



Hello Everyone – Looks like we're in for a wet weekend...

- Thank you to everyone who was able to join the Planning Meeting on Tuesday afternoon. It is refreshing to collect your thoughts, ideas and suggestions. Your participation and creativity greatly enhances our ability to serve you.
- Recently, a member of our community experienced a computer driven scam and we'd like to make you aware of it. Apparently, a window will pop up on your screen claiming it is Microsoft warning you about having a computer virus. It gives instruction to call the number appearing in the pop up window for support. In the end, it is NOT Microsoft and whatever or whoever it is, is trying to sell you antivirus software.
- I wanted to thank Mary Lue for the 'new resident' interviews she conducts whenever the opportunity arises. I find learning about people in this fashion to be interesting and her presentation to be respectful and thoughtful. So, thank you, Mary Lou. The attention you pay to this undoubtedly lends to people feeling welcome and appreciated.



Thank You

~ Kevin

Activities: Week of July 11 - 17th

Monday, July 11, 2016

10am Toenails by Janna Lee
11am Exercise
12pm Soup & Salad
1pm Pool
3pm Mr. Ding-a-Ling
3:30pm Adult Coloring

Tuesday, July 12, 2016

9:30am Shuffle Board
10am Target / Mall
11:30am Tai Chi
2pm Bingo

Wednesday, July 13, 2016

10am Nurse Janet
11am Exercise
11am Bikes with Tiana
12pm Soup & Salad
1pm Penny Poker
2pm Craft Group
6:30pm Straw Hatters Perform

Thursday, July 14, 2016 (Bastille Day)

9am Chair Zumba Gold
10am Bridge
10am BOCCE BALL
12pm Omelet's
1pm Mah Jongg
3:30pm Wii Bowling (BYOB)

Friday, July 15, 2016

10am Yando's
11am Exercise
11:30am Ladies Lunch @ Blue Collar Bistro
12pm Soup & Salad
1pm Bridge for 8
4:30pm BYOB

Saturday, July 16, 2016

11am Yoga Tape
6:30pm Movie Night, *House of Cards*

Sunday, July 17, 2016

12:30pm Brunch
6:30pm Depart to see Toronzo Cannon @ Champlain Wine Company

Activity Information:

On Monday, July 11th at 3pm Mr. Ding-a-Ling will be here again with ice cream! Last month, everyone who came out had a great time! Truck will be parked in front of our main building!

The STRAWHATTERS will be performing for us again on Wednesday, July 13th at 6:30pm! They're a full band of trumpets, saxophones, flutes, etc! They play marches and much more!

Chair Zumba Gold is a fun exercise through dance! We do this exercise in chairs for stability, but you can do it standing if you choose! Come dance with us, Thursdays at 9am!

Come play BOCCE BALL on Thursday morning at 10 am with us! The more the merrier! See Tiana with any questions regarding rules and location!

Ladies, sign up to attend our Ladies Lunch out on Friday, July 15th at the Blue Collar Bistro! We depart Lake Forest at 11:30am!

There is an added event: Chicago style Electric Blues featuring Toronzo Cannon on Sunday, July 17th. We depart Lake Forest at 6:30pm. Please sign up by Tuesday, July 12th. We need at least 2 people signed up to attend. Thank you!



July 2016 Birthdays!

13 Bob W.	15 Kevin D.	19 Judy P.
23 Charles P.	28 Tiana B.	30 Lorna R.



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



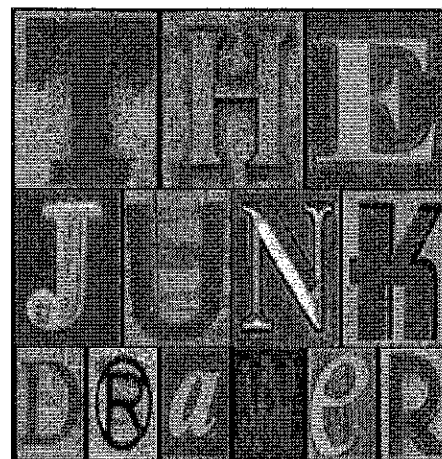
Last week the son-in-law of Bea and Mike, Rodney Brown, had his picture on the front page of the Press- Republican in connection with an article about improvements at the Plattsburgh airport. Mr. Brown is a County Deputy Administrator.

How many of you had a "junk drawer" in the kitchen of your house? You know, the place where you kept odd bits and pieces of stuff you didn't need but couldn't bear to throw away? How many of you still have one? (I do).

Here is a poem for all of us "keepers."

THE TOP KITCHEN DRAWER

A red rubber washer for fixing the hose;
 Some obsolete fittings, for what? Goodness knows!
 An old three way plug; a coupon or two;
 Whatever you're wanting, it's waiting for you
 Right there in the top kitchen drawer.
 Your pliers are buried by this and by that;
 A fur covered button; old band from a hat'
 A single brass hinge and an odd ball of string;
 One glove; a wired handle; you'll find anything
 Right there in the top kitchen drawer.
 A screw clamp, a bolt, a second hand gasket;
 Some brass screws; a knife; a Mexican basket
 A mousetrap you're seeking? Or even a mouse?
 The place to look first , if you live in our house,
 Is right there in the top Kitchen drawer..



Pun time! I love puns and hope you do too - groan away!

I thought I saw an eye doctor on an Alaskan Island, but it turned out to be an optical Aleutian.

She was only a whiskey maker, but he loved her still.

Why don't lobsters share? Because they are shellfish!

Where does a dog sleep? In a pup tent!

Where do snowmen dance? At the snowball!

What has a hundred ears but can't hear? A field of corn!

Well, that's enough "corn" for the week!

I wish you all a week of much joy!

~ Mary Lue





More Activity Info



Bocce is BACK!!!

We had a great time with the Bocce kick off today (Thursday, July 7, 2016) at 10:00am)! Although I lost terribly, I had some decent shots: These two gentlemen knocked me out of the water!

Nice job, fellas'.

Someone, PLEASE come help me beat these guys next week!

Did You Know?

A little History About France

La Fête Nationale, or Bastille Day, is a public holiday in France on 14 July each year, regardless of the day of the week.

Bastille Day commemorates storming of the Bastille, a Parisian prison, on July 14, 1789, during the reign of King Louis XVI, and the locking-in of the French Revolution.

For the previous few centuries, France had been under increasing archaic rule through the old monarchy. The revolution only took three years to turn this around and to transform France into a land of equality and democracy. Other changes, like the Declaration of the Rights of Man and of the Citizen, and a march on Versailles, all contributed to the new France.

In September 1792, France became a republic. The following year, King Louis the XVI was executed. The French Senate was founded in 1799 and, in 1804, Napoleon Bonaparte became the first Emperor of France.

Today, Bastille Day is commemorated with military parades in Paris and many garrison towns. Flags of red, white and blue fly everywhere, but especially on the Champs-Élysées in Paris where the large Bastille Day Military Parade is filled with cadet, infantry, motorized and mounted troops. They march from l'Arc de Triomphe to Place de la Concorde. Allied troops also march in the parade. The sky is busy with air force aerobatic displays and, after dark, fireworks.

The social charm of Bastille day is the summer weather and opportunity for family gatherings outdoors. If you could peek into one of their picnic baskets, it might contain Champagne, strawberries, a baguette or two, cheeses, smoked chicken, escargot, tarts, pastries and perhaps a bowl of Bastille Day fruit salad.

(Article retrieved from: <http://publicholidays.fr/bastille-day/>)

**HAPPY
BASTILLE
DAY**



New Items on the Menu



Braised Beef Shanks – Also known as Osso Bucco, is an Italian dish of shanks braised with vegetables, white wine and broth.

Polenta – Boiled cornmeal, widely used in Italian cooking.

Egg Salad & Salami Cold Plate – Served with lettuce, tomato & pickle.

Polish Style Cod – Baked cod topped with buttery sauce, white wine and chopped hard-boiled egg.

Gazpacho Soup – Tomato based soup made of raw vegetables.

Stuffed Eggplant – Half an eggplant filled with onions, red peppers, tomatoes, beef and topped with cheese.

Tiramisu - An Italian dessert made with layers of ladyfingers soaked in espresso coffee, Marsala, mascarpone cheese, and chocolate.

Sausage & Cheese Manicotti – A dish of large pasta tubes that are stuffed with ricotta & sausage and then baked, and served with a tomato sauce.



A Very Special
"Thank You!"

I would like to extend my gratitude to Polly and Carol W. for helping with all the strawberries, to Vladimir for the use of his special cooking utensils, to Jim H. for consultation on a shortbread cookie recipe, Therese and Barbara T. for wonderful recipes, and to Chuck P. for developing a State of the Art computerized spreadsheet. I appreciate all of your help and support!

~ Natasha



What's on The Outside:



Your skin is made up of about 30% water, so it makes sense that drinking lots of water might be good for your skin or complexion, as claimed in popular magazines. But an analysis in *Nutrition Reviews* concluded that there is "a general lack of evidence to support these proposals." If you're not getting enough water, it's true that drinking more can improve your skin's thickness and hydration. But water can't prevent wrinkles or other signs of aging in your skin, and dry skin is better treated by applying moisturizers and sunscreens on the outside of your body and not overdoing sun exposure than putting more water inside.

(Article submitted by a resident from Tufts June 2016 *Health & Nutrition Letter*)

Week of July 18, 2016

Turn into Kitchen by Wednesday, July 13

Name: _____

Circle The Main Meal and The Sides You Like

Monday – July 18 (5:30 PM)

Braised Beef Shanks

- OR -

Egg Salad & Salami Cold Plate

Antipasto Salad

Herb Polenta

Roasted Onions

Biscotti -OR - SF Butterscotch Pudding

Sunflower Bread

Green Beans

Tuesday – July 19 (5:30 PM)

Stir Fried Chicken

- OR -

Salmon Cake over Spring Mix

Spring Roll Plate

Lo Mein Noodles

Tomato Wedges

Pear Tart - OR - SF Ice Cream

Sesame Dinner Roll

Oriental Vegetable Mix

Wednesday – July 20 (5:30 PM)

Ham

- OR -

Stuffed Eggplant

New England Clam Chowder

Pineapple Pudding

Sweet Potatoes

Chocolate Cookie - OR - Fruit Salad

Savory Bread

Peas

Thursday – July 21 (5:30 PM)

Sausage & Cheese Manicotti

- OR -

Vegetable Tart

Tossed Salad

Herb Mushrooms

Broccoli

Rhubarb Cake - OR - Orange Mousse

Garlic Bread

Friday – July 22 (5:30pm)

Polish Style Cod

- OR -

Turkey Salad Cold Plate

Homemade Gazpacho Soup

Mashed Potatoes

Carrots

Ice Cream w/Topping - OR - Fresh Fruit

Cranberry Biscuits

Snow Peas

Saturday - July 23 (5:30 PM)

Lemon Basil Chicken (White or Dark Meat)

- OR -

Pulled Pork Sandwich on Bun

Escarole, Fennel Salad

Scalloped Potatoes Wheat Bread

Yellow Squash

Peach Tart - OR - Tapioca Pudding

Sweet & Sour Cabbage

Sunday – July 24 (12:30 P.M. -Brunch)

Pancakes

Rice

Bacon
Shrimp in Cream Sauce

Sausage Casserole

Fresh Vegetable Platter

Raspberry Jell-O Salad

Cinnamon Bun

Scrambled Eggs

Tiramisu

Snack in a bag

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- OR -
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Antipasto Salad
Herb Polenta Sunflower Bread
Roasted Onions Green Beans
Biscotti -OR - SF Butterscotch Pudding

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Stir Fried Chicken
- OR -
Salmon Cake over Spring Mix

Spring Roll Plate
Lo Mein Noodles Sesame Dinner Roll
Tomato Wedges Oriental Vegetable Mix
Pear Tart - OR - SF Ice Cream

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Ham
- OR -
Stuffed Eggplant

New England Clam Chowder
Pineapple Pudding Savory Bread
Sweet Potatoes Peas
Chocolate Cookie – OR – Fruit Salad

Thursday – July 21 (5:30 PM)

Sausage & Cheese Manicotti
- OR -
Vegetable Tart

Tossed Salad
Herb Mushrooms Garlic Bread
Broccoli
Rhubarb Cake - OR - Orange Mousse

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Polish Style Cod
- OR -
Turkey Salad Cold Plate

Homemade Gazpacho Soup
Mashed Potatoes Cranberry Biscuits
Carrots Snow Peas
Ice Cream w/Topping – OR – Fresh Fruit

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Lemon Basil Chicken (White or Dark Meat)
- OR -
Pulled Pork Sandwich on Bun

Escarole, Fennel Salad
Scalloped Potatoes Wheat Bread
Yellow Squash Sweet & Sour Cabbage
Peach Tart – OR – Tapioca Pudding

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Pancakes Sausage Casserole
Rice Bacon
Shrimp in Cream Sauce

Fresh Vegetable Platter
Scrambled Eggs
Raspberry Jell-O Salad
Cinnamon Bun Tiramisu

Snack in a bag