

*January 15, 2016*

*Lake Forest Home Journal*



*The Open Door*

Hello Everyone – I am writing this article while sitting on the couch and enjoying your peaceful fireplace. Makes me feel fortunate!

- ◆ I want to remind everyone about the **answering service** that is available to you after office hours and on weekends... basically anytime the office is closed. This service is for any non-health related emergencies (i.e. physical plant issues, malfunctioning appliances, plumbing & heating problems, etc.). The phone attendant will record your information and relay the message to the appropriate Lake Forest management employee. Simply dial our main number (561-6431) and the call will automatically be forwarded to the service.
- ◆ **Snow Shoeing!** I know, I know... but hear me out. This can be an enjoyable winter activity that gets us outside and in the fresh <albeit> cold air. The Town of Plattsburgh Recreation Department has offered to loan us their snow shoes from time to time and has committed to providing some expert and ‘at your own pace’ guidance if this is something you are interested in exploring for the first time. In addition, if you have experience snow shoeing and you’re interested in venturing out on some kind of regular basis, definitely let me know. I’d be glad to organize and accompany leisurely excursions to gentle trails at Point Au Roche, Cadyville Recreation Park, the Saranac Land Trust as well as our own backyard here at Lake Forest. Whether you want to try this sport for the first time or you’d like to head out on the trails, please let me know!
- ◆ **Activity Planning Committee:** Please be aware this has been scheduled on Tuesday, January 19<sup>th</sup> at 3:30 in the activity area. As a reminder, it’s a forum to provide us with your thoughts, ideas and preferences in terms of planning upcoming events and activities. We’ve had some very productive discussions at these previously, and it’s exciting for us to do so. It’ll be great to see you!

- Kevin

In case of emergency you should always use your **lifenet** button or call **911**.

Thank you

**Colleen is on call January 18th**

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

[www.facebook.com/LakeForestSeniorCommunity](http://www.facebook.com/LakeForestSeniorCommunity)

## Activities

### Monday, January 18, 2016

11am Exercise

12pm Soup & Salad

1pm Pool

*Martin Luther King Day*

### Tuesday, January 19, 2016

9:30am Shuffle Board

10:30am Walmart / TJ Maxx

11:30am Tai Chi

2pm Bingo

3:30pm Activity Planning  
Meeting

### Wednesday, January 20, 2016

10am Nurse Janet

11am Exercise

11:30am Guy's Lunch @

Buffalo Wild Wings (Leave at 11:30)

12pm Soup & Salad

1pm Penny Poker

2pm Craft Group

### Thursday, January 21, 2016

9am Free Pancake Breakfast

1pm Mah Jongg

4pm Wii Bowling!

6:30pm Paul West Performs

### Friday, January 22, 2016

10am Yando's

11am Exercise

12pm Soup & Salad

1pm Bridge for 8

4:30pm BYOB

### Saturday, January 23, 2016

11am Yoga Tape

4:30pm CHAD B. Plays Piano;  
a mix of Jazz and Classical music

6:30pm Movie Night, *West Wing*

### Sunday, January 24, 2016

11:30am Church Service

12:30pm Brunch

1:30pm Movie by Bill & Jackie

3:30pm Birthday Party

### Activity Information:

Many times I will have people provide me with good insight, and then follow a sentence with, "I can't speak for everyone." The Activity Planning Meeting is the perfect time for everyone to provide input, and make decisions as a group *together*. I have told you all time and time again, it is not what I think - it's what YOU think and want. Please come to provide us with feedback, input and insight on upcoming events and activities so that we can provide you what you want. This is also a way for us to avoid could've would've should've situations! 😊

Don't forget to catch the new music of our very own UPS delivery man: Chad! He will be here on Saturday, January 23rd at 4:30pm in the Activity Area! He's VERY talented! He'll be playing Jazz and classic songs such as: *Moonlight Sonata* on piano!

**More Activity Information on Page 4!**



### January Birthdays:

4 Therese D. 4 Madeline P. 5 Dorothy G 15 Tricia G.  
20 Ellie B. 25 Pat McG. 26 Cathryn C.



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



### Friendship Committee Notes

Those of you who have been here at Lake Forest for some time will fondly remember Callie C. She started this column in our newsletter, and when she moved away, I was asked to take on the column, which I did in November of 2010. To mark five years of filling this space, I am reprising several short pieces. Enjoy!

Remember the Burma Shave signs that used to amuse us as we drove around the countryside?  
Like these:

At the intersections

Look each way

A harp sounds nice

But is hard to play.

BURMA SHAVE

Car in a ditch

Driver in a tree

The moon was full

And so was he.

BURMA SHAVE

Passing a school zone

Take it slow

Let our little shavers grow.

BURMA SHAVE

BOY AM I RICH!

Silver in the hair

Gold in the teeth

Stones in the kidneys

Sugar in the blood

Lead in the feet

Iron in the arteries

And inexhaustible supply of natural gas.

I never thought I'd accumulate such wealth!

FYI

Margaret Searing will be here for a worship service on January 24. All are welcome.

There are still free children's books available in the activity room (on the stand by the piano). Help yourself

- Mary Lue

# Activity Photos

**Monday  
Pool**



**Color and sip - it's becoming more and more popular for ANY and every age!**



**Lunch with the ladies' at Latitude 44!**



**Our Monthly "Tea Social" Check it out in February!**



**Our Wii Bowling Kick Off - We had a ton of fun! Come play with us on Thursday, January 21st @ 4pm!**



## Take Charge!

Choose brightly colored carrots that are smooth, firm and relatively straight. Contrary to what you might expect, larger carrots are sweeter, as they've had more time to develop natural sugars and have larger cores. If tops are attached, look for bright, feathery, unwilted greens; remove tops when you get home, as they will extract moisture and nutrients from the carrot roots.

Store carrots in the coolest part of the refrigerator for about two weeks, wrapped in a damp paper towel and placed in an airtight container or bag. Keep carrots away from foods such as apples, pears or potatoes that release ethylene gas, which makes them bitter. Wash before using.

Carrots can be eaten on their own, raw or cooked, chopped or shredded into salads, stews, soups, pilafs and other dishes.

*(Article submitted by a resident. Author unknown)*

Week of January 25, 2016

Turn into Kitchen by Saturday, January 16

Name: \_\_\_\_\_ Circle the Main Meal and the Sides You Like

Monday – January 25 (5:30PM)

Beef Vegetable Stew

Greek Salad

Green Beans & Carrots

Dinner Roll

OR

Gnocchi w/Mushroom Bacon Ragu

Chocolate Cooke w/Ice Cream

Fruit

Tuesday – January 26 (5:30PM)

Vegetable Bruschetta

Braised Chicken w/sauce

Spaghetti Squash

Garlic Bread

OR

Spinach

Eggplant Parmigian

Pear-Cranberry Crumble OR SF Chocolate Pudding

Wednesday – January 27 (5:30PM)

Beef Barley Soup

Apple Glazed Ham

Sweet Potato Casserole

Fresh Baked Bread

OR

Peas

Chicken Vegetable Bean Quesadilla

Lime Chiffon Dessert OR Mandarin Oranges

Thursday – January 28 (5:30PM)

Homemade Vegetable Soup

Beef Goulash

Roasted Zucchini

Wheat Bread

OR

Chef Salad

Peanut Butter Pie OR SF Fruited Jell-O

Friday – January 29 (5:30PM)

Stuffed Mushrooms

Poached Haddock Provencale Bread

Scalloped Potatoes

Sunflower

OR

Green Beans

Reuben Sandwich w/Chips & Pickles

Apple Betty OR SF Gingerbread

Saturday – January 30 (5:30PM)

Tossed Salad

Chicken Pot Pie

Zesty Broccoli

Dinner Roll

OR

Quiche Loraine

Tiramisu Cake OR SF Orange Mousse

Sunday – January 31(12:30PM – Brunch)

Succotash Salad

Bacon

Scrambled Eggs

Fruit Salad

Beef Pot Roast w/Gravy

Roasted Potatoes

Applesauce Bran Muffins

Pound Cake



Snack in a bag



Week of January 25, 2016

Turn into Kitchen by Saturday, January 16

Name: \_\_\_\_\_ Circle the Main Meal and the Sides You Like

---

Monday – January 25 (5:30PM)

Beef Vegetable Stew

Greek Salad

Green Beans & Carrots

Dinner Roll

OR

Gnocchi w/Mushroom Bacon Ragu

Chocolate Cooke w/Ice Cream

Fruit

---

Tuesday – January 26 (5:30PM)

Braised Chicken w/sauce

Spaghetti Squash

Garlic Bread

OR

Spinach

Eggplant Parmigian

Pear-Cranberry Crumble

OR

SF Chocolate Pudding

---

Wednesday – January 27 (5:30PM)

Apple Glazed Ham

Sweet Potato Casserole

Fresh Baked Bread

OR

Peas

Chicken Vegetable Bean Quesadilla

Lime Chiffon Dessert

OR

Mandarin Oranges

---

Thursday – January 28 (5:30PM)

Beef Goulash

Roasted Zucchini

Wheat Bread

OR

Chef Salad

Peanut Butter Pie

OR

SF Fruited Jell-O

---

Friday – January 29 (5:30PM)

Poached Haddock Provencale  
Bread

Stuffed Mushrooms

Scalloped Potatoes

Sunflower

OR

Green Beans

Reuben Sandwich w/Chips & Pickles

Apple Betty

OR

SF Gingerbread

---

Saturday – January 30 (5:30PM)

Chicken Pot Pie

Zesty Broccoli

Dinner Roll

OR

Quiche Loraine

Tiramisu Cake

OR

SF Orange Mousse

---

Sunday – January 31(12:30PM – Brunch)

Bacon

Scrambled Eggs

Fruit Salad

Beef Pot Roast w/Gravy

Roasted Potatoes

Applesauce Bran Muffins

Pound Cake



Snack in a bag