

March 27, 2015

LAKE FOREST
HOME
JOURNAL



ON ANOTHER NOTE:

We have received so many complimentary comments about the fashion show and all of them point to Shirley's talents in putting together the beautiful models, the delicious food, and making sure we all knew to include friends and family.

Thank you, Shirley!! What's next?

Thanks to Matt for conducting a TRASH WITH MATT meeting to discuss the new recycling services provided by Casella. I know it was a bit confusing at first but there has been overwhelming support for the program.

Love hearing from you all, so please continue dropping by...

ON A LIGHTER NOTE:

Knock Knock
Who's there?
Needle
Needle who?
Needle a little money for Bingo?

Knock Knock
Who's there?
Robin
Robin who?
Robin the piggy bank again?



How can you tell the ocean is friendly?

It waves!

Have a great day!

Margot



Lisa's Notes:

Since the meeting of the Resident Council is usually on the first Wednesday of the month, we will be having a meeting on April 1st at 4:00 p.m. in the Activities Room. Come with any questions or items you'd like to discuss.

Shelley is on call March 30

Our Lake Forest Website
www.onlakeforest.org

Activities

Monday – March 30

11:00 am - Exercise

Tuesday – March 31

10:00am– Shuffle Board

10:30am-Shop Target/Mall

11:30am-TaiChi

2:00pm-Bingo

Wednesday - April 1

10:00am– Nurse Janet

11:00 am - Exercise

4:00pm– Resident Council Meeting

Thursday – April 2

1:00 pm - Mah Jongg

5:30pm-Trip to Sammy D's

Friday – April 3

10:00am– Yando's Plaza

11:00 am - Exercise

Noon-Omelets by Debbie

1:00pm -Easter Egg Dying

1:00 pm - Bridge for 8

4:30pm-BYOB Cocktails

Saturday - April 4

11:00 am - Yoga Tape

6:30pm-Movie Night, "The West Wing"

Sunday – April 5

12:30 pm - Brunch

1:30pm-Scrabble/Games

6:30pm- Film Festival–

Mr. Blandings Builds His Dream House

Welcome!!

We have a new resident moving to Lake Forest!! Her name is Dorothy S. and she will be moving into apartment 304 on April 1st. Please give her a warm Lake Forest welcome!

Shirley's News!!

I think our "Spring Tea & Fashion Show" was a great success! I want to thank all the ladies that were so gracious enough to model! You all looked so beautiful!

As usual, Gib Brown was a great hit with his talk on his trip to Ecuador! It's always great to see him in person!

Next week on Thursday April 2nd, we have another trip planned for Sammy D's. Please watch the activity board for the sign up sheet.! On Friday I thought we would have a little fun and dye some Easter Eggs to put on the Sunday Buffet!

I can't remember the last time I dyed an egg, but it sounds like a good time to me!! So come join me at 1:00pm in the activity area!

Starting in April, Bill L. and Jackie will be showing Sunday Afternoon Movies alternating with Charles P's weekends. Their movies will be shown directly after brunch!

Minnie B. has asked me to pass on that the Bible Study be canceled until further notice, due to illness.

As of April 1st, Nurse Janet will be back to chat with you about your health concerns!

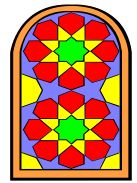
On a quick note, Ace Electric is working to get the outdoor lights working properly, but we have to wait until the ground thaws!!

Have a fun week!



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

Friendship Committee Notes



You have probably seen the two beautiful stained glass pictures on the windows in the activity room. You may have missed the lovely peacock in the library window. If you haven't yet seen that one, stop in and enjoy it! These were all made by Ed Everson, a former Lake Forest resident. He moved to Pine Harbor where he continued his glass work. Ed recently passed away and his family donated these three stained glass pieces to us. Ed also made the sailing ship seen in the dining room as well as the stained glass welcome to Lake Forest sign in the main lobby. What a talented man he was! We are delighted to have these works of art.

Ed Schenck is an entertainer par excellence! Thursday he brought joy to us with his talent on the piano and accordion, plus his stories and humor. He played tunes we "old folks" know and love, and we enjoyed his musical trip around the world. He even made the accordion sound like bagpipes! We hope he comes back!

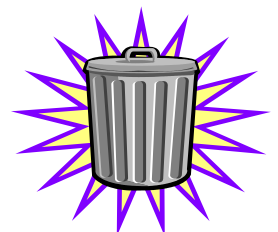


Last week I mentioned that Lake Forest was going to Zero Sort, and to watch for more information.

And lo and behold, on Friday we got printed information. Since there were questions about how to proceed, Matt came to the rescue, "Talking Trash with Matt" took place Thursday morning at 10. I hope you all went to talk trash with Matt, and got your questions answered. Since I am writing this before it has actually happened, I can only hope you did come out to talk with him.

Be a responsible recycler and rinse out all containers before recycling.

Mary Lue



Week of April 6th, 2015

Turn into the Kitchen by March 28th

Name: _____

CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – April 6th (5:30 PM)

Raisin & Carrot Salad

Meatloaf with Gravy

-OR-

Turkey Salad Cold Plate

California Blend Vegetables

White Bread

Brownies w/ Frosting

-OR-

Fresh Fruit

Tuesday – April 7th (5:30 PM)

Homemade Cauliflower Soup

Chicken Parmesan

-OR-

Baked Cod w/ Herb Stuffing

Orzo Pilaf

Vegetable Melody

Whole Wheat Bread

Blueberry Tart

-OR-

SF Orange Gelatin

Wednesday – April 8th (5:30 PM)

Garden Salad

Roast Beef

-OR-

Pulled BBQ Pork on a Roll

Mashed Potatoes

Creamed Corn Pudding

Garlic Bread

Chocolate Sundae

-OR-

SF Vanilla Ice Cream

Thursday – April 9th (5:30 PM)

Spinach Salad w/ Warm Maple Vinaigrette

Pork Loin w/ Gravy

-OR-

Broccoli & Cheese Quiche

Rice Blend

Green Beans w/ Tomatoes

Oatmeal Bread

Fresh Fruit

Friday – April 10th (5:30 PM)

Homemade Potato Soup

Salmon w/ Béarnaise Sauce

-OR-

Beef Burgundy

Baked Potato

Asparagus

Dinner Roll

White Cake w/ Chocolate Frosting

-OR-

Pineapple Tidbits

Saturday – April 11th (5:30 PM)

Homemade Onion Soup w/ Crostini (Cheesy Toasts)

Turkey w/ Cranberry Sauce & Herbed Stuffing

-OR-

Bacon Cheeseburger

Smashed Peas

Biscuits

Cherry Almond Crisp w/ Whipped Cream

-OR-

SF Cherry Gelatin

Sunday – April 12th (12:30 PM – Brunch)

Four Bean Salad

Poached Eggs in Tomato Sauce w/ Chickpeas & Feta

Bacon

Scrambled Eggs

Fresh Fruit Platter

Home Fries

Homemade Banana Cake w/ Cream Cheese Frosting

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