

April 3, 2015  
LAKE FOREST  
HOME  
JOURNAL



***On Another Note:***

Hi and welcome to April! T.S. Eliot said that April is the cruelest month. I prefer to be more positive so I have selected some beautiful quotes from those with a more upbeat look at the first blush of Spring.

“April is a promise that May is bound to keep.” Hal Broland

“April hath put a spirit of youth in everything.” William Shakespeare



“The April winds are magical, And thrill our tuneful frames; The garden-walks are passionate To bachelors and dames.” Ralph Waldo Emerson

This month we observe financial literacy, Parkinson’s disease, and poetry. Passover starts Friday and runs through April 11. Major League baseball’s opening day is Sunday, which is also Easter, and the Boston Marathon is scheduled for April 20. You also can’t forget TAX Day April 15, Earth Day April 22, or Record Store Day (Record Store Day???) April 18.

***On a Lighter Note:***

On this beautiful day, let’s look to kind thoughts of inspiration.

Do the best you can in every task, no matter how unimportant it may seem at the time. No one learns more about a problem than the person at the bottom. Sandra Day O’Connor

The true measure of a man is how he treats someone who can do him absolutely no good. Samuel Johnson

Never try to teach a pig to sing – it wastes your time and annoys the pig

There are two theories to arguing with women – neither works!



**Happy April everyone!!**

**TAKE CHARGE!** Engaging in enough daily physical activity to burn about **100 calories** can be the difference between a high-risk sedentary life style and being “moderately inactive. Here are some examples of activities that burn about 100 calories in about **20 minutes!** Walking Briskly, Gardening, Raking Leaves. Don’t have 20 minutes then try these more strenuous activities for **15 minutes!** Treading Water, Walking Uphill, Using a Stair Climber.

**Marlena is on call April 6, 2015**

Our Lake Forest Website [www.onlakeforest.org](http://www.onlakeforest.org)

## Activities

### Monday - April 6

11:00 am - Exercise

1:00pm- Dr. Macner- Hearing Aid Cleaning & Servicing

4:00pm -Speaker Michelle Asselin , "How I became an Adirondack Farmer"

### Tuesday - April 7

10:30am-Shop Target/Mall

11:30am-TaiChi

2:00pm-Bingo

4:00pm-Steve Collier on Piano



### Wednesday - April 8

11:00 am - Exercise

12:00noon- Road Trip Luncheon to Anthony's Bistro

### Thursday - April 9

1:00 pm - Mah Jongg

4:00pm- Speaker-Jeff Rigsbee My Life As an Auctioneer



### Friday - April 10

10:00am- Yando's Plaza

11:00 am - Exercise

Noon-Omelets by Debbie

1:00 pm - Bridge for 8

4:30pm-BYOB Cocktails



### Saturday - April 11

11:00 am - Yoga Tape

6:30pm-Movie Night, "The West Wing"

### Sunday - April 12

12:30 pm - Brunch

1:30pm- Sunday Afternoon

Movie-The Ghost & Mrs. Muir

1:30pm-Scrabble/Games

## Shirley's News!!

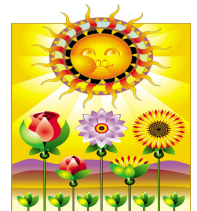
Here we are in April ! This month is going to be a busy one! Starting Monday April 6th, at 4:00pm, we have Michelle Asselin coming in to speak on "How I became an Adirondack Farmer". On Tuesday the 7th, Steve Collier will be back at 4:00pm to play jazz music on the piano. On Wednesday the 8th we hit the road for our monthly 'Road Trip Luncheon' to Anthony's Bistro. Please be sure to sign up! Then rounding out the week, on Thursday the 9th at 10:00am we will be resuming our Wabi-Sabi Workshop. Please be sure to sign up if you are interested. This will be continuing throughout the month. At 4:00pm on Thursday the 9th, we have Jeff Risbee speaking about "My Life as an Auctioneer". Jeff is now the third generation to continue this profession!

There is a sign up sheet for Jana Lee for toenails that is filling up fast! So if you want happy feet, be sure to sign up!

This past weekend there was apparently some confusion regarding a weekend trip. Just so we are all on the same page, when a outside trip or event is planned, you must sign up. There is also a deadline posted on these sheets for when you need to get your name on the list to go. If you do not sign up before the deadline, you might not have transportation or ticket (when necessary). Lastly there must be three names on the list before a transport can be taken out. If there are less than three people, I will call you and notify you that the event/trip has been canceled.

Hope this clarifies the matter!!

Have a Happy Easter!



I live to see the look on my grandkids' faces when I tell them I'm older than the internet!!

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

## Friendship Committee Notes



Barbara and Dolly have returned from their winter sojourn in Florida. **Welcome home!**

Here is a Blonde joke, dedicated to all blondes (and former blondes) out there.

Three blondes were all applying for the last available position on the Texas Highway Patrol. The detective conducting the interview looked at the three of them and said, "So y'all want to be cops, huh?" The blonds all nodded.

The detective got up, opened a file drawer, and pulled out a folder. Sitting back down, he opened it, pulled out a picture, and said "To be a detective, you must be able to detect. You must be able to notice things such as distinguishing features and oddities like scars and so forth." So saying, he stuck the photo in the face of the first blonde and withdrew it after about two seconds.

"Now" he said, "You notice any distinguishing features about this man?"

The blonde immediately said, "Yes I did. He has only one eye!"

The detective shook his head and said, "Of course, he has only one eye in this picture! It's a profile of his face You're dismissed!"

The first blonde hung her head and walked out of the office.

The detective then turned to the second blonde, stuck the picture in her face for two seconds, pulled it back and said. "What about you? Notice anything unusual about this man?"

"Yes! He has only one ear!"

The detective put his head in his hand and exclaimed, "Didn't you hear what I just told the other lady? This is a profile of the man's face! Of course you can only see one ear!! You're excused too"

The detective turned his attention to the third and last blonde and said, "This is probably a waste of time, but..."

He flashed the photo in her face for a couple of seconds and withdrew it, saying "All right, did you notice anything distinguishing or unusual about his man?"

The blonde said, "I sure did. This man wears contact lenses."

The detective frowned, took another look at the picture, and began looking at some of the papers in the folder. He looked at the blonde with a puzzled expression and said, "You're absolutely right! His bio says he wears contacts! How in the world could you tell that by looking at the picture?"

The blonde rolled her eyes and said, "Well, Hellooooooooooooooooooooo! With only one eye and one ear, he certainly can't wear glasses!"

As I write this it is April Fool's Day. Were you fooled by anyone?

My father was the hardest man to fool, but one year my Mother came up a winner. My dad carried a lunch box to work, and my Mother baked him a special apple pie. As the story goes, Dad pulled out this delicious smelling apple pie, waved it proudly in front of his buddies and took a big bite - and got a big April Fool surprise! Instead of apples, Mom had filled the pie with wood chips! Score Mom 10, Dad 0.

LAUGHTER IS THE BEST MEDICINE!



Week of April 13, 2015

NAME: \_\_\_\_\_

Turn Into Kitchen By Saturday, April 4th  
CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – April 13(5:30 PM)

Romaine Salad

Spaghetti & Meatballs - OR—

Turkey, Bacon and Cheese Sandwich

Sautéed Zucchini

Garlic Bread

Chocolate Mousse

- OR -

SF Cherry Jell-O

Tuesday – April 14(5:30 PM)

Homemade Cream of Celery Soup

Salmon Cakes w/ Hollandaise Sauce - OR -

Devilled Eggs Salad Plate

Smashed Potatoes

Vegetable Medley

Dinner Rolls

Citrus Cake w Grapes - OR -

Fresh Grapes

Wednesday – April 15 (5:30 PM)

Homemade Roasted Garlic Tomato Basil Soup

Braised Chicken w/ Artichoke and Olives - OR -

Taco Salad Bowl

Couscous

Peas & Pearl Onions

Homemade Biscuits

Caramel Sauce Over Bread Pudding - OR - SF Butterscotch Pudding

Thursday – April 16(5:30 PM)

Garden Salad

Baked Ham - OR -

Cheese Quiche

Oven Fries

Carrot Salad

Dinner Roll

Mixed Berry Crisp - OR -

SF Berry Crisp

Friday – April 17(5:30 PM)

Cream of Broccoli Soup

Pork w/ Cherry Sauce - OR - Shrimp Salad w/ Toasted Almonds, Coconut w/ Curry Dressing

Buttery, Garlic Bowties

Steamed Spinach

Garlic Bread

Banana Cream Pudding w/ Whipped Topping - OR - SF Vanilla Pudding

Saturday – April 18(5:30 PM)

Homemade Ginger Carrot Soup

Cornish Game Hens

- OR - Sausage w/ Peppers and Onions on a Hoagie Roll

Baked Potato

Cabbage Sauté w/ Blue Cheese & Bacon

Honey Oatmeal Bread

Strawberry Shortcake w Whipped Cream  
ries

- OR - Sliced Strawber-

Sunday – April 19(12:30 PM-Brunch)

Sesame Slaw

Corned Beef Hash and Poached Eggs Bacon

Waffles and Fruit Compote

Green Beans w/ Shallots & Parmesan

Bran Muffins

Carrot Cake w/ Cream Cheese Frosting

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