



Hello Everyone – I hope this finds you well and enjoying some of this early spring weather!

- ◆ I want to thank Harold Vogel, the gentleman who is volunteering via providing tax preparation to those of you who have elected to use his services. My understanding is he brings years of experience to the table and his commitment is appreciated.
- ◆ For those of you who have family/friends who utilize the guest rooms, please note they have been refurbished with new carpeting, curtains and bed linens. It would be great to learn of their feedback in terms of these improvements as they continue to come and go. Also, it would be beneficial to know if there is anything we can do/provide to these rooms to maximize their functionality.
- ◆ Thank you, everyone, for your patience while the fireplace stonework was repaired and cleaned. Soon, the water stains on the ceiling in that same area will be removed. This will cause a little more inconvenience as well. Hopefully it will be minor in nature and quickly lived.
- ◆ We will be moving the vegetable garden this spring. As many of you learned last summer, it is currently on the property of our neighbors, the brewing company. While they've not asked us to move the garden, I feel it is in our best interest to be proactive. Roy, Randy and I are wondering how many of you are interested in having space in the new garden; this will drive the size and construction. Please let Janet or I know of your intentions and we will pass the information along. Thank you!

- Kevin

## Activities: Week of March 14 - 20th!

### Monday, March 21, 2016

11am Exercise  
12pm Soup & Salad  
12pm Casserole Bake Off!  
1pm Pool  
2:30pm United Health Care  
@ AARP Educational Forum  
3:30pm Adult Coloring

### Tuesday, March 22, 2016

9:30am Shuffle Board  
10:30am Target / Mall  
11:30am Tai Chi  
2pm Bingo  
3:30pm Cosmos Movie

### Wednesday, March 23, 2016

10am Nurse Janet  
11am Exercise  
12pm Soup & Salad  
1pm Penny Poker  
2pm Craft Group

### Thursday, March 24, 2016

10am Bridge  
12pm Omelet's  
1pm Mah Jongg  
3:30pm Wii Bowling  
5:15pm Samuel D's (Please Sign up!)

### Friday, March 25, 2016

9:15am Zumba Gold with Tiana!  
10am Yando's  
11am Exercise  
12pm Soup & Salad Bar  
1pm Bridge for 8  
4:30pm BYOB  
(Good Friday, Christian)

### Saturday, March 26, 2016

11am Yoga Tape  
3:30pm Adult Coloring  
6:30pm Movie Night, "West Wing"

### Sunday, March 27, 2016 (Easter Sunday)

11:30am Church Service  
12:30pm Brunch  
1:30pm Afternoon Movie  
"Do Not Disturb"

### Activity Information:

Monday, March 21st at 12:00pm will be our Casserole Bake Off. We are still looking for more cooks for this event! Please let Tiana know if you are interested in entering a dish! All are welcome!

On Monday, March 21st at 2:30pm, a representative from United Health Care/AARP will be here to answer your questions regarding Medicare. Please bring individual questions!!!

On Tuesday, March 22nd, I will be showing the second disk of the Cosmos Documentation Series at 3:30pm. It's approximately 1 hour long. The summary reads:  
"One Voice in the Cosmic Fugue - Dr. Sagan's Cosmic Calendar makes the 15 billion year history of the universe understandable and frames the origin of the Earth and the evolution of life. We see the steps from microbes to humans. Our understanding of how life developed on earth enables us to venture to other worlds for imaginative speculations on what forms of life might take elsewhere in the Cosmos."

## More Activity Information on Page 4!



### March Birthdays!

2 Dorothy S. 4 Ron P. 8 Minnie B. 9 Ross C.  
19 Jerome D. 20 Jim M. 24 Helen R. 24 Pat L. 24 Natasha T.  
26 Roy W. 27 Marlena D. 28 Barbara T.



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



In case you need proof that the human race is doomed through stupidity, here are some actual label instructions on consumer goods:

**On a Sears hairdryer:** Do not use while sleeping.

**On a bag of Fritos:** You could be a winner! No purchase necessary. Details inside.  
*(The shoplifter special?)*

**On a bar of Dial soap:** Directions "use like regular soap" *(And that would be how?)*

**On some Swanson frozen dinners:** Serving suggestion: Defrost. *(But it's just a suggestion.)*

**On Tesco's Tiramisu dessert** (printed on bottom): Do not turn upside down.  
*(Well...duh, a bit late, huh!)*

**On Marks & Spenser Bread Pudding:** Product will be hot after heating. *(...and you thought ???)*

**On packaging for a Rowena iron:** "Do not iron clothes on body."

**On Boot's Children Cough Medication:** Do not drive a car or operate machinery after taking this medication *(We could do a lot to reduce the rate of construction accidents if we could get those 5-year olds with head-colds off those forklifts.)*

**On Nytol Sleep Aid:** "Warning" May cause drowsiness." *(and..I'm taking this because???)*

**On most brands of Christmas lights:** "for indoor or outdoor use only," *(As opposed to...what?)*

**On a Swedish chainsaw:** "Do not attempt to stop chain with your hands or genitals." *(...was there a lot of this happening somewhere?)*

**On a Japanese food processor** "Not to be used for the other use." *(Now, somebody out there, help me on this. I'm a bit curious.)*

**On Sunbury's peanuts:** Warning: contains nuts! *(Talk about a news flash.)*

**On American Airlines packet of nuts.** "Instructions: open packet, eat nuts."  
*(Step 3: maybe, uh...fly Delta?)*

**On a child's superman costume:** "Wearing of this garment does not enable you to fly." *(I don't blame the company, I blame the parents for this one)*

I hope you got a laugh or two from the above. I sure did!

- Mary Lue



# More Activity Info



**We have our second trip of the semester to Samuel D's on Thursday, March 24th. We depart Lake Forest at 5:15pm to be there for our 5:30pm Reservation. A little bit about Samuel D's (from the SUNY Plattsburgh website: <http://www.plattsburgh.edu/academics/hrtm/samuelds/>):**

Samuel D's Restaurant is the student laboratory restaurant of the SUNY Plattsburgh Department of Hotel, Restaurant, and Tourism Management. The hotel, restaurant, and tourism management program is one of eight programs in the School of Business and Economics at SUNY Plattsburgh. Although the primary focus for students in the HRTM program is on the development of management skills, the faculty believe in the value of understanding the realistic elements of the environment in which students will become managers. Samuel D's Restaurant is one of several vehicles for accomplishing that goal. The name of the restaurant, Samuel D's, honors one of the area's early French explorers, Samuel de Champlain. It follows the results of a contest to name the facility held among students in the School of Business and Economics.



**On Sunday, March 27th, there will be an afternoon movie shown at 1:30pm. This movie will be "Do Not Disturb." (1965) American couple Mike and Janet Harper move to England for Mike's work, his company which deals in wool textiles and wool fashions. Despite Mike's want for them to live in a flat in the heart of London, Janet, who is not a big city girl, ignores his want and instead finds them a house to rent thirty miles outside of London in Kent, which means that Mike has to commute into town by train. **Check it out!****



**Please note that we will be celebrating April Fool's day for those of you who wish to join in. This will be a day full of scavenger-like activities, in addition to the existing activities scheduled as usual. Keep your "eyes peeled" as there will be a prize...**



**There is a sign up to go see "By Bye Birdie" at the Chazy on April 2nd at 2:00pm! Sign up by Friday, March 25th! The tickets are \$16.00 each, and due to the distance, I am asking for \$2.00 for transportation. A total of \$18.00 will be due on the 25th - cash, check, or monthly charge. I hear they put on a great performance!**



**There will be a Methodist Study group offered in the LIBRARY on Thursday, April 14th and Thursday 21st 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 [pastorphils@gmail.com](mailto:pastorphils@gmail.com) or (518) 791-1123.

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



# New Items on the Menu



**London Broil** - London broil is a North American beef dish made by broiling or grilling marinated beef, then cutting it across the grain into thin strips.

**Submarine Sandwich** - This sandwich comes with salami, turkey, provolone cheese, lettuce, tomato and mayonnaise.

**Angel Hair Pasta** - A very thin variety of Italian pasta.

**Tuna Salad Nicoise** - This salad contains red potatoes, hardboiled egg, tomato, radishes, olives, white solid tuna over a bed of lettuce.

**Waldorf Slaw** - Shredded white cabbage, apples, pears, raisins and walnuts tossed with a mayonnaise buttermilk dressing.

**Chickpea Curry** - Chickpea is from the bean (legume) family. They are stewed in tomatoes, onion, coconut milk and spices.

**Portabella Cheeseburger** - A Swiss cheeseburger make with a portabella mushroom cap instead of a hamburger patty.

**Cookie** - This **diabetic friendly** choice for Saturday, April 2<sup>nd</sup> is an oatmeal, banana and coconut cookie using natural sweeteners.

**Spam** - As requested.



**Please note that the Easter Sunday Buffet will have an added entrée item: Leg of Lamb, and the cost for guests at this buffet is \$15.00**

## Health Tips

### Keeping Track:

Activity trackers like Fitbit were among the most popular gifts of the 2015 holiday season, with Fitbit apps the most-downloaded of any kind on Apple's iOs store Dec. 25. If you got a new activity tracker, experts advise:

- ◆ Make sure your stride length is accurate. Go to a track or somewhere else with posted exact distance and count your steps as you walk it; divide the distance by the number of steps to get your stride length.
  - ◆ Aim for 10,000 steps a day, but increase activity gradually.
- ◆ Look at your number of "very active minutes" and work to increase higher activity levels as well as step count.
- ◆ Seek out opportunities to walk more - at lunch, in the parking lot, even pacing while on the phone or waiting for a bus.

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

Week of March 28, 2016

Turn into Kitchen by Saturday, March 19

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

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**Monday – March 28 (5:30PM)**

BLT Chopped Salad

London Broil

Mashed Potatoes

Herb Muffins

OR

Carrots

Green Beans

Crustless Vegetable Quiche

Pumpkin Cream Cheese Roll

OR

SF Applesauce

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**Tuesday – March 29 (5:30PM)**

Green Salad

Chicken Parmesan

Angel Hair Pasta

Garlic Bread

OR

Roasted Squash

Spinach

Submarine Sandwich (Salami & Turkey)

Fig & Almond Squares

OR

SF Ice Cream

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**Wednesday – March 30 (5:30PM)**

Tomato Macaroni Vegetable Soup

Turkey Meatloaf

Roasted Potatoes

Wheat Bread

OR

Corn

Brussels Sprouts

Tuna Salad Nicoise

Black Raspberry Ice Cream

OR

Fresh Fruit

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**Thursday – March 31 (5:30PM)**

Homemade Vegetable Soup

Beef & Broccoli Stir Fry

Fried Brown Rice

Sesame Dinner Roll

OR

Oriental Mixed Vegetables

Cobb Salad w/Chicken

White Chocolate Toffee Blondies

OR

SF Strawberry Jell-O

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**Friday – April 1 (5:30M)**

Waldorf Slaw

Braised Pork Chops

Twice Baked Potato

Sunflower Bread

OR

Chickpea Curry

Cauliflower

Baked Tilapia

Oreo Cupcake w/Frosting

OR

Fresh Fruit

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**Saturday – April 2 (5:30PM)**

Navy Bean Soup

Beef Stroganoff

Egg Noodles

Dinner Roll

OR

Peas & Onions

Roasted Zucchini

Portabella Cheeseburger (Lettuce, Tomato, Pickle)

Fruit Salad

OR

Cookie

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**Sunday – April 3 (12:30PM – Brunch)**

Spring Mix Vegetable Salad

Spam

Bacon

Scrambled Eggs

Bran Muffins

Rainbow Carrots

Roast Turkey

Mashed Potatoes

Lemon Bars

Fresh Fruit

Snack in a bag



Week of March 28, 2016

Turn into Kitchen by Saturday, March 19

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

Monday – March 28 (5:30PM)

BLT Chopped Salad

London Broil

Mashed Potatoes

Herb Muffins

OR

Carrots

Green Beans

Crustless Vegetable Quiche

Pumpkin Cream Cheese Roll

OR

SF Applesauce

Tuesday – March 29 (5:30PM)

Green Salad

Chicken Parmesan

Angel Hair Pasta

Garlic Bread

OR

Roasted Squash

Spinach

Submarine Sandwich (Salami & Turkey)

Fig & Almond Squares

OR

SF Ice Cream

Wednesday – March 30 (5:30PM)

Tomato Macaroni Vegetable Soup

Turkey Meatloaf

Roasted Potatoes

Wheat Bread

OR

Corn

Brussels Sprouts

Tuna Salad Nicoise

Black Raspberry Ice Cream

OR

Fresh Fruit

Thursday – March 31 (5:30PM)

Homemade Vegetable Soup

Beef & Broccoli Stir Fry

Fried Brown Rice

Sesame Dinner Roll

OR

Oriental Mixed Vegetables

Cobb Salad w/Chicken

White Chocolate Toffee Blondies

OR

SF Strawberry Jell-O

Friday – April 1 (5:30M)

Waldorf Slaw

Braised Pork Chops

Twice Baked Potato

Sunflower Bread

OR

Chickpea Curry

Cauliflower

Baked Tilapia

Oreo Cupcake w/Frosting

OR

Fresh Fruit

Saturday – April 2 (5:30PM)

Navy Bean Soup

Beef Stroganoff

Egg Noodles

Dinner Roll

OR

Peas & Onions

Roasted Zucchini

Portabella Cheeseburger (Lettuce, Tomato, Pickle)

Fruit Salad

OR

Cookie

Sunday – April 3 (12:30PM – Brunch)

Spring Mix Vegetable Salad

Spam

Bacon

Scrambled Eggs

Bran Muffins

Rainbow Carrots

Roast Turkey

Mashed Potatoes

Lemon Bars

Fresh Fruit

Snack in a bag

# Help Natasha Choose our next Ice Cream Flavor!

Please CIRCLE your favorite from the three flavors below.

Strawberry

Coffee

Moose Tracks!

(Vanilla, Fudge & Peanut Butter Cups)