00 donation at the door. So please watch for the signup sheet if you are interested in going.

In the week following , we will again be going out to dinner at Sammy D's. That signup sheet will also be posted this week. So be sure to watch the Activity Board for sign ups!

A Thought to Ponder.....

*How come women's magazines will
Feature twelve pages of recipes,
And then follow up with twenty pages
Of diet tips???*



Talking scales: Proof that technology isn't always good.

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

Friendship Committee Notes

Welcome to Dorothy S. our new resident. One of my favorite things to do for this column is to chat with the new folks who move here. I enjoyed my visit with Dorothy, who is a lovely lady. She is originally from Connecticut. She came to Plattsburgh in the late 1950s when her husband came to teach microbiology at the college, They both shared a love of reading, as well as the joy of gardening. Dorothy concentrated on the flowers and her husband on the vegetables. Sounds like a good plan to me!

They have two children a girl and a boy. Her son lives down near Albany; her daughter lives locally. I was delighted to hear their daughter was a librarian (my career in a former life.) Dorothy has three grown grandchildren, one still in college.

When you see Dorothy, greet her with a smile and a friendly Lake Forest Hello!



For those of you who did not see this in Monday's Press-Republican, here is a bit of fascinating history from the "Look Back" section.

This is looking back 100 years to April of 1915. The Clinton County Agricultural Society received a contract with Montreal for the use of the Clinton County Fairgrounds for temporarily keeping horses bought here in eastern United States for the use of the English Army " in this present European war."

20 thousand horses will come to Plattsburgh for final inspection and branding before being taken to Canada and then to Great Britain.

20 thousand horses! That's a lot of fertilizer!



The Champlain Valley Voices (Charles P. sings with this group) will be singing on May 9, at 7:30, at the Strand. fear not that you missed the offer of a free ticket if you guessed when the puzzle masters would finish the challenging 3-D jigsaw puzzle they worked on so diligently. Just call Charles (310-0563, leave your name and number, tell him you missed the guessing, but would like a free ticket, and he will track you down , ticket in hand. First come, first served.

Wednesday was Earth Day. Be kind to our planet - recycle responsibly.

Mary Lue



Notes From Nurse Janet!

First I would like to welcome all the new residents to Lake Forest. As many of you know I am here every Wednesday at 10:00am. Please feel free to come and visit for a Wellness Check. Also to all the residents. If you have any prescription drugs you wish to get rid of, please drop them off to me on Wednesdays. Black out your name, but not the drug itself. These will be forwarded to the doctors for " The Mission Of Hope".

Week of May 5th, 2015

Turn Into Kitchen By Saturday, April 25th

NAME: _____

CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – May 4th (5:30 PM)

Homemade Manhattan Clam Chowder

Roast Beef

-OR-

Tuna Nicoise Salad Cold Plate

Red Potatoes

Buttered Corn

White Bread

Peanut Butter Bars

-OR-

SF Vanilla Pudding

Tuesday – May 5th (5:30 PM)

Homemade Tomato Soup

Glazed Ham

-OR-

Spring Vegetable Tart

Potato

Green Beans

Oatmeal Bread

Cake

-OR-

SF Strawberry Mousse

Wednesday – May 6th (5:30 PM)

Homemade Cauliflower Soup

Pork Loin w/ Roasted Fennel

-OR-

Creamy Pasta Primavera w/ Vegetables

Beets

Garlic Bread

Rice Pudding w/ Whip Cream

- OR -

SF Sliced Melon

Thursday – May 7th (5:30 PM)

Caesar Salad

Roast Turkey & Gravy

- OR -

Grilled Swiss Cheese & Bacon on Rye Bread

Mashed Potatoes

Sautéed Spinach

Dinner Rolls

Blackberry Cobbler w/ Vanilla Ice Cream

- OR -

Fresh Fruit

Friday – May 8th (5:30 PM)

Tomato, Mozzarella Salad

Salmon w/ Lemon Sauce

-OR-

Chicken Salad Plate

Brown Rice

Asparagus

Wheat Bread

Raspberry Filled Cookies

- OR -

SF Orange Jell-O

Saturday – May 9th (5:30 PM)

Spring Buffet

Cucumber Salad

Hot dogs / Michigans, Hamburgers on bun

Baked Beans

Macaroni Salad

Peppermint Patty Ice Cream Sundae

-OR-

SF Vanilla Ice Cream

Sunday – May 10th (12:30 PM – Brunch)

Happy Mother's Day

Broccoli Orange Salad

Scrambled Eggs

Bacon

Raspberry Pancakes

Sage Stuffed Chicken

Scallop Potatoes

Lemon Poppy Seed Muffins

Assorted Cheese Cake

"Mimosa's"

Week of May 54h, 2015

Turn Into Kitchen By Saturday, April 25th

NAME: _____

CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – May 4th (5:30 PM)

Homemade Manhattan Clam Chowder

Roast Beef

-OR-

Tuna Nicoise Salad Cold Plate

Red Potatoes

Buttered Corn

White Bread

Peanut Butter Bars

-OR-

SF Vanilla Pudding

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Potato

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Cake

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Salmon w/ Lemon Sauce

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Chicken Salad Plate

Brown Rice

Asparagus

Wheat Bread

Raspberry Filled Cookies

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Scrambled Eggs

Bacon

Raspberry Pancakes

Sage Stuffed Chicken

Scallop Potatoes

Lemon Poppy Seed Muffins

Assorted Cheese Cake

"Mimosa's"