

MARCH 13, 2015

# LAKE FOREST HOME JOURNAL



## ON ANOTHER NOTE:

Hurray! The last two days have been quite pleasant. It is sure nice to have longer days and a little warmer temperatures.

We are all so grateful that Margaret Searing has been holding Lenten Services for us on Sundays. She will be here for Palm Sunday and Easter Sunday. Please let her know how very much we have enjoyed having her with us. If there is enough support for more services, she said she will evaluate her schedule. Please invite Margaret and Tony to join you for Sunday Brunch and get to know them a little better.

I attended the Sidewalk Safety Community Forum on March 10, 2015. We had three other hardy souls from Lake Forest in attendance. Thank you folks for your good questions. Our City of Plattsburgh councilor Rachel Armstrong was one of the presenters.

On a lighter note---

How do you catch a Unique Rabbit? Unique up on it.

How do you catch a Tame Rabbit? Tame way.

What do fish say when they hit a concrete wall? Dam!

What do Eskimos get from sitting on the ice too long? Polaroids

What do you call a boomerang that doesn't work? A stick.

Have a great day!!

*margot*

## Barb's Health Tips!

You can learn more about recommendations for physical activity from the Physical Activity guidelines for Americans <[www.health.gov/PAGuidelines](http://www.health.gov/PAGuidelines)>. For adults the guidelines emphasize that everyone should avoid inactivity. Some physical activity is better than none. Specific guidelines for adults include: \*Do at least 2 1/2 hours per week of moderate intensity, or 1 hour and fifteen minutes of vigorous- intensity aerobic or equivalent combination. Aerobic activity should be performed in 10 minute episodes and spread out throughout the week. \* For more extensive health benefits increase the aerobic activity to 5 hours per week of moderate intensity , or 2 1/2 hours of vigorous intensity . \*You should also do muscle strengthening activities that are moderate or high intensity and involve all major muscle groups on two or more days a week.

**Marlena is on call March 16, 2015**



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

## Activities

### Monday – March 16

11:00 am - Exercise

**4:00pm– Resident Show & Tell**

### Tuesday – March 17

**10:30am-Shop Target/Mall**

**11:30am-TaiChi**

**2:00pm-Bingo**

**4:30pm– St. Patrick’s Day Party  
w/ Mel Frechette Entertaining**

### Wednesday - March 18

11:00 am - Exercise

1:00pm-Bible Study

### Thursday – March 19

1:00 pm - Mah Jongg

**4:00pm– Ed Schenck on  
the Accordion**



### Friday – March 20

**10:00am– Yando’s Plaza**

11:00 am - Exercise

**Noon-Omelets by Debbie**

1:00 pm - Bridge for 8

**4:30pm-BYOB Cocktails**

### Saturday - March 21

11:00 am - Yoga Tape

**1:00pm– Shuffle Board**

**3:00pm– Wii Bowling**

**6:30pm-Movie Night, “The West  
Wing”**

### Sunday – March 22

**11:30am Church Services**

**12:30 pm -**

**Brunch**

1:30pm-

Scrabble/Games



## *Shirley’s News!*

The PBS Documentary that we viewed on Monday was beautiful! From the scenery to the music it was breath taking from start to finish! We had a huge turn out for our pancake breakfast on Wednesday. I guess you all really do like my cooking!!

Don Papson gave an interesting talk on the “Secret Lives of the Underground Railroad-NYC. It’s always so great to have him back to share his expertise on this subject.

On Friday we are heading to the Cumberland 12 Theater to see “The Second exotic Marigold Hotel.” That should be a fun outing!

Saturday we are trying something new by have weekend activities. My shuffle board teams are going to continue to play on Thursdays at 10:00am, but I am going to roll out the court on Saturday afternoons at 1:00! That will be followed by Wii Bowling at 3:00pm. For those of you not familiar with Wii, it is a virtual reality game, played on the TV with hand held signal devices. So comedown and check it out. It’s all the bowling fun with out the heavy balls!

On Monday the 16th at 4:00pm we have our resident “Show & Tell”. This is such a fun activity because you get to see, hear and find out things about other residents you would have never known!

On Tuesday the 17th , we have our St. Patrick’s Day Party at **4:30pm**. So put on your green and come down and enjoy some Irish music and green beer!

Thursday the 19th brings Ed Schenck back to us, only this time on the accordion! He will be performing at 4:00pm!

Until next time!!Have a fun week!

Quick Note!!!

Please DO NOT water the plants around the dining room!



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

### Friendship Committee Notes



Barbara H. has been living with her daughter this winter. She has decided to make this change permanent, and has moved from Lake Forest. We wish her comfort and happiness with her family.

#### **WANTED - SHUFFLEBOARD PLAYERS!**

Thursday mornings at 11:00 the shuffleboard mat is rolled out. Those who have been coming out to play would like more residents take part. More Gals and Guys to even up the teams. It's fun! Join in!

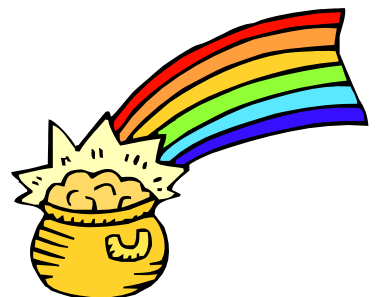
Friday afternoon we had an interesting and informational presentation by Paul Larsen of Mountain Lake PBS, on the process of making a documentary. He produced "Songs to Keep", about old folk songs, many from the Adirondack area. Monday afternoon we were able to see the fruits of his labors when Shirley showed us the DVD of the program, It was fascinating. The photography of the Adirondacks was beautiful, and the old songs, sung long ago by workers like the miners and loggers were very well done by contemporary musicians. I can see why Mr. Larsen received an Emmy for his work.

To celebrate St. Patrick's Day, here is a traditional Irish blessing:

May there always be work for your hands to do,  
May your purse always hold a coin or two,  
May the sun always shine on your window pane,  
May a rainbow be certain to follow each rain,  
May the hand of a friend always be near you,  
May God fill your heart with gladness to cheer you.

...and may you find a pot of gold at the end of the rainbow!

*Mary Lue*



Week of March 23, 2015

Turn In To Kitchen By Saturday, March 14

NAME: \_\_\_\_\_ CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

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-

Monday – March 23 (5:30 PM)

Barbecue Ribs	Baked Beans	- OR -	Homemade Chicken Noodle Soup
Baked Beans	Oatmeal Bread		Curried Chicken Salad w/ Pita Bread & Chips
Vanilla Ice Cream w/ Carmel	-OR-		Cabbage Corn Slaw
			Fresh Fruit

Tuesday – March 24 (5:30 PM)

Pork Tenderloin	- OR -	Crab Quiche w Fresh Herbs	Homemade Carrot Soup
Roasted Red Potatoes		Vegetable Medley	Whole Wheat Dinner Rolls
Lakeside Sour Cream Apple Pie	- OR -	Baked Apple	

Wednesday – March 25 (5:30 PM)

Shrimp in Garlic Sauce	- OR -	Ham Steak w/ Milk Gravy	Beet Salad
Baked Potato		Sesame Broccoli	Cornbread
Seasonal Fruit	- OR -	SF Orange Mousse	

Thursday – March 26 (5:30 PM)

Lasagna	-OR-	Grilled (Open face) Roast Beef Sandwich w/Swiss Cheese, Tomato, Salsa & Chips	Tossed Salad
California Blend		Garlic Bread	
Banana Pudding	- OR -	Yogurt and Berry Parfait	

Friday – March 27 (5:30 PM)

Cod w/Mustard Herb Sauce	- OR -	Homemade Bean Soup
Garlic Mashed Potatoes	Asparagus	Salisbury Steak w Onion Gravy
Pineapple Upside-down Cake	- OR -	White Bread
		SF Chocolate Pudding

Saturday – March 28 (5:30 PM)

Rosemary Chicken w Roasted Onions	- OR -	Garden Salad
Rice	Green Beans	Mild Chili
Cherry Cheesecake	- OR -	Sunflower Seed Bread
		SF Vanilla Ice Cream

Sunday – March 29 (12:30 PM – Brunch)

Pecan French Toast Casserole	Tomato Mozzarella Salad	Bacon	Ambrosia Fruit Salad
Spanish Rice w Mild Sausage	Scrambled Eggs	Lemon Poppy Seed Muffins	
	Blackberry Trifle		

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Baked Beans Oatmeal Bread Cabbage Corn Slaw  
Vanilla Ice Cream w/ Carmel -OR- Fresh Fruit

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Homemade Carrot Soup  
Pork Tenderloin – OR – Crab Quiche w Fresh Herbs  
Roasted Red Potatoes Vegetable Medley Whole Wheat Dinner Rolls  
Lakeside Sour Cream Apple Pie – OR – Baked Apple

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Beef Salad  
Shrimp in Garlic Sauce – OR – Ham Steak w/ Milk Gravy  
Baked Potato Sesame Broccoli Cornbread  
Seasonal Fruit – OR – SF Orange Mousse

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Thursday – March 26 (5:30 PM)

Tossed Salad  
Lasagna -OR- Grilled (Open face) Roast Beef Sandwich w/Swiss Cheese, Tomato, Salsa & Chips  
California Blend Garlic Bread  
Banana Pudding – OR- Yogurt and Berry Parfait

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Garlic Mashed Potatoes Asparagus White Bread  
Pineapple Upside-down Cake – OR – SF Chocolate Pudding

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