



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 11th 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 14th. 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
3pm 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
*** 1:15pm 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 Wednesday after noon Penny Poker games! We start at 1pm and if there are enough people at 2pm, will play until 3! Try it out!

On Wednesday, April 13th, at 6:30pm: 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 save your comments and opinions for the SURVEY. You are welcome to leave quietly 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 4!



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.

Stream is rushing,
Snow is slushing,
Birds are showing colors bright.

New born baby fawns are dancing;
Baby birds are eating fast.
Little foxes jumping, pouncing;
Butterflies come out at last.

Grasses swish, and 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 Ladie's Lunch at Mainly Lobster 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 Zumba Gold at the Senior Center for a while on Friday Mornings at 9:30am! I would LOVE to add new 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 LIBRARY on Thursday, April 14th. 21st. 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 from 3 p.m. to 4:30 p.m. in the Library. If you are interested in participating in this study, please contact Rev. Richards at pastorphil@gmail.com 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 Sunday, April 17th at 3:30pm! 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 businessman 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>)



New Items on the Menu



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

Chicken Paprikash – A simple, delicious, Hungarian stew.

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

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

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

Monte Cristo Sandwich – 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.

Chicken Chopped Salad – 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

Name: _____ Circle the Main Meal and the Sides You Like

Monday – April 18 (5:30 PM)

Cowboy Burger

OR

Chicken Paprikash

Homemade Vegetable Soup

French Fries

Corn on the Cob

Raisin Cream Pie

Dinner Roll

Brussels Sprouts

Mango Pudding

Tuesday – April 19 (5:30 PM)

Pepper Smothered Steak

OR

Stuffed Shells W/Marinara Sauce

Yellow Squash

Ice Cream Sandwich

Tossed Salad

Mashed Potatoes

Garlic Bread

Spinach

OR Fruit

Wednesday – April 20 (5:30 PM)

Meat and bean Chili

OR

Country Pork Ribs

Vidalia Onion Tarts

Baked Potato

Cornbread

Coleslaw

Roasted Zucchini

Hot Milk Cake

OR SF Peach Jell-O

Thursday – April 21 (5:30 PM)

Swedish Meatballs w/Gravy

Bread

OR

Monte Cristo Sandwich

Tomato Soup

Rotini Pasta

Wheat

Mushrooms & Onions

Peas

Berry Cup

OR Baked Apple

Friday – April 22 (5:30 PM)

Baked Herb Crusted Tilapia

OR

Beef Meat Pie

Chicken Vegetable Soup

Couscous

Fresh Bread

Carrots

Green Bean Salad

Canadian Sugar Pie

OR Chocolate Mousse

Saturday – April 23 (5:30 PM)

Pork Stir Fry

OR

Chicken Chopped Salad

Rice

Cauliflower

Banana Cake

Vegetable Chowder

Dinner Roll

Snow Peas

OR SF Ice Cream

Sunday – April 24 (12:30 PM - Brunch)

Waffles

Bacon

Sausage

Scrambled Eggs

Broccoli

Chicken Roll

Mashed Potatoes

Lemon Blueberry Pound Cake

Snack in a bag

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OR Fruit

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Meat and bean Chili

OR

Country Pork Ribs

Vidalia Onion Tarts

Baked Potato

Cornbread

Coleslaw

Roasted Zucchini

Hot Milk Cake

OR SF Peach Jell-O

Thursday – April 21 (5:30 PM)

Swedish Meatballs w/Gravy

Bread

OR

Monte Cristo Sandwich

Tomato Soup

Rotini Pasta

Wheat

Mushrooms & Onions

Peas

Berry Cup

OR Baked Apple

Friday – April 22 (5:30 PM)

Baked Herb Crusted Tilapia

OR

Beef Meat Pie

Chicken Vegetable Soup

Couscous

Fresh Bread

Carrots

Green Bean Salad

Canadian Sugar Pie

OR Chocolate Mousse

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