



Home Journal

Apríl 8, 2016

Hello Everyone - A few items to catch up with.......

- I purchased an outdoor table and chairs for the patio near the activity area on Wednesday. So, you can blame me for the snow...I may have jinxed us. As soon as the weather makes up its mind it will be assembled for your enjoyment!
- The congregate lobby ceiling and wall repair previously scheduled to begin on Monday, April 11<sup>th</sup> will be delayed. I will keep you posted in terms of the new start date.
- Please join me in extending a hardy welcome to our newest neighbors; Bea & Myron 'Mike' M. and Carl Z. as they begin moving into the congregate building this weekend. I wish them a smooth and pleasant transition!
- Attention Samuel D's diners...our next venture is scheduled on Thursday, April  $14^{\rm th}$ . We will be leaving at 5:15pm, and I look forward to experiencing this with you for the first time.



- Kevin

### Activities: Week of April 11 - April 17, 2016!

### **Monday, April 11, 2016**

11am Exercise

12pm Soup & Salad

1pm Pool

3:30pm Adult Coloring

### Tuesday, April 12, 2016

9:30am Shuffle Board

10:30am Price Chopper / \$ Store

11:30am Tai Chi

2pm Bingo

### Wednesday, April 13, 2016

10am Nurse Janet

11am Exercise

12pm Soup & Salad

1pm Penny Poker

2pm Craft Group

<u>3pm</u> Methodist Study Group

6:30pm Don, Phyllis & Earl perform Bluegrass

## Thursday, April 14, 2016

10am Bridge

12pm Omelet's

1pm Mah Jongg

3:30pm Wii Bowling

5:15pm to Samuel D's!

### Friday, April 15, 2016

9:15am To Zumba Gold with Tiana!

10am Yando's

11am Exercise

11:30am Ladie's lunch @ Mainely Lobster

12pm Soup & Salad

1pm Bridge for 8

4:30pm BYOB

### Saturday, April 16, 2016

11am Yoga Tape

3:30pm Adult Coloring

6:30pm Movie Night, "West Wing"

### Sunday, April 17, 2016

12:30pm Brunch

\*\*\*<u>1:15pm</u> Afternoon Movie

"That Touch of Mink

3:30pm April Birthday Celebration!

## **Activity Information:**



Calling all Poker players: We are looking for more people to add to our <u>Wednesday</u> after noon Penny Poker games! We start at <u>1pm</u> and if there are enough people at <u>2pm</u>, will play until <u>3</u>! Try it out!

On <u>Wednesday</u>, <u>April 13th</u>, <u>at 6:30pm</u>: Come hear some bluegrass with me! Don Perkins will be performing with Earl & Phyllis in the Activity Area. I haven't heard this trio, but one of our residents has, and has highly recommended them. We will be filling out a brief survey after their performance to decide on having them return or not. I need your opinions - AFTER the performance. Please, *please* remember to <u>save your comments and opinions for the SURVEY</u>. You are welcome to leave <u>quietly</u> at any time. Please be respectful to our performers! Thanks!

Sign up for dinner at Sammy D's A.S.A.P. Our reservation is for Thursday, April 14th at 5:30pm. We depart Lake Forest at 5:15pm.

Please sign up ASAP so I can assure we have adequate transportation and reservations!

# More Activity Information on Page 41



**April Birthdays!** 

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



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



It's spring, although it hasn't felt like it lately. I have celebrated the season however, by planting marigold seeds in a small planter, which is sitting in the sun on my windowsill with great expectations!

Here is a delightful poem about spring written by my grand daughter, Charlotte, who is 11 years old.

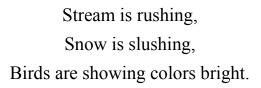


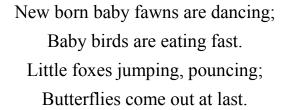
#### **SPRING**

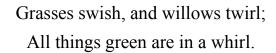
The grasses swish.

The willows twirl.

All things green are in a whirl.













## Wisdom from a 7 year old:

When Charlotte was 7, she enjoyed taking my cane and doing her impression of an old lady (like me, her Nana). She said old ladies need only two things - Lists and Toilets!

Alas, too true!



- Mary Lue



# More Activity Info



Ladies, we have a great group so far signed up for the <u>Ladie's Lunch at Mainely Lobster</u> on Friday, April 15th! We leave at 11:30am, and expect to return around 1:30pm! Please sign up, I'd love for you to join us!

We have been going to <u>Zumba Gold at the Senior Center</u> for a while on <u>Friday Mornings at 9:30am</u>! I would LOVE to add n ew people to our group! We leave at 9:15am, meet us in the lobby by the office! We will continue this outing, and will soon be adding a Zumba gold HERE at Lake Forest with me! Stay tuned!

#### **REMINDER:**

There will be a Methodist Study group offered in the <u>LIBRARY on Thursday</u>, <u>April 14th. 21st.</u> and 28th at 3:00pm with Reverend Phil from the United Methodist Church.

**Summary: John: The Gospel of Light and Life**| **Begins April 14th** The Gospel of John is filled with rich images and profound truths, but John notes that his aim in writing the gospel is that readers will not only believe in Jesus Christ, but that they "may have life in his name." During this season, experience a time of spiritual growth and life-changing renewal in this six-week series of Adam Hamilton's *John: The Gospel of Light and Life*. You'll follow the life, ministry, death, and resurrection of Jesus and understand the context of some of the best-known verses in the New Testament. Rev. Phil Richards of Plattsburgh United Methodist Church will lead this study on Thursdays, beginning April 14th. This group will meet from3 p.m. to 4:30 p.m. in the Library. If you are interested in participating in this study, please contact Rev. Richards at <a href="mailto:pastorphils@gmail.com">pastorphils@gmail.com</a> or (518) 791-1123.

The optional donation cost for this study is \$25.00.

Last month the individuals who enjoy their afternoon movie of Sundays at 1:30pm requested a time change for the birthday celebrations. For this purpose, I am adjusting the time to 1:15pm on birthday celebration days ONLY. Please make a note of this, and let me know if it works out. Thank you.

Our April Birthday celebration is <u>Sunday</u>, <u>April 17th at 3:30pm</u>! Please come to enjoy each other's company and to celebrate another wonderful year! Did I mention we have a couple of flavors of ice cream? - Because we do!

## 1:15pm, Sunday Movie April 17, 2016 That Touch of Mink:

(1962 romantic comedy)

Cathy Timberlake (Doris Day) is en route to a job interview when a car transporting business-man Philip Shayne (Cary Grant) covers her in mud. He sends his assistant, Roger (Gig Young), to apologize, but upon meeting Cathy, Roger knows that she would be a suitable match for his boss. Despite their mutual attraction, Cathy and Philip want different things. Philip wants a fling, while Cathy wants a marriage. As they travel to exotic locales, their differing motivations are put to the test.

(Info retrieved: https://www.google.com/webhp?sourceid=chrome-instant&ion=1&espv=2&ie=UTF-8#q=that+touch+of+mink+summary)

<u>Cowboy Burger</u> – A cheeseburger topped with crisp onion rings and fully loaded with lettuce, tomato, pickle.

<u>Chicken Paprikash</u> – A simple, delicious, Hungarian stew.

<u>Pepper Smothered Steak</u> – A beef cube steak cooked slowly with onions and bell peppers in rich gravy.

<u>Hot Milk Cake</u> – A simple, light & fluffy old fashion vanilla cake served with whipped topping or mocha icing.

<u>Swedish Meatballs</u> – Meatballs of ground beef & pork, spiced with nutmeg, all-spice, onions and smothered with creamy gravy sauce.

<u>Monte Cristo Sandwich</u> – Made with ham, turkey and Swiss cheese, dipped in egg/milk mixture and fried to a golden brown.

Couscous – A tiny pasta made of wheat or barley.

Canadian Sugar Pie – A lovely brown sugar and egg mixture custard-like pie.

<u>Chicken Chopped Salad</u> – Shredded Napa cabbage, romaine lettuce, carrots, slivered almonds, green onions topped with marinated chicken breast.



# **Health Tips**

### Take Charge!

**Health Tips** 

You can eat nutritious nuts all through the day, from breakfast through dinner. Here are some ideas:

- Top oatmeal with chopped nuts.
- Include nuts in homemade granola.
- Use nuts in salad instead of croutons or cheese.
- Sprinkle nuts on yogurt for a snack or dessert.
- Use nuts to add crunch to wholegrain or vegetable dishes.
- Combine nuts with herbs such as basil or parsley to make pesto.
  - Add nuts to stir-fry entrees.

(Article submitted by a resident from Tuft's March 2016 Health & Nutrition Letter)

Week of April 18, 2016 Turn into Kitchen by Saturday, April 13 Circle the Main Meal and the Sides You Like Name: Monday - April 18 (5:30 PM) Homemade Vegetable Soup Cowboy Burger French Fries **Dinner Roll** OR Corn on the Cob **Brussels Sprouts** Chicken Paprikash Raisin Cream Pie **Mango Pudding Tossed Salad** <u>Tuesday – April 19 (5:30 PM)</u> Pepper Smothered Steak **Mashed Potatoes Garlic Bread** OR Yellow Sauash Spinach Stuffed Shells W/Marinara Sauce Ice Cream Sandwich OR Fruit Wednesday – April 20 (5:30 PM) **Vidalia Onion Tarts** Meat and bean Chili **Baked Potato** Cornbread OR Coleslaw Roasted Zucchini Country Pork Ribs Hot Milk Cake OR SF Peach Jell-O Thursday – April 21 (5:30 PM) Tomato Soup Swedish Meatballs w/Gravy Rotini Pasta Wheat Bread OR Mushrooms & Onions **Peas** Monte Cristo Sandwich Berry Cup OR **Baked Apple** <u>Friday - April 22 (5:30 PM)</u> Chicken Vegetable Soup Baked Herb Crusted Tilapia Fresh Bread Couscous Green Bean Salad OR Carrots Beef Meat Pie Canadian Sugar Pie OR Chocolate Mousse <u>Saturday – April 23 (5:30 PM)</u> Vegetable Chowder Pork Stir Fry Rice **Dinner Roll** Cauliflower **Snow Peas** OR Banana Cake Chicken Chopped Salad OR SF Ice Cream <u>Sunday - April 24 (12:30 PM - Brunch)</u> Greens & Vegetable Salad Waffles Bacon Sausage Scrambled Eggs Broccoli Chicken Roll Mashed Potatoes **Lemon Blueberry Pound Cake**