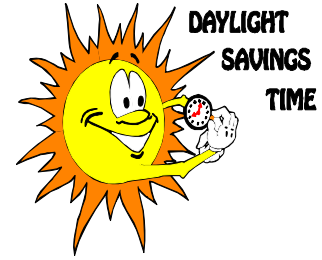


March 6, 2015

LAKE FOREST HOME JOURNAL

Daylight Saving Time Begins March 8th. Don't forget to set your clocks ahead 1 hour.

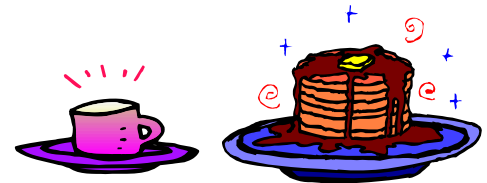


On Another Note...

I hope to see a big turnout for the **Be Our Guest** Pancake Breakfast. Seems like it has been a long winter and it will be good to enjoy one another's company for a morning flapjack and a cup of coffee. Let's take the opportunity to sit with folks we haven't shared a table with in awhile. If you forgive the schedule a little, grab a staff person and ask them to join you.

We still don't know when Scott will return, but we should give Randy and Matt a big "pat on the back" for doing such a great job in his absence. In fact, everyone here deserves a big thanks. There is training for new staff, hard work on menus, new activities being planned and an office that clicks on without skipping a beat! What a TEAM!! It sure is a pleasure working here.

Margot



Activity Survey Results!

The results were tallied for the Activity Survey . The largest vote came in for more speakers and musical entertainment. That was followed closely by balance classes, walking and yoga classes. We also received a lot of good suggestions as well. I hope to have most of your requests in place by April. Thank you to Lisa G. and Nancy G. for their help in counting the surveys!

It's that time of year again! Time for your quarterly safety checks. During the next several weeks the RA's will be checking your LifeNet systems to be sure they are operating correctly.

Randy and Matt will be changing furnace filters, testing and replacing batteries for the smoke alarms in the duplexes. .

Kerry is on call March 9, 2015



Our Lake Forest Website
www.onlakeforest.org

Activities



Monday - March 9

11:00 am - Exercise

4:00pm Showing of PBS Documentary- Songs to Keep

Tuesday - March 10

10:30am-Shop Target/Mall

11:30am-TaiChi

2:00pm-Bingo

2:00-4:00pm Trip to SUNY Sidewalk Safety Forum

Wednesday - March 11

9:00am- Pancake Breakfast

11:00 am - Exercise

1:00pm-Bible Study



Thursday - March 12

1:00 pm - Mah Jongg

4:00pm Speaker Don Papson Secret Lives Of The Underground Rail Road

Friday - March 13

10:00am- Yando's Plaza

11:00 am - Exercise



Noon-Omelets by Debbie

12:30pm-Trip to Cumberland 12 The Second Best Marigold Hotel

1:00 pm - Bridge for 8

4:30pm-BYOB Cocktails

Saturday - March 14

11:00 am - Yoga Tape

1:00pm Shuffle Board

3:00pm Wii Bowling

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

Sunday - March 15

12:30 pm - Brunch

1:30pm-Scrabble/Games



Shirley's News!!

Saturday's performance by Inora Brass was to say the least, phenomenal! It felt as though we had just landed in their living room and made us part of their family! The range of pieces they performed kept you eagerly waiting for more! We definitely will have them back again.

We had a really good turn out for our Sammy D's trip. I always look forward to those wonderful meals.

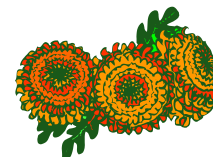
This Friday March 6th at 4:00pm, Paul Larsen from Mountain Lake PBS will be speaking on the making of their documentary 'Songs to Keep". We will be viewing that documentary on Monday March 9th at 4:00pm.

On Tuesday March 10th at 2:00pm there will be a trip to SUNY Plattsburgh to attend a "Sidewalk Safety Forum". Please be ready to leave at 1:30pm. The sign up sheet is on the activity board.

On Wednesday the 11th at 9:00am we are having our pancake breakfast. So come and be our guest! That sign up sheet is also posted on the activity board.

I have sent for the DVD of "The First Marigold Hotel" to be shown on Wednesday at 3:00pm. Don't forget to sign up for the trip to Cumberland 12 to see "The Second Marigold Hotel!

Thursday March 12th, at 4:00pm, Don Papson will be speaking about "Secret Lives of the Underground Railroad in NYC.



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

Friendship Committee Notes

Saturdays entertainment was fantastic! The Inora (Goddess of the mountain Snow) Brass quintet played a wide variety of music, from Gustav Mahler and J.S. Bach to Scott Joplin and Fats Waller. An interesting change in presentation was when the group stood around the activity room to play -true "surround sound."

The Tribute to Frank Sinatra was a "wow" way to end the program. What a talented group of musicians. I hope they can come back.



BOOK REVIEW



Years ago I discovered the books of Tony Hillerman -any other Hillerman fans out there? He wrote mysteries featuring Navaho Tribal Policemen. I loved his books, and enjoyed the Native America background of the stories. Well, Mr. Hillerman died - so no more books. Imagine my pleasure to come across the name in a recent book catalog, only this time it was Anne, not Tony. His daughter has written a book, "Spider Woman's Daughter" continuing the characters from her fathers book. I just finished the book. Loved it. This is her first book, and I hope she will write more.

The book is in the library. If you are a Hillerman fan you will like this book. If you are unfamiliar with them - give a try - it's a good read!

There are a lot of jokes about "Old Folks" - how we forget things and how our bodies are falling apart. Let's think positive for a change! How about how we are wise, venerable, experienced, well read, well tempered, handy, dynamic, energetic, useful, and growing spiritually.

That's us!

Mary Lue



Week of March 16, 2015

Turn Into Kitchen By Saturday, March 7

Name _____ CROSS OUT THE ALTERNATIVE YOU DO NOT WANT

Monday – March 16(5:30)

Homemade Vegetable Soup

Pot Roast

– OR –

Mediterranean Chef Salad

Roasted Red Potatoes

Broccoli

Dinner Rolls

Sugar Cookie w/ Ice Cream

– OR –

SF Vanilla Ice Cream

Tuesday – March 17 (5:30 PM)

St. Patrick's Day

Parsnip Bisque with Spring Herbs

Corned Beef & Carrots with Marmalade Whiskey Glaze

– OR –

Spinach Cheddar Pie

Colcannon (Irish Mashed Potatoes)

Red Cabbage and Apples

Brown Butter Soda Bread

Butterscotch Bread Pudding

– OR –

Poached Pears

Wednesday – March 18 (5:30PM)

Marinated Cucumbers

Pork w/ Maple Glaze

-OR-

Lemon Crab Cakes

Celery Rice Pilaf

Winter Squash

Garlic Bread

Lemon Yogurt w/ Blackberry Topping

-OR-

Green Grapes

Thursday – March 19(5:30 PM)

Homemade Corn Chowder

Tilapia w/ Lemon Tartar Sauce

- OR -

Grilled Pastrami & Swiss Sandwich

Oven Fries

Vegetable Medley

Garlic Bread

Brownie w/ Walnuts

– OR –

SF Cherry Mousse

Friday – March 20 (5:30 PM)

“Ring In Spring Dinner”

Gingered Chicken Vegetable Soup

Lamb Stew with Spring Vegetables - OR -

Spring Leek and Pea Frittata

Spring Vegetable and Couscous Pilaf

Strawberry Shortcake w/ Whipped Cream

-OR-

Fresh Fruit

Saturday – March 21(5:30 PM)

Spinach Salad w/ Pecans & Honey Dressing

Baked Ham

– OR –

Nicoise Salad Plate (Tuna, Green Beans, Potato, Olives)

Scalloped Potato

Prince Edward Blend

Honey Oatmeal Bread

Peaches w/ Raspberry Sauce

– OR –

SF Chocolate Pudding

Sunday – March 22 (12:30 PM – Brunch)

Tomato Bruschetta

Baked Eggs w/ Red Bell Peppers

Bacon

Sausage Gravy w/ Biscuit

Banana Muffins

Pumpkin Pie w Whipped Cream

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